

## 'Econo-Eating'

Boring! That's what life is when there's nothing to do! I must have been a real pest when I was young because my mother finally bought me a book that was titled "What Can I Do Now, Mother?" which was just full of neat suggestions of things to do. It made a real impression on me because that was exactly the question I used to ask all the time.

Well, if your kids are pestering you for suggestions, why not put them to work on things that are useful to you. Since they have a lot of energy, and it takes a lot of energy to do the planning, shopping and cooking, it's nice to have some help. It may not save much time at first, but as they develop skill, their assistance is more valuable. You're also giving them a chance to learn some "life skills." It's no great service to the younger generation to let them grow up being taken care of all the time. It's hard enough in this world to go out on your own when you already have some of these skills.

Teenagers and young adults can be especially helpful. In our area the teenager that has a regular job is lucky. There are a lot of them that haven't been able to find work. This group can do lots of things if you give them a chance to learn.

Start with the food ads. Look them over together and help them become familiar with food prices and what is a special bargain. Start a shopping list for each store where you intend to shop. It helps me to either circle or list the special meat bargains first because I then make menus featuring these specials.

Kids who aren't much help when you just ask for suggestions, are a lot more help when you're very specific. "How can we fix the chicken that's on sale?" is a whole lot easier to answer than "What should we have for dinner?" which is the usual question we ask. My kids had a stock answer to that question -- "Let's have steak!" -- which is not "Econo-Eating."

If you make menus that feature the specials, you can teach a lot of good shopping and cooking skills that will be useful when they're out on their own. That's the kind of shopping they'll have to do -- those starting salaries or minimum wage jobs don't usually allow for steak very often.

Take them shopping with you. Some parents say that would cost them more in the long run. It may take some special tactics on your part to avoid spending more money.

If they're snack conscious, wanting all those high cost, low nutrition snacks and beverages that they see advertised all the time, you may have to set some limits. You can sometimes allow a certain amount of money to spend on snacks or you can let them buy on special snack each shopping trip.

Sometimes it helps to share the limits of your food budget with them. Most kids are willing to accept limits if they understand them. My kids even like the challenge of getting the best bargain. Sometimes they get after me for buying something on impulse. Writing a food-buying column has its disadvantages. You don't always practice what you preach -- and the kids catch you at it.

When you have them cook, encourage them to learn safe use of the equipment. Teach

some basics, like how to brown meat and then simmer it to make it tender. This is the principle that can be used over and over on many different kinds of meat.

Introduce them to reading recipes. It's a very helpful skill to follow directions step-by-step. When my kids first started, I would have them read it out loud to me so I knew that they could handle the reading level. I'd ask, "What's the first thing you do?" Then I'd have them do that step. They'd tell me what came next and on through the recipe. If there were incomplete directions or things they didn't understand, I could explain.

Kids, especially grown-up kids, appreciate an explanation. My son was learning to make pie dough the other day and wanted to know why I had him wait a half hour before rolling out the dough. He thought it was interesting to find out that the flour needs time to hydrate -- which means the water gets distributed better and makes the dough much easier to roll out.

Skill level is very important. Everyone feels better about success than failure, so encourage them to try things that are within the scope of their abilities. Small fry many need to start with simple things like stirring or making easy snacks. Older, more experienced kids may be ready for yeast breads or whole meals.

Here are some snacks kids can make. The gelatin or pudding mix helps make these frozen pops the non-drip type. They're nutritious and fairly low in cost compared to purchased snacks. The other is a simple recipe, shared with me by one of my very young readers.

**Frozen Fruit Juice Pops**  
1 envelope unflavored gelatin  
1 cup cold water  
1/2 cup sugar  
2 tablespoons lemon juice  
3 cups fruit juice, any kind

(this can be 6 oz. frozen juice, reconstituted)

Put gelatin into a medium sized sauce pan. Add the cold water and set sit for a minute. The gelatin will swell up. Then cook and stir over medium heat just until the mixture melts. Take off heat. Add all other ingredients, stir until sugar dissolves. Then freeze in ice cube trays, small plastic glasses or frozen pops containers. Or use small paper cups, fill cups, cover with aluminum foil and insert a strong plastic spoon, then freeze.

**Frozen Chocolate Pops**  
1 package instant chocolate pudding (other flavors may be used, but if you're a chocolate lover these are great!)

1/2 cup sugar  
milk as called for on the box  
Mix together using the directions on the box and being sure the sugar is dissolved. Freeze as above.

### SEE YOUR DOCTOR

If you smoke, you are 1.7 times as likely to develop a duodenal ulcer as a non-smoker. A government study showed that 46 percent of black men smoke compared with 38 percent white. It's now been established that cigarette smoking affects the development, severity, healing and recurrence of ulcers. If you smoke, and have frequent stomach pain, you should see a doctor to find out if you have a duodenal ulcer.



At first, experts believed that the rising number of women ulcer patients was due to women entering the job market where they were subject to increased stress. Because day-to-day stress is no longer a major causative factor, some scientists feel that it is because women have been smoking more.

## Condon Kiwanis Club plans annual Wheat Country Classic

Condon Kiwanis members are making plans for the seventh annual all-comers track and field meet, the Wheat Country Classic, scheduled for Sunday, August 14, beginning promptly at 4 p.m. at the Condon High School track facility. Youngsters and adults of all ages are invited to participate in the family-oriented event, said a spokesperson for the event.

The meet will feature age

group competition for both youngsters and adults in a full schedule of field and track events. Meet records will be compiled in all events and ribbons will be awarded to all finishers. Trophies will be presented to the outstanding male and female performers and the Grant Weatherford Memorial Trophy will be awarded to the best all-around performer.

A 10-kilometer race will be

included for distance runners and will be capped the now-famous "watermelon relay extravaganza."

Only shoes with short spikes will be allowed on the rubber asphalt track, the spokesperson stated.

More information concerning the meet can be obtained by contacting Mac Stinchfield, meet director, at 384-2421 during the day, and at 384-5901 evenings.

## Local girls attending Business Week

Some 350 high school students and their teachers, including two Heppner High students, converge on the Monmouth campus of Western Oregon State College this week (July 31 - August 6) to learn about minding the store.

Attending the fourth-annual Oregon Business Week program, Cammie Papineau and Nancy Martin, along with the other participants, have a week-long opportunity to operate businesses of their choice through computer simulation.

In the process they are exposed to basic economic principles, key elements of Oregon's economy and career opportunities awaiting them as employers and employees of the future. Prime among

their many lessons is learning the role of business in society from present leaders of the businesses, large and small.

More than 150 volunteer business people serve as faculty and advisors for Oregon Business Week. They join another 250 firms, organizations and individuals purchasing \$150 scholarships that provide expense-free attendance for students and teachers.

Participants apply from public and private high schools throughout the state. Teachers also have the opportunity to receive college credit preparing to teach essentials of economic and personal finance graduation requirements.

Sponsors of the Oregon pro-

gram, similar to others being offered in 17 states, are Associated Oregon Industries Foundation, the State Department of Education, Oregon Council on Economic Education and WOSC.

Student enrollment is open to sophomores and juniors and most teachers that are social science instructors. In addition to their learning experience, most students receive an initial introduction to life on a college campus. Western Oregon's many recreational and cultural facilities are available during free time.

Other highlights are mid-week visits to operating businesses and manufacturing plants in the mid-Willamette Valley region.

attitude and a feeling of wellness are essential to good health. People who are happy in life may be healthier, she says. And the attachment and love that a person has for a pet may, in fact, create purpose in life.

Interestingly enough, the study found that women were more likely to identify their pets as "family members" and "children," while men thought of their pets as "companions" and "protectors" whose most redeeming qualities were their extreme loyalty and dedication.

## Pet Owners Proven Healthier And Happier

Q. Is it true that dog and cat owners believe they are healthier and have a more optimistic outlook on life than non-pet owners?

A. Indeed, it is true. Rutgers University conducted Health Opinion Surveys and Purpose in Life Tests among a group of pet owners and non-pet owners. It found that people who own dogs and cats feel more healthy and have a stronger sense of purpose and direction in



their lives than do a random sample of non-pet owners.

According to Dr. Rosanne Wille, this supports the notion that pets contribute to our overall health and well-being in life. She believes that health is more than just a state of body, but also a state of mind. A positive

The first police force in America consisted of a "Rattle Watch" of eight men, established in the colony of New Amsterdam in 1658.

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