SPILYAY TYMOO

January 8, 1993 PAGE 7

Beginning sewing class to begin in January, sign up now

If you have a sewing machine at home, but don't know how to run it, come join us for the beginners classes starting in January.

You must register in advance for the courses by January 15, 1993.

We will limit the classes to 10 participants per session. If there are more people who want to take the course, we will schedule the course again to take care of others who are interested.

Also if you received one of the fancy computerized machines for Christmas or a serger and want to learn to use it, we will schedule a special class for that group.

We will have three sets of classes,

each four hours long. The morning group will meet from 9 to 11 a.m. Tuesday and Thursday January 19 and 21.

The evening group will meet from 5 to 7 p.m. Tuesday and Thursday, January 19 and 21.

The Saturday Class from 9 a.m. to

1 p.m., January 23. Bring your machine to the 4-H Room in the basement of the new Education Center, formerly the Old Boys Dorm. If you have the instruction books, please bring them as well. We are trying to locate a collection of the instruction books, especially for older machines so we can help others who don't have books.

Also bring one yard of fabric to practice on as you learn while you learn to make each part of the machine work properly. Bring bobbins, scissors, thread and a bucket full of patience.

When you register, let me know the parts of the sewing machine that are missing, such as bobbins, bobbin cases or knobs and screws. We will try to have some parts you can buy to replace them. Bring the name of the machine and the model of the machine

One of our goals of teaching the use of the sewing machine is to help you make your own wing dress, leg-gings or vests and ribbon shirts. We hope many people will be in traditional dress when the Museum opens March 14. It is an accomplishment that Warm Springs residents can be proud of. The Powwow will attract tribal members from many other tribes as well as other dignitaries. We'll want to look our best and strut



Information provided by: Warm Springs OSU **Extension Office** 1110 Wasco Street 553-3238

Plan ahead to prevent serious house fires

by Norma L. Simpson If your home is worth \$15,000, \$20,000 or \$80,000, don't you think it is worth a few dollars to protect it? Buy a fire extinguisher.

One recent Warm Springs fire caused a house to burn down because an extinguisher was not available. Instead the occupants threw water onto a grease fire. That is a NO-NO! A grease fire should be smothered with foam from an extinguisher or in another way.

One common kitchen fire is in a

soon be gone smothering the fire. A wooden breadboard can smother the fire in a big frying pan.

Do not carry the pan outside. The pan will be so hot you will drop the pan spreading the hot grease and fire to the rest of the house

Also remember that flaming grease can also ignite a fire in the vent above the stove. Clean the vent often, like once a week, if you prepare fry bread often. Soak the aluminum screen filters in hot water with a little household ammonia (a capful) for 30 minutes to loosen the grease, then scrub with an old toothbrush to dissolve grease in the hard to reach spots around the edges.

Remember fire needs three things to survive. They are: Oxygen, Fuel, Heat

If you cover the fires, it will be starved of oxygen and smother.

If you remove the heat, you cool the object that is burning, it will cool the fire as well. But not all things will

chocolate milk, one of your favorites

wintertime treats. But keep the faith,

there are things that you can eat that

substitute or nearly substitute for

them. Carob is one chocolate taste

eater and learn that you can not eat

wheat flour or all the other things that

have wheat in them like pizza crust,

beer, pancakes, macaroni products,

cold cuts, gravies and desserts. To

help you over the hump you might

need to learn to avoid some of these

bookcases in the new extension office,

I saw a thin but valuable booklet

called Allergy Recipes, by the

American Dietetic Association. It not

Recently as I was rearranging the

But what if you are a fry bread

that you can learn to accept.

Water makes the grease spatter, spreading the fire to other things in the home. If you remove the fuel, the fire

be cooled, such as water on grease

will not burn. But remember there may still be embers hot enough to start another fire. Cool the embers with dirt or water depending on what caused the fire.

More important in fire safety, get people out of the home, to a safe meeting place. In advance teach the children where to meet and how to behave when they get there. Older children should help the little ones to stay in the safe place. Then call the fire department.

Recently a Warm Springs mother told me that she insisted on a clear fire lane in each room. She knew that stuff piled everywhere could keep people from escaping in an emergency. Does your home have a clear fire lane from each room to an outside door?

Scours in calves identifiable and preventable calves, particularly those with diar-

By Bob Pawelek

More financial losses to cow-calf producers are caused by calf scours than any other health problem in their herds. Calves are much too valuable not to understand how to prevent this problem.

Scours is not a single disease. It's a symptom associated with several diseases and is characterized by diarrhea.

A newborn healthy calf will usually be on it's legs and nursing within a few hours. If the mama cow has been lying in a fouled pasture, a muddy lot, or in some scours from an earlier calf in the same pen, the baby calf may suck down massive doses of germs before it finds the colostrum. This will kill a calf.

Regardless of how it happens, the diarrhea prevents absorption of fluids from the intestines. Also, body fluids pass from the scouring calf's body into the intestines. It's a no win situation at this point, since the scouring calf loses fluids and rapidly dehydrates. Electrolytes are lost, and acid builds up.

Causes of calf scours:

Known causes of scours can be grouped into two categories, noninfectious and infectious.

Noninfectious causes, as illustrated by the poor environment for a newborn calf in a contaminated lot, may also be nutritional or stressrelated. Inadequate nutrition of the pregnant dam or cold stress on a wet and chilled newborn may also be classified as noninfectious.

A calf is born without scours-

fighting antibodies. The calf will acquire these antibodies only by nursing colostrum early, within the first 12 hours of life. All that work you did vaccinating those cows is wasted unless the calf nurses colostrum, preferably before it is four hours old. As the calf grows older, it loses its ability to absorb colostral antibodies by the

hour. Infectious causes may be bacterial, viral, or protozoan. A whole list of infectious agents are in this category. E. Coli is probably the most important cause of bacterial scours in calves, while calves as young as one or two days old may scour from corona or rotavirus infection. Nutritional Scours:

Under range conditions, a calf adopts a pattern of nursing that fills its needs. Nutritional scours can be caused by anything that disrupts this normal habit. A storm, strong wind or the mother going off hunting for new grass disrupts the normal nursing pattern. When the calf does get up to nurse, it is overly hungry, so he pigs out (sorry, terrible pun) and overloads on milk. This is usually a white scours caused by undigested milk. This type of scours is not nearly as serious as the infectious variety. Prevention of Scours:

Never withhold feed from a cow with the intent of cutting down milk production to stop a scours outbreak in calves. In cold weather, a cow's energy goes more for heat and less for milk. The calves may stop passing so much liquid feces, but it does nothing to stop the disease, only the flow of fluid. Withholding milk from

rhea, takes away their only energy source to keep warm. Diarrhea is actually nature's way of flushing out unwanted toxins. Next Time: Management, Vacci-

nations & Treatments for Scours. Some information presented in this article was adopted from "Prevention of Baby Calf Diseases", CES Cattle Producer's library, CL 648.

Rockin' 4-H Sign-up Meeting Wednesday, January 6, 1993, at 6:00 p.m. First floor conference room in Education Center 1110 Wasco Street

All interested are invited to attend For information contact Bob Pawelek, OSU Extension Agent Livestock, 553-3238

Holiday gift plants may be dangerous to small children and pets

During the holiday season, a lot of plants are given as gifts to friends and relatives. Most of these decorative plants are harmless, but some can be dangerous to young children or pets, who might eat part of the plant, says Ross Penhallegon, horticulture agent with the Oregon State University (OSU) Extension Service.

"The important thing to do is to be aware of where the plant is placed, the name of the plant, and if it can be

reached by small children or animals," advises Penhallegon.

Potentially harmful holiday plants include: amaryllis, the entire plant; bracken fern, leaves; Christmas rose, foliage, roots and sap; Christmas pepper, the small peppers; dieffenbackia, stem and leaves; English ivy, leaves and fruit; euonymus, fruit, foliage and bark; ficus (fig), milky sap causes skin reaction; holly, leaves and berries; horsechestnut, nuts, leaves and flowers; hyacinth, bulb; mistletoe, foliage and fruit; Narcissus-daffodil, bulbs; philodendron, leaves and stem; poinsettia, be cautious; potato, sprouts; rhododen-

drons, leaves; tulips, bulbs. For holiday peace of mind, post only has recipes, but it explains the the number of the local poison con-

Recipe substitutes for allergies If you have to cook for the person by Norma L. Simpson with the allergy, you might need to When you first learn that your favorite food is making you sick, it breaks your heart. Things like learn to substitute wheat for other types of flour. You can substitute chocolate that can cause people to have kidney stones for example. Or

barley, corn, corn meal, rice, rye, oat flours. If you want to make gravies or puddings you can use potato, arrowroot, corn starches or tapioca as well as rice flour.

You need to realize that these products will not in all cases be like your familiar foods. The difference will be principally in the texture, moistness and heaviness, particularly in wheat-free recipes. Rice flour has a slightly grainy texture and a bland flavor but is a very versatile flour. Rice flour can be used in a wide variety of baked products. Soy flour can be used alone in cookies but for other products it is best used as a mixture of other flours.

The texture of quick breads is improved if the dough is allowed to stand in the pan for 20 minutes before baking. And products will hold their shape better if left in the pan for five minutes before removing.

The Allergy Recipes book also

Specialists share information about mice The homeowner's first defense The person who coined the phrase against this common pest is pre-"quiet as a mouse" obviously never venting entry into the house. That shared winter living quarters with

away from the walls. This will facilitate inspections for signs of mice.

Dark droppings the size of rice grains in cabinets and drawers are a sign of mice infestation. Hoarded food piles and nests of shredded paper or cloth are further evidence that mice are present.

pan of hot grease for cooking fry bread or making popcorn. If the grease bursts into flame, cover the pan with a lid. Oxygen in the pan will

the proudest.

one. A mouse's noisy night-time activities of gnawing, scratching, and running inside wall spaces are definitely disquieting, say two Oregon State University Extension specialists

Each year at this time, mice enter heated buildings seeking shelter from the winter and a guaranteed food supply. These tiny rodents damage structures with their gnawing and spoil stored foods with their excrement, explains Mary Ann Sward, Extension housing specialist, and Daniel Edge, Extension wildlife specialist.

Agile and quick, mice can find many routes into a house. They can climb almost any rough vertical surface, such as trees and brick walls. They can scamper across pipes and power lines, and they can squeeze into holes as wee as one-quarter inch wide.

means first sealing or screening all holes and openings around the foundation. Steel wool stuffed firmly into a

small opening makes a good tempo-rary barrier. For a more durable seal of entry points, position three inches of concrete, 24-gauge galvanized sheet metal or one-quarter inch mesh hardware cloth to close off the opening.

Pet food and birdseed attract rodents. So, store them in sealed containers and clean up any spills immediately. Don't leave pet food out in bowls after the pets have eaten.

Be careful not to provide mice with shelter near your house. Clean out any accumulation of junk. Clear away excessive plant growth and debris next to the house's foundaion. Avoid stacking firewood near the house. In the garage or basement, stack storage containers a few inches

If you have mice in the house, set traps in areas where they are most active-along walls and ledges. Set spring traps with the trigger end against the wall. Two traps set side by side improve the success rate. Good baits include peanut butter, bacon, and milk chocolate.

Check the traps daily to dispose of the catch and renew the bait.

Poison-based baits are not recommended for homes because they present a danger to children and pets. Also, with this method, dead mice often end up behind walls, under floors, and in other places where disposal is impossible.

trol center in a conspicuous spot near the telephone. 1-800-452-7165.

Volunteers needed to teach beginning sewing classes

foods.

If you are knowledgeable about sewing machines and would like to from you. Contact Norm Simpson; OSU Exhelp to teach the sewing classes for tension 553-3238 or 553-3535.

Нарру New Year!! from **OSU Extension**

ready-made foods which contain wheat flour. contains information for Milk-Free

We think there are many people

who want to learn to sew or learn to

sew again, if years have passed since

they tried before. Your skill will be

In February we will be helping people to make their own traditional

wing dresses, leggings, ribbon shirts

or vests. The new seamstresses will

be very happy to have help with these

greatly appreciated.

sewing skills as well.

and Egg-Free recipes. If you have these kinds of allergies to cope with in your family, come to our Warm Springs office in the Education Center on Wasco Street and we'll help you meet the challenges they beginners, we would love to hear present.

Need help?

We are here in Warm Springs to help you. Give us a call and we will try to help you to solve problems or to help you plan for a brighter 1993. If we don't know the answer to your questions, we'll find the person who can help you.

Stockman's Roundup



By Bob Pawelek **OSU Extension Agent** Livestock and Range

Ranch Programs to assist producers

Sharpening management skills will be the focus of some new educational programs to be conducted by OSU Extension in the coming weeks, both here at Warm Springs and throughout Central Oregon.

Early registration for the following programs is encouraged, as a number of them have limits on audience size:

Financial Analysis and Planning: This workshop is a six-week live satellite and video presentation from the Agriculture Resources Department at OSU. Farm Management Extension Specialists from OSU and Eastern Oregon State College will lead participants through concepts in farm and ranch management. You will develop balance sheets, income statements and cash flows by using case histories.

The series will be held every Thursday for six weeks starting January 28 from 1:00 - 3:30 p.m. at the Jefferson County Conference Room, 85 SE D Street, Madras. The cost is \$20 for the series. Living on a few acres: Many

people on the reservation may be interested in this program devoted to upgrading skills for managers of small acreage.

Topics and dates for living on a few acres are: Small scale Beef Production, February 11; Alternative Crops, February 25; Pest Management - rodents, weeds, March 11; Irrigation & Soil Management, March 25; Taxes, April 8; Small Scale Sheep Production, April 15; Forage and Pasture, May 8.

Cost is \$25 for all sessions, which includes a resource notebook. Cost for individual sessions still to be determined.

Register with payment by February 5 to Deschutes County Extension Offices, P.O. Box 756, Redmond, Oregon 97756.

Calving School

Hurry! The class is filling quickly. Because of the importance of handson experience, 10 individuals is the limit. See article this page for further information.

Cattlemen Seminar

Breeding and selecting cattle for today's market is becoming increas-ingly important. Dr. Bob Long, a nationally renowned beef production specialist from Texas Tech University, will focus on the value added market that is beginning to change the beef cattle industry. Emphasis will be placed on how cow-calf

producers can breed and select for this market. Live cattle will be used to demonstrate selection criteria.

The event will be hosted by OSU Jefferson County Extension and by NorStar Cattle Company as an educational event prior to their bull sale. The Cattlemen Seminar will be held Friday, February 26 starting at 4:30 p.m. for a get together, 5:30 p.m. dinner and at 6:30 p.m. Dr. Long's presentation.

Location is Central Oregon Livestock Auction Yard, Madras. Reservations for dinner must be made before Monday, February 22 by calling 475-3808.

Standardized Performance Analysis

The National Cattlemen's Association has been working toward standardization of records in cowcalf production and financial performance. Based on work with a number of individuals and universities, the Standardized Performance Analysis or SPA Program has been created.

The purpose of SPA is to help producers monitor performance herd performance and financial performance. SPA helps to look at how the cow-calf enterprise can generate profitable change and to monitor progress over time.

A workshop to introduce SPA will be held on March 4 from 10 a.m. to 2:00 p.m. For those producers interested in gaining information on their herd, worksheets will be handed out and a second session will be set to run the SPA software program for individual herds, Register by March 1 to the Jefferson County Extension Office, 475-3808.

After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral of that story is when you're full of bull, keep your mouth shut.

Prepare now for February 13 calving school

Warm Springs OSU Extension office will present a calving school for Warm Springs producers on Saturday, February 13, 1993 at the Norstar Cattle Company near Willowdale.

penses

on experience.

and proper assistance).

Noon: bring a sack lunch.

handling of first calving heifers;

Health programs-third trimester/following calving; Calving barn facilities, chutes, etc.; Getting them bred back on schedule.

NOTE: We will stop classroom

presentations whenever a heifer starts to calve. Discussions will be held on emergency situations as they arise. Come prepared for any kind of weather.

Dr. Don Hansen, Extension Veterinarian and Dr Bill Zollinger, Ex-OSU tension Beef Specialist for OSU, will be here to present the program. This school will be a hands on **Calving School** learning experience designed to teach February 13, 1993 the novice and expert. The class will be limited to ten students so all par-Norstar Cattle Co, Willowdale ticipants can be involved. Registrations will be taken on a first received, Name frist enrolled basis. There will be a registration fee of \$20 to cover ex-City/Zip Address Topics include: Emphasis: Hands-Morning discussions include: Third-trimester management and (Business) (Home) Phone: nutrition; Sire selection based on data Registration \$20 per person. Make Check Payable to: from records (EPD); Health programs pre-breeding to third trimester; The Total Amount Enclosed Birthing function - identifying membranes and fluids; calving equipment Rockin' 4-H Club and it's proper use; Handling abnor-Warm Springs Extension Service mal presentations (Dystocia, pulling PO Box 430 Warm Springs, OR 97761 Afternoon discussions will be: Post-calving management; Special Return registration form and check no later than February 3.