

## Few mail-order companies rate high among consumers

by Norma L. Simpson  
When I see the bulging mail box every morning, I think that I must be on the mailing lists for every mail order catalog. Much to my surprise, I have missed quite a few, especially those that are in the top rating for 45 companies rated satisfactory by readers of the *Consumer Reports Magazine*. 88,000 readers responded about their experiences with some 140,000 clothing experiences, the type of merchandise that's ordered most often by mail order.

The reason the Consumer Union became interested, was they started figuring out how much more was ordered by catalogs, and how much people was spent returning items that did not meet their needs. Sometimes the return postage may be as high as \$20, for items that you didn't like or that didn't fit. The Ratings included responses about Overall satisfaction with only three mail order companies receiving 90 percent satisfaction and one company received only 65 percent satisfaction. Also included in the ratings were "Value," "1-week delivery" and "Shipping Charges."

One complaint is that many companies do not have all the items in stock, so they have to be back ordered. It is especially disheartening when they tell you on the phone that they have it in stock and can receive the merchandise within seven days, only to be told, by delayed postcard, that it will be three weeks or longer. Most of the catalogs rated by Consumers Reports had an 800 telephone number, and there are nearly as many phone orders as those placed by mail.

We may think that mail-order catalogs are a new fad, well to my surprise, the first reference to catalogs listed 15 books written in Greek and Latin published in Venice, Italy in 1498, just shortly after the printing press was first developed. And now in 1994, one company has published 25 catalogs and another 45 catalogs on a single compact disk that you put into your CD-Rom computer. They cost between \$3.50 and \$5.00 at the moment. If you want to see the list of top catalogs, come to the office and see the October 1994 *Consumer Report*. It includes the Tests for Small Economy Cars.

### Save those pumpkin seeds for delicious treat

by Norma L. Simpson  
If you plan to carve a pumpkin for Halloween, you might want to save the seeds to eat along with the sunflower seeds and squash seeds. You need to wash the pumpkin and squash seeds carefully to remove the clinging fiber. Dry the seeds in a dehydrator at 115 degrees F - 120 degree F until crisp or in the oven at 150 degree for 1 to 2 hours, stirring frequently to make sure the seeds dry on both sides. For roasted seeds or salty flavored seeds, follow instructions given for roasting sunflower seeds. The secret is to come to the Warm Springs Extension Office for a sheet on drying and storing the seeds. You can call us at 553-3238 or pick up a sheet outside my office on the main floor of the Education Center.

### In Idaho...

## Policy consensus topic of conference

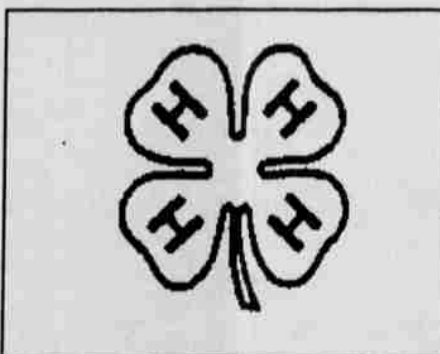
by Norma L. Simpson  
In September, I attended the National Public Policy Education Conference in Idaho. One purpose of the conference is to share ways to help people to be involved in policies that affect their lives. It was 20 years since I had participated in such conference, so I decided to take the Retooling Class for us oldtimers.

The demand of tribal resources to keep the casinos in "top" conditions to continue to attract patrons, resources that should be go to tribal needs rather than to keeping the casino in operation.

Another was the lack of respect of the Gaming partners for the Indians on the reservation. But because the reservation had tied its economics to much to the revenues of the Gaming industry, that Indians could not express their discontent with the racism.

If you have ideas about Gaming on Warm Springs that you would like to add to my collection of information, I would like to hear your views.

## 4-H off to great start this year; six clubs offered



by Crystal & Arlene  
**LOTS OF LOST CAMP STUFF, THIS IS THE LAST NOTICE. AFTER OCTOBER THE LOST STUFF WILL BE DONATED TO A NEEDY CAUSE.**

The new 4-H year is off to a great start. At

this time there are 6 new 4-H clubs and 7 returning clubs. So Join 4-H and learn a new skill and meet new friends

Why be a 4-H leader and plan a 4-H club? A 4-H Club and planning go hand in hand, it is like a road map. It provides direction toward a goal for you and the 4-H'ers. What the club plans to do, when it plans to do it and who is responsible for each part. Even better is to have a written plan, this will also communicate with the parents what is happening and what their children are learning.

The 4-H Wilderness Enrichment Camp staff (Crystal and Arlene) are seeking out some volunteers to help develop camp for 1995, their responsible will be for two (2) months only, January and February of 1995 and meeting only four (4) times. Please contact Arlene or Crystal at the Education Building or call 553-3238.

**4-H CLUBS:**  
Search & Rescue (SAR) Keith Baker Mon. 6 - 8:30 p.m. 4-H room; **Advance Beading** Myra Shawaway Mon. 1513 Tenino Rd. Time has not been set; **Rockn' 4-H** Bob Pawelek 4-H room 5-6 p.m. Tuesdays; **Boy's Basketball** Melvin Tewe Wed. 4-6 p.m. WS grade school; **Shawl Making** Jackie Kalama Wed. 5-6 p.m. 4-H room starting October 19, 1994; **Outfit making** Joseph Tucka Thurs. 7:30 - 9 p.m. 4-H room starting November; **Boys Basketball 12 & under** Thurs. 4-6 Grade School; **13 & older** Thurs. 6-8 p.m. WS Grade School; **Yarn Bag Making** Mary Smith Thurs. 4-6 p.m. 4-H room starts in November.

These are the clubs that do have set dates and times. If you have questions, please feel free to call or even stop by the office and see Arlene Boileau or Crystal Winishut. Our phone number is 553-3238/3239.

**RECOGNITION NIGHT:**  
Remember all 4-H members, Recognition night is **October 29, 1994 at 1 p.m. in the 4-H room.** There will be pizza, pop and cake. 4-Hers will be getting certificates and pins. We are hoping to see you all there with your smiling faces.

## New brochure helps with landscaping woes

by Norma Simpson  
Many families are moving into new homes on the reservation, as the Mutual Aid project finally reaches its close for the homes planned in 1992-1993. They have waited so patiently, but now the pressure is on them to take on one of their responsibilities. This week I received a new brochure that will help them to landscape their homes.

Temperatures are in the low 30s, a good time to think of trees, shrubs and perennial bulbs they can plant. Most frustrating for new homeowners is to landscape one year only to have the deer wipe out the plants during hard winters.

I hear the Farmer's Almanac is predicting

a hard winter this year. Perhaps we can balance the landscape plants with those that the deer will like and those they will avoid.

In 1994, the OSU Extension Service published a four page pamphlet that we have available in the Warm Springs Extension office. "Deer Resistant Ornamental Plants" was written by Jenner Horton and Daniel Edge, to wildlife experts. It shows the zones of the state that have to be concerned about harsh winters - that's nearly all of Eastern Oregon and the plants that survive the cold.

Two pages of the pamphlet include the Perennial Bulbs, Shrubs, Trees and Vines and Ground covers. The lists include the COMMON NAMES, BOTANICAL

NAMES and CLIMATE ZONES. Nineteen of the plants listed are labeled as poisonous. Use caution when choosing these species in areas where children are present. Some plants are poisonous at all times, and others are poisonous only at certain growth stages.

Deer eat a variety of vegetation including woody plants, grasses, fruits, nuts, ornamental trees shrubs, vines and garden vegetables. Landscaping based on a knowledge of deer feeding habits can reduce the browsing damage and still provide for the deer that you'd like to have in your back yard. While a really hard winter may mean that deer-resistant plants will be eaten by the deer if other food is not available, it still worth the effort to make your home reach your goals of beauty.

Give us a call at 553-2328 or pick up a copy outside my office on the main floor of the Education Center at 1110 Wasco Street.

## Complicated by-pass surgery explained

by Norma L. Simpson  
Since I wrote articles for the last Spilyay before Labor Day, my sister had a major heart attack which eventually lead to a 5-way by-pass operation. Already she is doing well, and reported on October 9, that she had been to the mall to shop. But it was a bit early for the serious shopping that she does; bending over made her dizzy. So now she is just walking through the mall to build up her stamina where people can see her if she needs help.

discomfort only when she coughs. Hugging a teddy bear in the hospital made that part more "bearable."

The other shock came when we learned that the surgery was not "Open Heart" because the five by-passes were on the outside of the heart. Due to the scar tissue from the three bouts of rheumatic fever, the by-passes had to compensate for "dead" parts of her heart.

The 5 by-pass tubes that go around clogged parts of her vessels, come from vessels in her leg.

She grumbled about gaining so much weight while she was waiting for surgery. But the truth again is that the IV solution was providing her body with the fluid that she needed but had not been getting before the attack.

We all have reasons to count our blessings and thank our Creator. And we have occasions to pay back our families for the tender loving care they gave us when we were sick or sad.

## Infestation can occur when large quantities of food are purchased

by Norma L. Simpson and Bob Rost  
Those small boxes of muffin mixes come in handy, especially when guests come and you want to visit with them rather than concentrate on cooking. I tried that a week ago, only to scurry for a substitute when I saw little white worms or larvae crawl out of the mix.

Buying more than you need for one month probably leads to that problem, as you will learn in this story from Bob Rost. Many insects are pests no matter what the season, but the types that infiltrate stored foods in the fall often seem especially bothersome.

Hungry insects usually prefer cereals, flour, corn meal, spices, dried fruits and nuts, according to Ray McNeilan, Oregon State University home gardening agent. "The chance of insect infestation is greater when people buy large quantities of food to store and use over long periods."

Flour beetles (or bran bugs) such as

sawtooth grain beetle are common pests. They are reddish brown, hard-shelled insects about one-eighth inch long. Although adults are usually the first observed, the brownish-white larvae of these beetles also feed on flour, cereals and condiments. Once when I lived in a more humid climate, spices like paprika had insects in them, unless you stored the can in refrigerator.

Flour moths like the Indian-meal moth, the Mediterranean flour moth and the meal moth are gray or reddish-brown, and have a wing span of one-half inch or more. The Indian meal moth may be a special problem in stored walnuts. Mealworms are one-half to three fourths inch long and have a dark brown to black hard shell.

For control of these pests, first locate and destroy the source of infestation. Discard all

contaminated food and clean food shelves thoroughly. A vacuum cleaners with attachments designed for use in hard-to-reach places is hand for removing food particles and insect eggs lodged in cracks.

Store seldom-used food products in containers with tight lids. "Coffee cans with plastic lids will keep out adult insects, but the larvae can get under the lids. A jar with a screw-on lid is better," according to McNeilan.

John Brown and James Moran, the Commodity Foods people in Warm Springs put corn meal in the walk-in refrigerator when corn meal is being stored for long periods of time.

In addition to careful storage of foods, check dried foods periodically. Those sweet dried foods are tempting to insects as well.

## Stockman's Roundup: Waddaya do with the calves?



by Bob Pawelek  
OSU Livestock Agent

winter, and will it pay to keep too many replacements?

First, let's look at the whole cow herd. If we have 25 mother cows, did all 25 bear live, healthy calves last spring? If not, concentrate on those who did not and let's seriously consider why they didn't. If the cow who did not calve out is old enough to remember when Jimmy Carter was President, it's probably time to say goodbye. If at all possible, preg check the rest of the cows to make sure we're not feeding an animal who won't earn her keep.

Now, take a look at the cows who have bad hips, pinkeye, and other maladies. They should go. So should the cows (the young cows, too) whose calves are awfully small for their age. Culling animals that produce dinky calves allows you to keep better heifers for replacements. It improves the genetics of your herd as well. Next, recall if you had to pull a calf last spring and why. Ask yourself if it will be worth it to keep the cow and put up with the hassle again.

Now, let's do a little herd analysis. Add the number of steer calves and number of heifer calves. Divide the sum by the beginning cow inventory. The number produced is your percent calf crop. For instance, I have 8 steer calves and 6 heifer calves. I have 20 cows to begin with. Dividing 14 by 20 equals .7 or 70%. A seventy per cent calf crop is not acceptable to me, and it should not be to you, either, from strictly a profitability standpoint. This takes us back to making sure we do a good job of culling the cows who don't produce.

The butcher cow market is only a few cents lower today than it was this time last year. My advice would be to do consider culling the cows who need to go, and consider keeping as many heifers as you can for replacements.

Now for the calves and some tips to get a little more for 'em. If we have some calves still on their mamas, separate the cows and calves with enough distance so they can't hear each other. The reason for this is to avoid respiratory illnesses caused by bawling, which can bring a calf down in a hurry. Process the cattle in the early morning when possible. Cattle tend to hold their body heat. So even if you work them in the early evening when it seems to be cooling down for you, the cows will still be retaining body heat. Any activity, or even just standing in the direct sun will bring up their temperature, cause undue stress, and endanger their health. Let's try to teach the kids about this, and avoid the temptation to ride calves in the pen.

Castrating and dehorning older calves is very stressful. If it was not done in the spring, then it should probably wait a full month after weaning. You will get a few more cents per head at auction for steers than for 8-month old bulls.

If you really want to do well at the auction, common sense management will help you. Little things such as remembering to acquaint weaned calves with a water trough by letting the water drain out will get their attention. Try to keep the calves around for a few weeks after weaning and keep them on good feed. This will add pounds and keep

## What's a 'child's serving'?

What counts as 1 serving for my child? How many servings from each group should I feed my child each day?

The amount of food that counts as 1 child serving is listed in the chart below for each of

the five pyramid food groups. The chart also shows you how many servings from each group your child should eat every day.

A good breakfast is made up of foods from at least three of the food groups.

- Bread Group (6 servings per day)**  
1/2—1 slice bread  
1/4—1/2 cup cooked cereal, rice, pasta  
1/2 cup ready-to-eat cereal
- Vegetable Group (3 servings a day)**  
1/2—1 medium raw vegetable  
1/2—1 cup leafy vegetables  
1/2 cup vegetable juice
- Milk Group (2-3 servings a day)**  
3/4—1 cup milk or yogurt  
6 Tablespoons custard or milk pudding  
1 ounce cheese
- Meat Group (2-3 servings a day)**  
4 Tablespoons meat, poultry, fish  
1 egg  
2-3 Tablespoons peanut butter  
1/2 cup cooked dried beans or peas

- Fruit Group (2 servings a day)**  
1/2—1 medium raw fruit  
4-5 Tablespoons cooked fruit  
1/2 cup fruit juice

