

**Certain precautions should be taken when using electric blankets and bedding**

Electric bedding provides uniform heating comfort regardless of temperature changes in a room. It helps you save energy because you heat only your bed rather than the entire room. Lowering your heating system's thermostat 10 degrees for eight hours each night will save on your heating bill.

An electric blanket will allow you to turn down the thermostat to 60 degrees F or as low as 45 degrees F. People with concerns about exposure to electricity may want to use electric bedding to warm the bed, then turn off the electricity.

Think about the features you really want and don't pay for extras you won't use. If you're thinking about

buying an electric blanket or mattress pad.

- \* Look for the UL Seal. The seal assures proper wiring and maximum safety. Read the warranty carefully. Warranties are usually for two to five years.
- \* What kind of control does the bedding have? Dual controls provide separate settings for each side of the bed. A separate on/off switch allows you to turn the blanket on and off without disturbing the heat setting. Mechanical controls usually have up to nine settings. Solid state control may have as many as 27 settings. Solid state controls are more expensive, but produce an even temperature and don't click on and off, which

may be important if you're a light sleeper. If you're sensitive to temperatures, these controls may be a good choice. Be sure controls are easy to read in the dark and are large enough to see without your glasses.

- \* Check all tags and labels for information on flame-retardant finishes.
- \* Blanket costs vary with fiber content, weight and types of trim. Polyester and nylon are the most durable fibers. Acrylics added to blends help blankets retain shape, wrinkle resistance and fluffy feel.
- \* Check the size of the blanket. For example, a double bed size blanket may be 72 inches by 84 inches, or 80 inches by 84 inches. If your mat-

tress is thicker than the standard, look for the larger size blanket.

- \* Some electric blankets have convertible corners that may be use flat or snapped together at the bottom corners to fit the contour of the bed for extra warmth. Do not tuck in the portion with wire in it under the mattress.
- \* Electric blankets should not be covered with other bedding while in use so that the sensors can respond accurately to room temperature. If the blanket is left on and gets bunched up or covered with clothes or heavy spreads, it can overheat, which will damage its operation.
- \* Electric blankets must be machine washed on warm with a gentle cycle. Follow the care label to tumble or line dry. Do not dry clean electric blankets or mattress pads. Dry cleaning solvents may damage the wiring insulation.
- \* Neither children nor the elderly should use electric bedding. Both groups tend to be less able to sense temperature changes and individuals might not wake up if controls malfunction and the blanket overheats. Also, both children and older adults may suffer from bladder control problems. Electric bedding should not be used when there is any chance that it could get wet nor should an electric blanket be used when damp.



**Information provided by:**  
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**It's now the sickness season!**

November through March is the sickness season in many households. No family with children escapes this plague of winter. Children's colds, flu, or minor illnesses can cause major concerns, but more in behavior than in health.

With good medical care and calm acceptance, parents and children will survive temporary sickness. But colds and flu create more problems for children than just aches and pains.

First, illness causes a break in a child's well-established routine. They miss school and physical activity and are usually isolated from other children.

The limited activity and discomfort of sick children brings changes in attitudes and behavior. Since they feel out of control of themselves they demand more attention and tend to fret and cry easily. Loss of control also makes them restless and difficult to satisfy.

Another common reaction of sick children is regression. The most self-

sufficient youngster may react to sickness by thumb sucking, bed wetting and whimpering to be fed. Sadness or depression is another possible reaction. A child expresses depression through irritability, boredom or a constant need for stimulation.

Although it is difficult not to disapprove a child's behavior it's important to supply personal warmth, understanding and acceptance. Just keep in mind that as the illness gradually decreases the child will return to normal behavior.

Being sick is scary for children so an important part of their care is your own calmness. Taking temperature, giving medicine or toileting has to be handled calmly to minimize a child's anxiety. Agree with them that some things required of a sick person are not pleasant, but it will soon be over.

Chatting about what is going on with their body; why temperature changes; why they vomit; how they got sick, is reassuring and helps them realize they will soon be back to normal.

**Learning by doing is the best way to learn**

Planning fun, exciting and educational projects for children can be difficult. It helps to have an understanding of how children learn so you know what types of activities will stimulate them. Research shows that people learn best by doing. The 4-H motto is "Learn by Doing". Active involvement of the learner is the key, as the following information shows.

Learners retain:

- 10 percent of what they read
- 20 percent of what they hear
- 30 percent of what they see
- 50 percent of what they do

70 percent of what they say as they talk

90 percent of what they say as they do something.

Senses used in learning:

- Seeing—80 percent
- Hearing—11 percent
- Touching—3.5 percent
- Smelling—1.5 percent
- Tasting—1 percent

The message is clear. Youth learn by doing. Challenge yourself to help

them learn as effectively as possible. Involve your 4-Hers in every meeting, from planning, decision making and project development to evaluation. Active involvement will give your group ownership and a feeling of belonging: "our 4-H club", not "your 4-H club."

You're probably become a 4-H leader because you enjoy working with children and you enjoy the ac-

**4-H leaders appreciated by many**

Volunteers make the 4-H program at Warm Springs a real success for the Warm Springs youth. A big thank you to the 4-H leaders. With these 4-H leaders, the youth of Warm Springs are growing and learning about themselves and the world. Thank you to:

Colleen Arthur, Paula Brisbois, Keith Baker, Laura Fuentes, Sandra Kalama, Foster Kalama, Rayne Palmer Martinez, Toni Made, Caroline Tohet, Carol Allison, Mollie Marsh, Sue Ryan, Deborah Scott, Carol Stevens, Lillian Yachtin, Nancy

Wright, Laurain Hintsala, Clay Penhollow, Eraina Palmer, Tina Aguilar, Melvin Teeewe, Elsie Zehr, Liz Blann, Faith Dick and Lyle Rhoan, Sr.



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**How much can you afford to spend on credit?**

How much credit can you afford? Some experts suggest that your consumer debt level not exceed 20 percent of your income.

There is a more accurate method of computing an acceptable amount of credit debt. Try reviewing your household's budget to determine how much money you have each month

that could go toward a credit obligation.

The overuse of credit can lead to financial problems.

Your use of credit may be out of control when:

- You allow some bills to hold over to the next month because you don't have enough money.
- You pay only the minimum due on charge accounts.
- You have to charge purchases more than you like because of lack of cash.
- You take out a new loan before old ones are paid off.
- You cut back on necessities in order to pay installments.
- If you recognize these signs, you may want to take steps now to cut back on your debts.

**Store or use this year's fertilizers**

Home gardeners frequently store summer leftover garden and lawn fertilizers for use later. Using the fertilizers now might be a better option.

Unused fertilizer often hardens over the winter because it absorbs moisture. Rather than break it up so it can be used in the spring, many gardeners simply discard it.

Avoid this wasteful problem by using all leftover fertilizers in the landscape now. If several partly-filled fertilizer containers are left over, mix their contents together. Check the

labels and make adjustments to get a uniform mixture and apply the fertilizer to the lawn.

If saving the fertilizer for later use is desired, store it in its original container only if the container isn't torn. Fold the container down tightly to the remaining fertilizer and put it in another container with a tight-fitting cover and store in a cool, dry place.

Leave container labels intact so the fertilizer and its application rate can be identified. Avoid mixing several fertilizers in one package. Chemical interaction may make them unusable.

**Don't put your lawn mower away yet; final trim yet to come**

Even though the rainy season has arrived, home landscapers are urged to keep their lawn mowers handy. You may still have to do some mowing later in the fall and winter to keep the lawn healthy. Mow the lawn whenever the grass blades grow one-third taller than normal mowing height.

If you let the grass continue growth beyond this point, the blades will topple over and smother the grass

underneath. This causes slimy, wet, dead areas in the lawn that will be hard to patch up next spring.

Of course grass growth slows considerably during the cooler weather of winter, but some growth does occur.

You can make the difficult job of trimming a wet lawn easier by keeping the mower blades sharp and selecting a relatively dry day for mowing. One trick that may help

**Healthy compost helps keep flowers, plants in good shape**

For composting success, keep your compost pile healthy.

Many gardeners become discouraged about composting because of some common problems that slow down the decomposition process.

These problems include not enough mixing and shredding of leaves and other composting materials, and improper covering and ventilation of the pile.

Rapid decomposition of raw organic materials results when you have

the right amount of heat, moisture, air and rottable materials, along with plentiful bacteria and fungi to do the job.

When starting your compost pile, design it so it is easy to turn and stir the contents. Shred the large leaves and coarse stems so they can more easily be decomposed. A mixture of soft green grass clippings with leaves and pruned twigs gives a balanced diet for the organisms that will break down the materials.

Sides and tops of the pile should be ventilated to allow air to penetrate it, but not so much so that the pile loses too much heat.

Build the pile with alternative layers of leaves and clippings and soil or manure. Turn the pile every week thoroughly mixing all the ingredients. Water it so the compost is like a damp sponge.

Also, cover the pile. Covering with a light-blocking material keeps sunlight from killing bacteria, and keeps the rain from leaching away valuable mineral nutrients in the compost.

By composting your leaves, clippings and kitchen vegetable waste, you create a free source of mulching material and fertilizer, recycle valuable organic material that would otherwise take up landfill space.

**Developing a relationship takes hard work**

Have difficulty dealing with interpersonal conflicts? Here are some helpful hints on how to avoid specific reactions and how to develop positive relationship skills.

- Avoid these habits:**
1. Refusing to take the conflict seriously by sneering, scoffing or smiling when the other party is obviously distressed.
  2. Giving them the "silent treatment" by walking away, falling asleep or withdrawing into silence.
  3. Bringing up all of the old hurts even when they have nothing to do with the present situation.
  4. Attacking the person of the other party by name-calling or character assassination.
  5. Second guessing the other person by speaking for him/her or telling him/her what he/she means.
  6. Blackmailing them by withholding affection, approval, recognition or anything which makes their life easier or more pleasant.
- Develop these habits:**
1. Programming conflicts at special times so they can be private and allow plenty of time to handle feelings.
  2. Encouraging one another to express the positive feelings you have for each other, what you appreciate about the relationship.
  3. Encouraging one another to be able to give full expression to the negative feelings toward one another in this situation without finding blame.
  4. Restating in your own words what you thought the other party said; checking out assumptions carefully.
  5. Accepting honesty feedback thoughtfully.
  6. Dealing with behaviors, not personalities.
  7. Taking responsibility for your role in the conflict.
  8. Striving for a win/win solution.
- Remember: Conflict can be creative. It is difficult, to be sure, but with both partners working constructively, the outcome can be a more rewarding and authentic relationship.

**Watch calories while dining out**

Dining out presents special challenges, so here are special hints on how to stick to your plan in a restaurant.

- \* Read the menu carefully. Fee free to ask how items are prepared and then choose the appropriate dishes for your diet.
- \* Start your meal with a green salad. This will help to fill you up, and it is nutritious and low in calories.
- \* Select broiled, roasted, baked, poached or steamed foods served without butter or calorie-laden sauces. Avoid fried foods. For sandwiches, try plain sliced meats such as chicken, turkey, roast beef and other lean meat.
- \* Request that high calorie gravies, sauces, butter and salad dressing be served "on the side" so you can use them sparingly.

\* Control portion sizes. try to eat the same size portion that you usually eat at home.

\* Select your beverage carefully. Try low-fat milk, fruit juice, plain coffee or tea, diet soda drinks or club soda with a twist of lemon or lime.

\* If you wish to have a dessert, fresh fruit is the best choice. If a regular dessert is irresistible, share it with someone.

**Use pressure canner when preserving meat**

If you're thinking of canning venison, poultry or read meat, be sure you do it in a pressure canner. That's because the higher temperatures reached under pressure are needed for safe canning of foods low in acid.

Persons considering canning venison or other meat should get a copy of the new Pacific Northwest bulletin on "Canning Meat, Poultry and Game" from the OSU Extension Service.

Written by Val Hillers, Washington State University Extension foods specialist, the publication includes general tips for quality canned meat and charts showing USDA-recommended processing time for canners with dial or weighted gauge. In addition, the bulletin includes special recipes for chili con carne and mincemeat pie filling using venison.

There are also directions for canning vegetable and meat soup.

Copies of "Canning Meat, Poultry and Game," PNW 361, may be obtained for 50 cents plus 25 cents for postage and handling by writing Publications Orders, Agricultural Communications, OSU, Administrative Services A422, Corvallis, OR 97331-2119.

**Hot Mulled Cider**

- 1 quart apple cider
  - 1 tsp. whole Allspice
  - 1/2 tsp. whole cloves
  - 2 sticks cinnamon
  - 1 lemon thinly sliced
- Mix all ingredients except lemon slices in a saucepan. Cover and simmer 20 minutes. Remove spices. Serve hot, garnished with lemon slices.

**Beware of cleaners' plastic bags**

The plastic bag the drycleaner uses is mainly for the purpose of keeping the garments clean while being transported from the drycleaning plant to the consumer's home. However, occasionally consumer will store the garments while still in the bag. In some cases, the garments may be stored in the plastic bags for an extended period of time, possible weeks, months or seasons.

Ink from the lettering on the bag can stain the garments inside the bag or possible the garments that are stored next to the bag. It is recommended that drycleaners inform their customers of this problem. Garments should not be stored in the plastic bags. Air needs to circulate around garments and the plastic bag restricts air flow.

**Help preschoolers understand \$\$**

Preschoolers are very aware that money is something highly valued because it buys things. Preschoolers do not understand how money is used or earned or the relationship between their parent's work and the paycheck.

To help your child learn about work and pay, talk about your work, who works with you, who benefits from your job and how your work contributes to the family. If possible, take your preschooler to visit your workplace.

Help your preschool understand that men and women who have equal qualifications should have equal opportunities for jobs; and that they should receive equal pay for that type and amount of work to be done. Talk about work at home, discuss the household chores that family members do. Do they get paid? What is the responsibility of each family member in maintaining a safe and healthy home?

**It's party time!**

Party food prepared ahead can be frozen in small containers. Reheat in the microwave for serving at party time.

ringing something to the party? A thermos can transport hot soups or stews. Rinse thermos with boiling water right before use and heat foods to boiling before filling thermos.

To transport a thoroughly cooked casserole, wrap the hot dish in several layers of aluminum wrap, followed by newspapers and a towel. On arrival, reheat to 165 degrees and serve within two hours.

Check with the OSU Extension office for meeting dates, times and places of 4-H clubs in Warm Springs. 4-H is sure to add variety and interest to your life as well as your child's. Call 553-3238 for further information.