

Delay buying those new school clothes

It's that time again—back-to-school clothes are needed. But you may want to wait until school actually starts before buying very much.

Your kids will have a chance to see what everyone else is wearing. Then, you can avoid spending a lot of money for clothes they may end up not liking.

Even though budgets may be tight, getting just one new clothing item can give a child an important mental lift for starting back to school.

Growth rates for kids six to nine years old are slow and steady, usually about five pounds and two inches per year. This slower rate means clothing sizes won't be outgrown so quickly. In fact, everyday clothing usually is worn out before

it is outgrown now. This is the time to shop with quality and durability in mind. For quality in new shirts look for a small stitch length, even top stitching, finished seams and non-ravel buttonholes. For durable jeans look for reinforcement, like bartacks and rivets at points of stress such as pockets and ends of zipper.

The body gets longer but not much wider. Shop for separates, short-sleeved garments, and dresses and coats without waistlines to allow for this lengthwise growth.

Chests and stomachs have flattened, creating a waistline so that skirts and pants will stay in place without shoulder straps. If garments do have straps, the straps won't fall down as much since shoulders are becoming square.

Fabrics used in children's clothes are as important as these design features.

Fabrics that are closely woven or knitted will be more durable and will maintain their shape longer. Garments that stretch allow for more freedom of movement.

Get organized soon!

With school bells beginning to ring, many mothers are concerned about the morning rush to get the children up and ready for school.

A few hours spent in getting organized will save lots of frustration during the morning rush hours.

Each night before the child goes to bed, pick out what will be worn the next day. Be sure to find shoes, socks, and jackets as well. The child should help in selecting what is to be worn.

Marking your child's shoes with right and left arrows inside under the heel will make dressing easier. Selecting shoes with nylon gripping closures rather than ties or buckles will make it easier for your child to dress.

As clothes are laundered, store matching sets together and always repair rips, tears, and replace missing buttons before clothes are laundered and put away. To cut down on confusion, store only one

season's clothes in the child's room or at least have them separated. Too many items in the closet tends to create problems.

The start of school can be a time to start clothing care habits. Teaching your children early in life to pick up their clothes and put them away in the proper place, will make life easier. Make it a game rather than a chore, or insist that it be done before getting a treat or watching a special TV program. Good habits learned early will last a lifetime.

Check quality

It's time to think about back-to-school clothes again, but you may want to put off the actual buying. Waiting until after school starts may be a good idea, then children have a chance to see what others are wearing before you invest a lot of money in clothes they may not like.

- * For quality in new shirts look for a small stitch length, even top stitching, finished seams and non-ravel buttonholes.
- * For durable jeans look for reinforcement, like bartacks and rivets at points of stress such as pockets and ends of zippers.

Start exercise routine slowly

What's the main reason you are likely to drop your exercise program? More often than lack of time or motivation, it's injury...from overusing your muscles, ligaments and tendons.

So start your workout routine slowly and progress slowly. Watch for any signs of soreness. If you hurt, switch to an activity that puts no strain on the injured area. Then gradually resume your previous routine.

If the pain reappears, rest for a week, then start at a less strenuous

pace because you need to build up more muscle strength.

The injury might begin as a mild ache but overuse injuries tend to recur or turn from mild to severe if you don't treat them properly. So give the area plenty of time to heal.

Is fabric treatment needed?

When buying a new upholstered chair or sofa, many consumers want to protect the furniture fabric and prolong its beauty. Treating furniture with a soil and water resistant finish should be done only after careful consideration.

While many furniture retailers offer in-store fabric protection treatments, they're not always necessary or desirable. Treatments can cost up to \$80 per piece of furniture.

Olefin fabrics are naturally soil and water resistant and don't usually require additional treatment. Some recent nylon fabrics are also resistant. Other fabrics not inherently resistant may have been treated at the mill where they were produced. A second treatment would be wasteful or even harmful.

Sprays to protect a fabric may instead deteriorate it, discolor it, or harm a latex backing if the fabric has one. To determine if the new furniture should be treated, check the label. If the fabric is olefin or a naturally resistant nylon, the label should tell you. The label should also indicate if the fabric has already been treated.



Information Provided By:

OSU Warm Springs Extension
1134 Paiute Street
PO Box 430
Warm Springs, OR 97761
(503) 553-3238/3239

Trees may be stressed

Summertime can be stressful for trees in and around the home landscape.

Many tree problems appearing in the summer are caused by something affecting the tree's root system.

A common cause of tree stress is the misuse of weed killers in lawns that grow above the tree roots.

The root system of a tree spreads out in all directions from the trunk. The roots will develop in whatever direction they find growing room, good soil and moisture.

As the tree develops, the roots continue to expand outward at a rate equal to or even greater than the top growth.

Tree roots may extend out from the trunk as far as the tree is tall. The root system of a maple tree 30 feet high may reach as far as 30 feet away from the trunk. This means that most nearby trees will have their roots underneath your lawn. Check carefully that weed killers used on the lawn will not harm nearby trees.

Another problem is lack of soil moisture, especially with young trees or trees planted this past spring. Water young trees every month during their first year.

Apply enough water that it reaches and stimulates the roots that grow deep into the soil.

Calendar of Events and Happenings

August 11-15 Challenge Camp at Trout Lake at the High Lakes in Warm Springs

August 14-18 Crook County Fair in Prineville, Oregon

August 20 Warm Springs 4-H Leaders executive meeting at the OSU Extension office from 4 to 5:30 p.m.

Steps to 4-H given Students needed

1. Choose the projects you like.
2. Ask some friends or brothers and sisters to join you in a club.
3. Ask your parents, grandparents, adult friends, or adults in your neighborhood to be your leaders. You can have several adults share the responsibility.
4. Make a list of everyone who wants to be in your club. You need only two members but you can have as many members as you like in your club. Write down the projects each member wants.
5. Have your leader take the list to the extension office or call the extension agents for more help. For more information about becoming a 4-H member or leader, call or visit the extension office: Warm Springs Extension Office, 1134 Paiute St., Phone No. 553-3238, Warm Springs, OR 97761.

Attention 6th, 7th & 8th graders. If you are interested in becoming a Big Brother—Big Sister at the 4-H Wilderness Enrichment Camp scheduled for August 11-14, 1991 call the OSU Extension Office at 553-3238.

Wilderness Enrichment camp set for August

Experience the outdoor living at the 4-H Wilderness Enrichment Camp scheduled for August 11-14, 1991 at the Trout Lake Campground. This camp is for children who have completed grades 3, 4 & 5.

For more information call 553-3238 or pick registration at the OSU Extension Office.

Fish odor is easily treated

Did you have good luck fishing this summer? If you had lots of fish to clean, your clothes may still have some fishy odors.

To remove fish odor from clothing, add ½ cup of liquid pine oil to the wash water in the laundering process. Liquid pine oil is a sanitizer and masks some odors. The pine odor left in the clothes will evaporate during and after the drying.

Use pesticides with care

It's pesticide season again—and here's a safety bulletin.

Wearing the right kind of gloves in the right way can greatly reduce your exposure to pesticides.

Don't wear cotton or leather gloves—plastic, rubber or vinyl ones are best.

If you're in a drenching spray, sleeves should extend over gloves to prevent funneling pesticide inside them. However, for mixing and loading where splashes are apt

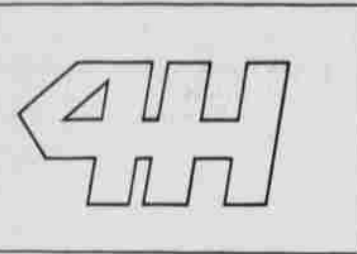
to come from below the hands, gloves should extend up over sleeve-cuffs.

And when you're done, rinse gloves off before taking them off—this helps prevent inside contamination.

You're incredible

You are an incredible creation. Look at your assets:

- * A mind that thinks at the rate of 800 words a minute
- * Eyes with 100 million receptors
- * Ears with 24,000 fibers
- * 500 muscles
- * 200 bones
- * 7 miles of nerve fibers
- * 60,000 miles of blood vessels
- * A heart that pumps more than 1,600 gallons of blood each day
- * 500,000 touch detectors



Various tempting recipes offered

Don't let your menus become boring and dull. Spice them up and use your imagination when creating home meals. Here are some tasty variations to try.

Curled Chicken & Peanut Salad

This main-dish salad is a fresh combination of mixed greens, cooked chicken, mandarin orange sections, and yogurt-curry dressing.

- ½ cup plain yogurt
- 1/3 cup peanut butter
- 1/3 cup milk
- 3 Tbs. white wine vinegar
- 1 Tbs. sugar
- 1 Tbs. salad oil
- 2 tsp. curry powder
- 6 cups torn mixed greens
- 2 cups diced cooked chicken
- 2 cups shredded cabbage
- 1 11 oz. can mandarin orange sections, chilled & drained
- ½ cup peanuts
- 1 Tbs. sliced green onion

For dressing: combine yogurt, peanut butter, milk, vinegar, sugar, oil, and curry. In salad bowl arrange the greens, chicken, cabbage, orange sections, peanuts, and green onion. Drizzle dressing over salad; toss. Serves 6

Sweet & Sour Chicken Salad

1 small bunch spinach, torn into bite-size pieces

½ lb. fresh bean sprouts (or 1 16 oz. can)

½ cup thinly sliced water chestnuts

¾ cup shredded cooked chicken

1 green onion, thinly sliced

1 avocado, seeded, peeled and cut into crescents

Oriental dressing (recipe follows)

1 Tbs sesame seed, toasted

In salad bowl, toss spinach, sprouts, chicken, water chestnuts, green onion and avocado with Oriental dressing. Sprinkle with sesame seed and serve immediately.

Oriental dressing

- ½ cup oil
- 2 Tbs. sugar
- ¼ tsp. each salt & pepper
- 1 Tbs. catsup
- 3 Tbs. white wine vinegar

Combine ingredients in a tightly covered jar or shaker. Mix well.

Herbed Pea Salad

Vegetables are marinated in a tasty buttermilk-herb dressing.

- 2 (10 oz.) pkgs, frozen peas, cooked, drained
- ½ cup chopped celery
- ¼ cup chopped green onion
- ¼ cup chopped pimento
- 1 envelope herb dressing mix (buttermilk style)
- 1 cup mayonnaise or salad dressing
- ½ cup buttermilk
- 2 cups cubed cheese w/peppers (8 oz.)
- 2 hard cooked eggs, sliced
- 1 cup cheese-flavored croutons or herbed-flavored croutons

In a large bowl, mix peas, celery, green onion and pimento. In a small bowl, mix dressing mix, mayonnaise or salad dressing and buttermilk. Beat with a whisk until smooth. Fold dressing into vegetable mixture. Cover and refrigerate 3 hours or overnight. Just before serving, fold in cheese, eggs and croutons. Serves 8-10.

Crunchy Tuna Waldorf Salad

Serve this fresh-tasting salad with crisp breadsticks or croissants.

- 1 9¼-ounce can water-pack tuna
- 1 large apple, cored and chopped
- 1/3 cup chopped celery
- 1/3 cup chopped walnuts
- 1/3 cup raisins, currants, or chopped pitted dates
- ½ cup plain yogurt
- ¼ cup mayonnaise or salad dressing
- leaf lettuce
- ½ cup shredded Cheddar or Monterey Jack cheese (2 oz.)

In a colander drain tuna. Break tuna into chunks. In a medium mixing bowl combine the tuna, chopped apple, chopped celery, chopped walnuts, and raisins; set aside.

For yogurt dressing, in a small mixing bowl combine the yogurt and mayonnaise. Add to tuna-fruit mixture; toss gently to thoroughly combine. Cover and chill before serving.

To serve, line 4 salad plates with lettuce leaves. Sprinkle shredded cheese over lettuce. Spoon tuna-fruit mixture on top of the shredded cheese. Makes 4 main-dish servings.

Parmesan Beef and Pasta Salad

- 2 oz. spinach noodles (1 1/3 cups)
- 1 cup cauliflower flowerets
- ½ of a small zucchini
- 4 oz. lean cooked beef or chicken, cut into thin strips (about 1 cup)
- 1 medium carrot, shredded (½ cup)
- ½ cup low-fat cottage cheese
- 1 clove garlic, minced
- ½ tsp. dried basil, crushed
- ¼ tsp. dried oregano, crushed
- ¼ tsp. salt
- ½ tsp. pepper
- 1 cup plain yogurt
- Lettuce leaves (optional)
- ¼ cup grated Parmesan cheese or finely shredded Cheddar cheese (1 ounce)

Cook noodles according to package directions. Drain. Rinse with cold water and drain. Cook cauliflower in a small amount of boiling water for 5 minutes or until tender. Drain. Cut zucchini lengthwise into quarters, then slice. Toss together spinach noodles, cauliflower, zucchini, beef and carrot.

For herb-yogurt dressing, in a blender container combine cottage cheese, garlic, basil, oregano, salt, and pepper. Cover and blend until smooth. Add yogurt and blend until smooth.

Toss the herb-yogurt dressing with beef-pasta mixture. Cover and chill at least 2 hours or overnight before serving.

To serve, arrange lettuce leaves on platter or 4 salad plates, if desired, and spoon beef-pasta mixture on top of lettuce. Sprinkle individual servings with cheese. Makes 4 main-dish servings.

Uncle Dan's with bran zesty ranch dip

- 1 (1 oz.) package Uncle Dan's Zesty Ranch Party Dip Mix
- 1 cup Darigold Lite Cottage Cheese
- 1 cup Darigold Lite Sour Cream
- ¼ cup rice bran

Mix contents of party dip mix package with cottage cheese, sour cream and rice bran (do not use blender-can use food processor). Makes 2 cups.

For best results, prepare dip several hours before serving, or even the night before.

Nice on baked potatoes or stuffing for cherry tomatoes.



A gardener's delight, members of the 4-H Latchkey Garden Club picked the fruits of their labor recently.

Yogurt cheese low in calories Thawed foods can be used safely

Cream cheese is almost entirely fat, while yogurt cheese contains almost no fat and half as much sodium. Use yogurt cheese for traditional brunches with bagels, English muffins or breads and a variety of fruit or fish spreads.

Line a large strainer or colander with two or three layers of fine cheesecloth. Spoon two cups of low fat or nonfat plain yogurt into the center of the cloth. Gather the corners of the cloth and pull them up. Twist them together to form the yogurt into a tight ball in the center of the cloth. Fasten with a twist tie or rubber band near the ball. Tie the remaining long ends of cheese cloth to a faucet or cupboard handle so that the "whey" can drip out from the cheese. Let the cheese drip out for at least 6 hours or overnight, and be sure you have a dish underneath to catch the liquid. The whey is full of nutrients and can be added to soups, sauces or vegetable dishes.

Put the yogurt ball in a strainer with a weight on top to force out even more liquid. (A plastic bag of dry rice or beans makes a good

weight.) Press down on the weight occasionally to remove the last bit of whey. Yogurt cheese is ready when it is the solid consistency of cream cheese.

Pineapple Cheese

- 1 (8 oz.) can crushed pineapple, no sugar added
- 1 cup Yogurt Cheese
- ¼ cup dried fruit finely chopped

Drain pineapple, reserving 2 to 3 tablespoons juice. Combine pineapple, yogurt cheese and reserved juice in a food processor or blender and process until well mixed. Stir in fruit. Cover cheese and chill. Makes about 2 cups.

Fish Spread

- 1 cup Yogurt Cheese
- ½ cup cooked fish, such as salmon
- 2-3 sprigs fresh dill, chopped, or 1 tsp. dry dill seed
- 1-2 Tbs. grated onion

Combine all ingredients and mix well. If you can "afford" extra sodium, this spread made from smoked fish and Yogurt Cheese is delicious.

You don't have to throw food out just because of a power outage to the freezer. If you keep the door closed, a full freezer will retain the cold for up to two days. Most meats can be refrozen if they're still cold and ice crystals are still intact. Other wise, cook and serve or cook and refreeze. Most other foods should be used once they are thawed.

Compare!

1 cup 1% Cottage Cheese	1 cup 4% Cottage Cheese
90 calories	240 calories
1 gram fat	8 grams fat
5 mg cholesterol	34 mg cholesterol
1 Tbs. Lite Sour Cream	1 Tbs. Sour Cream
20 calories	30 calories
1.4 gm fat	2.8 gm fat
3 mg cholesterol	4.5 mg cholesterol