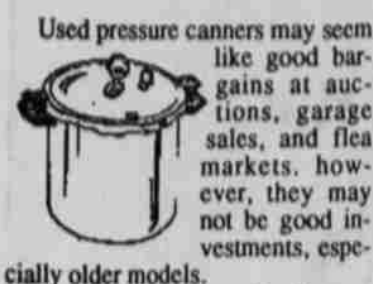


Beware of used pressure canners read current manuals



Used pressure canners may seem like good bargains at auctions, garage sales, and flea markets, however, they may not be good investments, especially older models.

Bodies and covers made of cast or heavy gauge metal are durable and may be in good shape. However, other parts may need repair. It may not be possible to buy replacements

for gaskets, gauge, and handles. Many manufacturers of older canners are no longer in business.

Second hand pressure canners seldom have use and care manuals with operating instructions. It may be possible to tell whether the canner will reach and maintain the right processing pressure. As a result, canned food may not be safe to eat. Another potential hazard is personal injury resulting from improper canner use.

Before purchasing a used pressure canner, check with local dealers to see what brand and parts are cur-

rently on the market.

Prepare for the food preservation season by doing some spring cleaning. Many home canners are using outdated instruction manuals. Manuals published before 1988 should be replaced with more current editions.

The U.S. Department of Agriculture revised many home canning procedures in 1988. These new recommendations for canning vegetables, tomatoes, salsa, fruits, seafood, and meats are available at the

county Extension office.

Up-to-date USDA recommendations can also be found in the 32nd edition of the Ball Blue Book and the 1990 edition of the Kerr Kitchen Cookbook.

Purchase of a home-canning instruction manual is not a one-time investment. Ongoing research leads to new recommendations. For example, procedures for home-canning smoked fish and Asian pears have been revised as a result of OSU research.



Information provided by:
OSU Extension
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1110 Wasco Street
553-3238.

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Arlene Boileau 4-H & Youth
Bob Pawelek Livestock
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Carol Stevens 4-H
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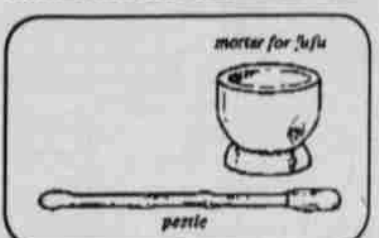
The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

International cooking demonstrated

By Norma L. Simpson

You may hear some of the 4-Hers talk about their experiences with strange cooking equipment while at the Tri County Camp in Crystal Springs near Mitchell. Yes, it was quite an adventure for them to pound soy beans in a mortar and pestle, and turn fresh corn into "Chupa Guazu" the national dish of Paraguay, and make cake from soy bean flour and tortillas from corn and wheat flour.



They enjoyed seeing my university professor, Nellie McCann, turn her holiday time into work time at camp as she demonstrated clothing from Nigeria where the mortar and Pestle came from. And tasting the soybean cake that her group made.

One of their fellow campers,

Michelle Lopez, from Madras taught two groups to make the tortillas which we all ate with butter or caramelized condensed milk.

And of course the many baskets from around the world were highlights of the show for the campers and people looking at the van loaded with tools and baskets.

The exciting future is that campers are the Warm Springs 4-H Enrichment camp at Trout Lake will see and touch and taste many of the same experiences.

CHIPA GUAZU (Paraguayan Corn Pudding)

3 cup fresh corn
1/2 cup onion
3.4 cup Paraguayan cheese
1 cup sour milk
3 Tbs. lard
3 eggs
1 1/2 tsp. salt

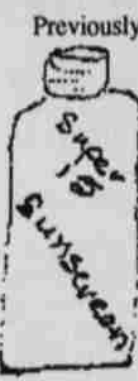
Grind together, in meat grinder, corn, onion and cheese. In large bowl cream lard. Add eggs and salt, then corn mixture and milk. Bake in greased square baking dish at 400 F. for 40-50 minutes. Cool slightly before cutting.

Dates to Remember

July 6 — Rainbow Dancer Meeting
July 12 — Rockin' 4-H Meeting
July 23-25 Jefferson County Fair
July 30-August 1 — Deschutes County Fair
August 11-15 — 4-H Wilderness Camp

Ozone layer fascinating facts: Invisible rays can damage skin

Previously on this page of Spilyay, I have mentioned that the OSU/Warm Springs Extension Office receives a number of newsletters that are filled with information. Reading through them is part of my job, to find the "golden nuggets of information" that may help you to improve and enjoy life more. The July 1993 issue of The University of California Berkeley Wellness Letter, has an interesting note about the OZONE



LEVELS.

"During the past year there has been a steep reduction in the protective ozone layer over much of the Northern Hemisphere. Ozone layers have been 9% to 14% below normal, which will allow more ultraviolet rays to reach the earth, according to a report in Science in April. Thus you're likely to get a sunburn faster this summer—all the more reason to

use a potent sunscreen.

I'm concerned about tribal members who spend many hours outdoors in their jobs. While some don't seem to sunburn, I've noticed a few Native Americans who are flaggers for the highway construction, who look like their skin is red from 8-10 hours of sun a day. Let's hope they are slipping on plenty of sunscreen, and slipping on a long sleeve shirt and

slapping on a hat to provide shade for the face. Hard hats are great for protecting the head from falling rocks, but SLIP, SLOP, SLAP will protect them from the invisible rays that can damage our skin.

SLIP, SLOP, SLAP is the motto of the Australian Department of Health, which is having to cope with the huge increase deadly skin cancer in the southern hemisphere. No longer do the Australian's or New Zealanders think they are too tough for cancer. There is an enormous note in the ozone layer over their two countries.

Now we, too, must be concerned about the impact of the sun's rays on our skin. Three cheers for those from down under who said:

SLIP ON A SHIRT
SLOP ON SOME SUNSCREEN
SLAP ON A HAT.



Lawn and garden composting tips given

The rainy spring that we have been having has resulted in some healthy green lawns so far this year. Unfortunately, all this growth means that lawns have to be cut more frequently than usual, but that is a small price to pay for a good looking lawn. When you are finished mowing the only problem that remains is what to do with all those grass clippings. You could bag them and put them out with the rest of the trash to be carted off to the landfill but this may not be the best idea. It is important to remember that landfill space is hard to come by, and expensive. The more that goes to the landfill, the more it costs the community. So what should you do with those lawn clippings and leaves from your yard? You might want to consider composting.

Composting is a simple and easy method for turning yard debris and garden wastes into fertilizer, soil amendments, mulch or potting soil. Composting is a form of recycling, a way of returning needed nutrients to the soil. Compost is also a valuable soil conditioner. It improves the soil quality and increases the yield of produce and can save money ordi-

narily spent on soil additives, such as manure and peat moss. It also has the diverting yard wastes to productive uses. The less material that goes to the landfill the less it costs the Reservation. Composting conserves resources by reusing materials around us.

There are a variety of different composting methods, some require a fair amount of effort and some (my personal favorites) require no work at all. Regardless of the method used the final product is a soil amendment

that will improve the texture, fertility and water holding ability of your lawn and garden soil. If you are interested in learning more about composting yard and kitchen vegetable wastes stop in and visit me, Tim Wojtusik, at the OSU Extension Office or call 553-3238. I have a variety of information available that can get you started and we can figure out a composting system that will best suit your needs. As always, I want to hear about your landscaping and gardening interests so be in touch.

Inspect vehicle tires regularly for uneven wear

At least once a month inspect your tires closely for signs of uneven wear. Uneven wear patterns may be caused by improper inflation pressures, misalignment, improper balance or suspension neglect. If not corrected, further tire damage will occur.

Most likely the cause will be corrected at your tire dealer or other service facility. If you catch a problem and correct in time, your tires may be able to continue in service.

Certain uneven wear patterns may

indicate that the tire has suffered internal structural damage and requires the immediate attention of your tire dealer.

When the tread is worn down to one-sixteenth of an inch, tires must be replaced. Built in tread wear indicators or "wear bars," which look like narrow strips of smooth rubber across the tread, will appear on the tire, when that point of wear is reached.

When you see those wear bars, the tire is worn out and it's time to re-

place it.

As you inspect your tires, look for any stones, bits of glass, metal or other foreign objects wedged in the tread, which may work deeper into the tire and cause air loss.

If any tire continually needs more air, have it taken off the vehicle and checked to find out why it's leaking. Damage to the tire, wheel or valve may be the problem.

EXAMPLES OF UNEVEN TIRE WEAR



Nine ways to get more for your calves, know when the right time is, the best way

Watching calves come through the auction ring helps the rancher learn why buyers pay more for some calves than they do for others. The action that you take months or weeks before, and maybe even the morning of the sale, may help assure a higher bid and can boost the total dollar value of your cattle.

1. Produce for your strongest market. The spring market is usually a good price picture for the year. Demand is usually strong for calves to finish up winter grazing or to use

early summer grass. To hit the spring market, hold late-spring or summer calves over on winter pasture.

2. Market frequently. It's like hedging. You may not want to bet the profitability of your entire calf crop on a single day's prices.

3. Manage cattle to fit the market. The average producer should stay away from the extremes. If a producer deviates from the industry norm, he should do so with a marketing plan and a purpose. For example, if you want to produce calves for a bull

feeding market, be sure your animals fit the program. Sit down with someone who is knowledgeable about that market and find out what it takes to produce for it.

The market also dictates whether or not the average producer should castrate bull calves, creepfeed or precondition. For the latter two, an organized program will usually reward you for your added expenses.

4. Check out auction markets. Markets have people who can help you get a better price. If you need to

sell cattle that are out of the ordinary, let the auction company know in advance, so they have time to prepare for you.

Different markets have different personalities. Some markets may sell larger numbers of some cattle than others — for example, maybe more stock cows or baby calves or cross-breeds.

5. Stay informed of market trends. Don't just show up at the sale barn with a trailer load of cattle and your fingers crossed. Read or listen to

market reports on a regular basis — daily, or at least weekly. Call the market operator occasionally and ask him what trends he foresees. A good market manager likes for his customers to call him. That's what he's there for — his customers.

A cow-calf man shouldn't just watch for calf prices. Also check prices for yearlings and fat cattle. They determine what calves will bring.

6. Take advantage of weather markets. When heavy snow in Eastern Oregon or perhaps a lengthy period of rainfall in the Valley slices the number of cattle brought to markets there, prices here in Central Oregon may go up.

An order buyer may have only a week to put together a load or pen of cattle. If the weather has been bad and cattle marketings have been down, he's going to bid higher to fill his orders.

However, a weather market can also work against you. For example, weather conditions that block transportation to the destination point for stockers or feeders can depress the price at the local market.

7. Sell calves when they peak. That's when they've made all the growth they can from milk, and they

need a change in feeding to continue to gain. You may want to wean and sell a calf right after he peaks, or else feed him for 60 to 90 days, but at least 40 days. You'll probably lose money if you try to hold a calf for a week or two after he's weaned. He'll lose his bloom and attractiveness to buyers. So you're forced to feed him until he gets that bloom back.

8. Avoid stress. Wean calves and move them directly to the sale. Do not let them stand out in the hot sun while you drench their mothers and then load them out. The overall attractiveness of a calf is severely reduced if he has been rained on, is covered with mud, and had been drained of energy. Any calf that's tired when he comes to the sale barn will even be more tired by the time he leaves. Buyers mentally take that into account when they're bidding.

Although I am a south Texas boy, I must admit that the nervous, high-strung animals — like most strains of Brahms (are you reading this, Bill Zollinger?) have a tendency to buckle or go down when they've been stressed or run in muddy pens.

There is no way to save a buckling calf. A buyer won't even be able to get him on the truck. Again, the solution is to have dry pens or solid pastures in which you can hold cattle until you are ready to load them.

9. Move'em out slow and easy. Ease calves onto your truck or trailer with as little hassle as possible. Don't try to crowd too many calves onto a single truck or trailer. Make sure they have solid footing.

There's no way to guarantee that your cattle will always top the market. The truth is that you can do more to keep from getting discounted than you can to get a higher price. But, you can increase their dollar value by having a market strategy and by using good common sense in taking your calves to the sale barn.

Stockman's Roundup



By Bob Pawelek
OSU Extension Agent
Livestock and Range

Watching the calf roping event at the Pi-Ume-Sha rodeo last weekend reminded me of something a Texas horse trainer once showed me, and I thought I'd pass it along to the calf ropers here at Warm Springs — a little trick to cure a chute-crazy roping horse.

When the horse starts acting up in the roping box alongside the calf chute, spin the horse several times in one direction; then if the horse still needs some defrosting, go several times in the opposite direction. . . and I mean spin him.

A horse hates this forced spinning, and will often simmer down, fearing more spinning if he continues to act

up. Like every other disciplinary action with horses, be cautious. It's just as easy to overdo this stunt as any other in training a horse. Better to underdo it than to overdo it.

Fire Season

A word of caution — just a glance at the browning buttes should be enough to remind us all that we're getting into fire season. When driv-

ing through range country, be wary of where you park your pickup, since a hot catalytic converter can easily spark even short, dry grass and start a fire.

No Drag Gate

There's not much else more aggravating to me than a gate that keeps dragging and gets harder to open every day. Next time you build a gate, make it a little wider at the bottom and angled toward the inside, then set your hinge-post at a slight angle toward the gate. When the gate swings open, the bottom automatically rises, and clears the ground every time.

