

WORK SMARTER — NOT HARDER

By Bernice Strawn

PERMANENT PRESS SLACKS often show signs of abrasion or wear on creases, knees and other areas. To give longer wear to these garments use a fabric softener in the last rinse when laundering. The fabric softener lubricates the fibers, scares away the wrinkles. Puckering is also reduced and the garment has good overall appearance.

Don't confuse a fabric softener with a water softener. They are two different things. Ask your County Extension office for the free leaflet, "Be a Better Buyer of Laundry Aids," and learn more about these products.

"IN A MINUTE." How often do you say this to your child? Or maybe you say "after a while" to almost every request your child makes.

Mrs. Roberta Frasier, Oregon State University Extension family life specialist, says this is an easy habit to slip into and suggests that you think about the examples you are setting. Is this the response you want to teach your child to make to any of your requests? If not, try attending to at least some of the requests when asked. Every time you "in a minute," ask yourself if the delay is absolutely necessary. Sometimes it will be, but you may be surprised at the way it has become a habit.

YOUNG HOMEMAKERS, if you use glass baking dishes for cakes, casseroles, and other foods, remember that glass absorbs heat readily and holds it. This means you need to set the oven thermostat about 25 degrees lower than called for in the recipe. Otherwise, you'll get baked products with heavy crusts on the edges or maybe over-browned.

On the other hand, tinware doesn't hold heat well. Sometimes it will discolor and blacken with age or lose shape. Most tinware has a steel or iron base with a coating of tin. So you have to be careful not to scour or scratch it too much. On a limited budget, tinware may be practical if cared for properly.

HOMEMAKERS WITH AN outside job need to be on the lookout for meal-getting shortcuts. You can't do everything the same way you did before you took on a second career.

Marie Tribble, Oregon State University Extension nutritionist, says the first step is to do a good job of advance planning for family fare.

"A meal planned is a meal half ready," says Miss Tribble. If you shop once a week, then you should plan for the week. Try these time saving tips: Plan foods that can be cooked and served in the same dish, such as casseroles. Choose foods that require few cooking utensils, and a minimum of last minute preparation.

Canned condensed soups are good to have on hand as the ingredients for casseroles, vegetable dishes or meat loaves.

Chilling or setting of gelatin, desserts, sauces and puddings can be speeded up by putting them on a tray in the freezing compartment. Set your minute timer to remind you to take them out after 10 or 12 minutes.

ACCIDENTS AND INJURIES COST MONEY as well as time and agony. Most of them are caused. They don't just happen.

CAPITAL HIGH TAKES HONORS AT MAT EVENT

Capital high's matmen met some stiff competition from three area clubs Saturday evening. They then muscled their way to victory with a total of 92 points during an invitational meet on the Nyssa mats.

The hosting Nyssa lads placed second with 86 points, while Caldwell was close with 85, followed by Parma with 75. Other clubs in the order of their finish at the one-day meet were Vale 65, Burns 53, La Grande 52, and Bora 27.

Team scores: Capital 92, Nyssa 86, Caldwell 85, Parma 75, Vale 65, Burns 53, La Grande 52, Bora 27. 95--Burningham (Nyssa) pin Grossaint (Capital), first. 103--Fulkerson (Capital) dec. Okita (Burns) 6-2. 112--Parra (Nyssa) dec. Vanklinder (LaGrande) 13-3. 120--Brady (Caldwell) dec. Wolfe (Vale) 1-5. 127--Wright (Nyssa) dec. Graham (Capital) 5-2. 133--Case (Parma) dec. Thomas (Caldwell) 8-2. 145--Jensen (Nyssa) dec. Tindal (Vale) 12-3. 154--Esplan (Nyssa) pin O'Rourke (LaGrande) 2nd. 165--Case (LaGrande) dec. Recla (Vale) 8-0. 175--Marshall (Burns) dec. Wolford (Parma) 8-1. 188--Dillon (Capital) pin Anderson (Vale) 3rd. Hyatt--Whittier (Capital) pin Lonkey (Caldwell) 3rd.

Safe Speeds Pay!

Planning to spend Christmas out of town? Then the Oregon Traffic Safety Commission advises you to allow yourself plenty of time to get there. Nearly four out of five drivers involved in fatal holiday accidents are speeding. Play it extra safe during the holidays. Drive at a reasonable speed--make sure you spend Christmas where you plan.

Slippery surfaces require longer stopping distance warns the Oregon Traffic Safety Commission. Keep well back of the car ahead so you'll have plenty of room to stop suddenly. If you must make a sudden stop, pump your brakes to stop smoothly and reduce the risk of skidding.

NEWS ABOUT SERVICEMEN**JAIME MACKRILL**

APPLE VALLEY - Airman 1/C Jaime Mackrill arrived Saturday evening from George Air Force base in California.

He plans to spend a 30-day leave with his parents, Mr. and Mrs. Lloyd Mackrill before leaving to report for overseas duty in Thailand.

PAUL SMIT

Airman Paul Smit has completed basic training at Lackland Air Force base, Texas.

He is a son of Mr. and Mrs. Sam Smit of route 2, Nyssa. Paul is now assigned as an administrative specialist with a unit of the Air Force Systems Command at Wright-Patterson AFB, Ohio.

Airman Smit is a 1966 graduate of Nyssa high school and attended Treasure Valley Community college prior to entering the service.

COMING EVENTS

TODAY - 7 p.m. Potluck dinner and Christmas gift exchange, American Legion hall. **TODAY** - 8 p.m. Each evening. Revival meetings Bible Missionary church.

DEC. 8 - 1 p.m. Potluck Christmas dinner. Owyhee Garden club at the home of Mrs. Vern Garner.

DEC. 8 - 8 p.m. Adrian Fire department's annual "Ladies Night" dinner. School cafeteria.

DEC. 9 - 12:30 p.m. Merry Matrons luncheon at Brownie's cafe.

DEC. 9 - 6 p.m. Rebekah's potluck Christmas dinner at IOOF hall.

DEC. 9 - 9:30 p.m. to 2 a.m. Owyhee Riding club's public dance, at the Oregon Trail hall.

DEC. 10 - 3 p.m. Eagle's Christmas party for members children, at the hall.

DEC. 12 - 8 p.m. No host desert meeting of the Treasure Valley Assn. for Handicap and Retarded Children, at the Moore hotel, Ontario.

DEC. 13 - 8 p.m. St. Paul's Episcopal Guild meeting at the home of Mrs. John Broad.

Calf Scours Take Toll, Control Research Hopeful

Nothing gets a cattleman down in the dumps any deeper than losing newborn calves to scours. And even if a calf recovers from this dreaded form of dysentery, its rate of gain is sharply reduced.

The total loss from an outbreak of calf scours in Eastern Oregon in 1963 is estimated at more than \$3 million.

But help is on the way, via a cooperative committee of researchers from the ten western states and the US Department of Agriculture which is studying the disease.

Dr. Donald Mattson, Oregon State university animal scientist and technical committee member from Oregon, says, "There still is a long way to go before the problem is solved. The disease complex involved in scours is not yet well understood. But we are making progress."

The committee, formerly

known as the Western Regional Committee on Enteric Diseases of Newborn Calves, has set several goals: to establish the cause of calf scours; to define the factors that influence its severity; and to establish effective, economical methods of prevention, treatment and control.

"At this point in the study," Mattson says, "It appears that several bacteria and viruses are associated with the scours disease complex. Weather conditions, management practices, nutrition and animal stress also appear to be involved."

"What can cattle ranchers presently do to cut down their losses from scours?"

Mattson says, "First, make sure that your newborn calves are protected from the wind, and sheltered from the rain. A calf that is weakened by excessive exposure to the elements is far more likely to scour."

"It's not a good practice to crowd too many cows into a given area. The more confined the area, the easier it is for infection to spread."

"Careful disposal of domestic sewage, particularly that of migratory workers, lessens the chance of calves picking up the disease agents. Tests have shown that sewage often contains bacteria which may cause scours."

"Be especially careful," Mattson stresses, "to make sure that calving grounds are clean and well-drained. Water that has passed through nearby towns or even through a herd, if permitted to collect in the calving area, can become a center of infection."

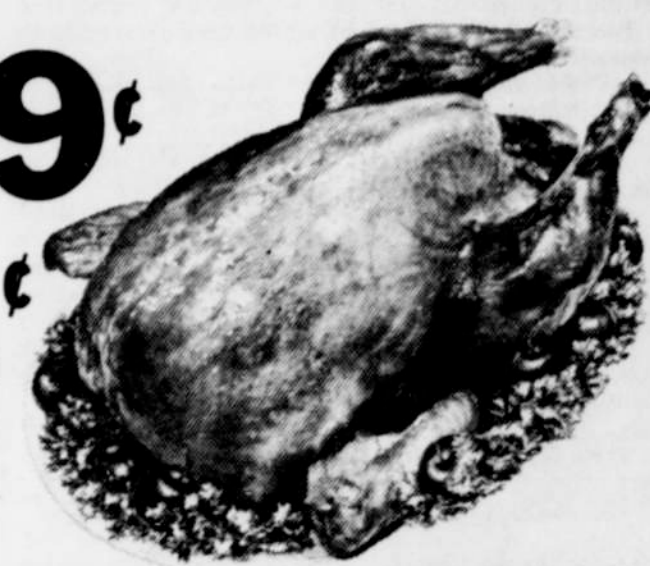
Research indicates that the quantity and quality of colostrum - the protein in milk - that a calf receives during the first few hours of life lessens the severity of scours.

"There is only a short period of time - perhaps 48 to 72 hours - that a newborn calf can absorb colostrum," Mattson points out. "After that, certain 'blocks' are set up which prevent the calf from

absorbing it. Ranchers should make every effort to get a full dose of colostrum into a calf as soon as possible after birth. Cattlemen in the Baker area," Mattson continues, "have set up a colostrum bank in order to be sure that a supply is available. This seems a very sound idea. A calf may scour even if it has received a full dose of colostrum. But the disease will be less serious and easier to reverse."

Other studies in progress by members of the regional committee include measuring the speed at which dehydration takes place in newborn scouring calves, and how fluid and electrolyte losses affect various body functions. This research is aimed at finding modern and advanced methods by which veterinarians can measure and adjust these metabolic changes.

The research approach being used by the committee permits scientists from each of the participating states to concentrate on specialized fields of study. Mattson's major efforts concern the virus aspects of scours.

GOV'T INSPECTED**TURKEYS** ^C ^{GRADE} **29¢** ^{LB.}**FRYERS** ^{CUT-UP} **31¢** ^{LB.}**FRESH BEEF**
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SAUSAGE**2 1/2 LBS. \$1.00****FRESH FROZEN**
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