

Spring Issue 2008

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WSU Extension for 2008

The office will be open on Monday, Tuesday and Wednesday from 9am to 12 noon and 12:30pm to 4pm. The office will be open on Thursday from 9 to noon and Friday from 1-4pm with volunteer staff to give the public further access to the public computers for another ½ day.

There will be a small fee of 10 cents a page for copies and printing from the public computers since we do not have a supply budget and will need to cover those expenses with outside funds.

We will do our best to continue to give quality service to our clientele and answer your questions and requests for information as quickly as possible.

Thank you for your support and patience during this transition period.

Events & Information

**April 12 – Spring into
Gardening Seminar,
Clatsop Co. Fairgrounds,
Astoria, OR 503-325-8573**

**April 19 – Earth Day,
Cowlitz Co. Expo 577-3121**

**April 26 – Cowlitz Co.
Home & Garden Show
577-3121**

**April 26- Spring Garden
Fair, St. Helens, OR
503-397-3462**

**May 3 & 4, Spring Garden
Fair, Canby, OR
[www.ClackamasCountyMaster
Gardeners.org](http://www.ClackamasCountyMasterGardeners.org)**

**June 6 to 8 – Point
Defiance Flower & Garden
Show, Tacoma**

Washington State Make It With Wool 2008 Contest

This contest is made possible through contributions from the Washington Wool Growers' Auxiliary, Pendleton Woolen Mills, and other kind sponsors.

Entering the Contest

Entries may be sewn, knit, crocheted, woven or felted and must contain a minimum of 60 percent wool fibers.* Entries are judged 60 percent on how they appear and fit on the contestant and 40 percent on construction (off the contestant).

Age categories are Preteen (12 and under), Junior (13–16), Senior (17–24), Adult (25–49), and Adult (50 and

over). Preteens compete at district level only.

**To test fabric for wool content, place a scrap in one cup of bleach overnight. One-hundred-percent wool will have no residue left. If any fibers remain, the fabric is a blend. Some finishes and natural fiber content may affect results.*

Make It for Others

In the Make It for Others (district-level only) contest, all regular Make It With Wool rules apply regarding content of wool and garment categories. However, the entrant does not have to model the garment himself/herself. Instead, the garment must be modeled for the district competition judging and fashion show by the person for whom it was made.

Sending Your Entry

Contact your state or district director to receive a triplicate entry form.

Prizes

District Preteen winners will receive 1.5 yards of Pendleton wool fabric. Each district winner in the Junior, Senior, and both Adult categories will receive a trip to the state finals on November 1, 2008. Make It for Others winners will receive 2.5 yards of Pendleton wool fabric.

State Junior and Senior winners each will receive a trip to the national competition at the Mission Valley Marriott in San Diego, California, January 22–24, 2009. State Junior and Senior alternates will win sewing machines.

One overall Adult winner will be selected at state to receive a serger.

The garment, a video, and photos of him/her in the garment will advance to the national Adult competition. One overall national Adult winner is chosen to model his/her garment at the national competition. The state Adult alternate wins \$100 in cash.

For more information go to:

<http://home.earthlink.net/~washingtonwoolcontest/> or contact: State

Director Susan Parr

Phone (253) 922-5403

Food and Nutrition

Springtime Food Safety Ideas

As springtime celebrations approach, we need to remember some food safety tips that will help us be stay healthy and enjoy the season. As always, no matter what type of food your celebrations include be sure to follow the four basic food safety principles:

- Wash hands and surfaces often to keep bacteria and germs off the food.
- Don't allow raw foods and ready-to-eat foods to cross contaminate. Use clean cutting boards, utensils and surfaces.
- Cook foods to the safe internal temperatures using a thermometer.
- Cool foods promptly – not letting items sit at room temperature for more than 2 hours.



Eggs are a symbol of spring celebrations. They are used for dyeing and hunting as well as in favorite egg dishes and desserts. Eggs are a perishable food just like raw meat and poultry products. Choose clean, refrigerated and uncracked eggs. Don't leave them unrefrigerated for more than two hours. The two-hour time would include the decorating time, hiding time, hunting time and serving time. Keep fresh eggs in their original container in the refrigerator for up to 3 weeks. Hard cooked eggs will keep up to 7 days in the refrigerator. This is assuming that after cooking them they were cooled quickly and then stored into refrigerator. When using hard-boiled eggs for hiding, consider hiding places carefully. Avoid areas where the eggs might come into contact with dirt, pets, wild animals, birds, insects or lawn chemicals.

Ham and lamb are popular meat items of spring events. They can be purchased "ready-to-cook" or "ready-to-eat". Be sure to check the words carefully and follow the cooking instructions that appear on the back of the package. If the product is "ready-to-cook" the instructions usually include terms such as "cook", "bake" or "roast". Ham should be cooked to an internal temperature of 160 F, lamb to least 145 F., beef roast to 145 F and poultry to 180 F. Be sure to use a thermometer to measure the temperatures.

"Ready-to-eat" foods can be real time-savers when you are strapped for time and expecting a big crowd. "Ready-to-eat" or "fully cooked" means the foods have been cooked and you need only to open the package and serve. If you want to reheat these products heat hams to 140 F and ribs, roasts and roasted chickens to 165 F. When the eating is over, and there is food leftover, be sure to treat it well so it will be safe to eat later in the day or following days. All the food should be refrigerated in shallow containers for rapid cooling. Remember food poisoning bacteria grow rapidly at temperatures above 40 F. Most leftovers can be kept refrigerated for 3-4 days. When reheating leftovers, use a thermometer be sure all parts of the leftovers reach 165 F.

Using the simple food safety rules – keeping hot foods hot and cold foods cold, along with keeping hands and surfaces clean you and your family should have a great springtime celebration.

*Sandra Brown, Food Safety and Nutrition Faculty
WSU Clark County Extension*

Risks of Mercury in Fish

Fish is an excellent low-fat food and a great source of protein, vitamins and minerals. In Washington State, fish not only offer a tremendous source of nutrition, but catching, cooking and eating fish are important cultural and family practices. However, some fish contain high levels of a form of mercury, called methyl mercury that can be harmful to pregnant women,

women of childbearing age and children under six.

Mercury occurs naturally in the environment. It can be released into the air as a result of volcanic activity. Mercury also comes from industrial pollution, especially burning of coal and other fossil fuels and from burning household or industrial wastes. Mercury compounds settle into sediments of lakes, rivers and oceans, where bacteria convert the inorganic mercury compound to methyl mercury. Fish absorb methyl mercury from water as it passes over their gills. Fish primarily absorb methyl mercury from the prey they eat.



Health problems caused by mercury are most severe for the developing fetus and for young children. Pregnant women who eat fish contaminated with large amounts of methyl mercury run the risk that their babies will have unhealthful changes in their central nervous system and possible in their heart or blood vessels. Nervous system changes can affect the baby's ability to learn. In adults, methyl mercury can lead to problems of the central nervous system and possible adverse effects on the cardiovascular system.

The Food and Drug Administration has issued a "consumer advisory" to women of childbearing age, to avoid certain kinds of fish. The Centers of Disease Control and Prevention (CDC) and the Washington State Department of Health also support this advisory. The advisory suggests to pregnant women, women of childbearing age and children under six:

- Not to eat any shark, swordfish, tilefish, king mackerel or either fresh caught or frozen tuna steaks.
- Most species of salmon tend to have very low levels of mercury and are safe to eat. Chinook have higher levels of mercury than other salmon, but these levels are still below those

found in fish named in this advisory.

- Fish sticks are fine as long as they aren't made from shark, swordfish, tilefish, king mackerel or tuna, which most don't appear to be. Be sure to check the package to make sure the processed fish you are buying is not made from any of the fish mentioned.
- Women of childbearing age should limit the amount of canned tuna they eat to about one can per week (six ounces)
- Children under six should eat less than one half a can of tuna (three ounces) per week. Specific weekly limits of children under six range from one ounce for a child who weighs about 20 pounds, to three ounces for a child who weighs about 60 pounds.
- The type of tuna can make a difference. Read the label on canned tuna and choose "Chunk Light" or "Chunk" tuna. They have less mercury than the "Solid White" or "chunk White" canned tuna. Canned tuna composed of smaller species of tuna such as skipjack and albacore has much lower levels than most tuna steaks.

Sandra Brown, Food Safety and Nutrition Faculty
WSU Clark County Extension



Recipes:

A Leaner Take on an old classic

Meatloaf grew popular in the United States during the Industrial Revolution when ground beef became much less expensive and more readily available. But today, with scientific evidence pointing to a convincing link between red meat and increased cancer risk, indulging in traditionally prepared meatloaf may not be the most healthful choice. This recipe, which uses lean ground turkey in place of beef, will help you follow AICR's recommendation to limit red meat to 18 ounces per week, without depriving you of a favorite dish. Moreover, this

meatloaf makeover contains iron-packed spinach and lycopene-rich tomatoes that provide additional cancer-fighting antioxidants.

Southwestern Meatloaf

1/2 cup rolled oats (not quick cooking or instant)
2 egg whites, beaten until frothy
1 can (14 oz.) diced tomatoes
1 1/4 lbs. 93% lean ground turkey
1 Tbsp. chili powder
1 tsp. oregano
1 package (10 oz.) frozen spinach, defrosted, squeezed dry and finely chopped
1/2 cup small (nibklet) corn kernels (frozen or fresh)
Salt and freshly ground black pepper, to taste
1/4 cup chili sauce or ketchup

Preheat the oven to 375 degrees. In a large bowl, use a fork to mix together the oats, egg whites and tomato. Add the turkey, chili powder and oregano. Mix in the spinach and corn until they are well blended. Season to taste with salt and pepper.

Transfer the mixture to an 8 x 5 x 3 inch loaf pan. Bake, uncovered, for 45 minutes. Remove the meatloaf from the oven and spread the chili sauce (or ketchup) over the top. Return the loaf to the oven and continue baking until the internal temperature of the meatloaf reaches 165 degrees on a meat thermometer.

Transfer the meatloaf from the oven to a rack on a counter and let it sit for 15 minutes before slicing.

Makes 8 servings.

Per serving: 150 calories, 5 g total fat (2g saturated fat), 10g carbohydrate, 17 g protein, 2 g dietary fiber, 360 mg sodium.

Savory Whole-grain Strata

2 eggs, beaten
1 1/2 cups fat-free milk
Pinch nutmeg
Salt to taste
Pepper to taste
8 slices whole-wheat bread, cubed
1 tablespoon olive oil
1 red pepper, cut into 1/2 inch pieces
1 medium zucchini, cut into 1/2 inch pieces
1 cup chopped scallions or green

onion

3/4 cup part skim mozzarella cheese

Pre-heat oven to 350 degrees.
Spray 7" x 11" baking dish with pan spray and set aside.

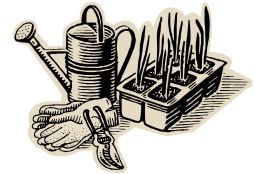
In large bowl whisk eggs with milk, salt, pepper and nutmeg. Add bread cubes and toss to completely combine. Leave bread in bowl and allow to soak up milk and egg mixture. In large skillet, heat olive oil over medium heat. Add peppers, zucchini and scallions or green onions. Sauté until zucchini is just tender, about 5 minutes. Pour mixture into bowl with bread cubes, stirring to combine evenly. Place mixture in prepared baking dish. Sprinkle with cheese and bake for 40-45 minutes or until golden brown and puffy.

Makes 4 servings.

Per serving: 326 calories, 12 g. total fat, 4 g. saturated fat, 35 g. carbohydrates, 20 g. protein, 6 g. dietary fiber, 466 mg. sodium

Recipe from *American Institute for Cancer Research*

Gardening



APRIL

Garden essentials:

- Plant annual seeds of asters, cosmos, marigolds, zinnias.
- Take stored fuchsias and geraniums outdoors; cover if frost returns.
- Finish garden cleanup and fertilizing.
- Start your garden log now while spring energy reigns!

Veggies year-round:

- Thin direct-seeded crops as they sprout.
- Sow carrots and parsnips.
- Late in the month, plant squash, zucchini, pumpkins and cucumber seeds indoors in large peat pots. "Jack-Be-

Little" mini-pumpkins delight children!

Lawn care:

- Fertilize in late April, using a 3-1-2 ratio slow-release or natural organic formulation.
- Mow regularly.
- Recycle grass clippings on to lawn, "grass cycling."

MAY

Garden essentials:

- Visit public gardens for fresh ideas.
- Trim spring-blooming shrubs after bloom.
- Remove spent bulb seedpods, allowing bulb foliage to mature.
- Fill containers for summer color.
- Combine herbs with annual flowers.
- Plant dahlias, gladiolus and calla lilies.

Veggies year-round:

- Harden tender transplants by putting them out in a sheltered location and bringing them in at night.
- When soil warms, seed corn and beans.
- Transplant starts of heat-lovers such as tomatoes, peppers, squash and cucumbers.

Lawn care:

- Check all irrigation systems; set up a simple rain gauge.
- Lawns optimally require 1 inch of water weekly, as either rain or irrigation not both.
- Mow every five to seven days.
- Tolerate some weeds; dig out dandelions to prevent seeding.

JUNE

Garden essentials:

- Plant fall perennials; asters, chrysanthemums.
- Encourage birds in garden for help with insect control.
- Remember, if you kill a beneficial insect, you inherit its work.
- Enjoy June colors and scents.

Veggies year-round:

- Replant replacement crops when early lettuce, mustard greens, bok choy and spinach mature.
- Mulch the garden with a thin layer of straw or rough compost after soil warms.
- Control weeds with frequent light cultivation.
- Provide an inch of water a week as rains taper off.

Lawn care:

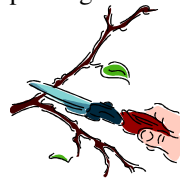
- Water deeply and slowly.
- Keep irrigation systems on manual, not timed, application.
- Continue "grass cycling." Grass clippings don't create thatch.
- Mow often enough to remove only one-third of grass blade length.

Good Cuts vs. Bad Cuts

The sound of chain saws makes me shudder at this time of year. Winter and early spring is the time when many trees are targets of pruners who practice topping and other forms of improper pruning. I hate to see beautiful trees doomed by "bad" pruning. It reduces a tree's useful life span and often creates a hazard.

When trees are undergoing chain-saw pruning, I am relieved if they are not being topped. However, closer inspection often reveals a type of pruning almost as bad as topping. Instead of topping, the pruners are "tipping" the trees.

Tipping occurs when people cut the tips of large branches near a bud or small lateral branch. Several weakly attached sprouts then develop near the pruning cut.



Tipping also creates stub cuts that are susceptible to decay. Once the decay starts in a stub-cut branch, it can spread into the trunk, weakening the structural integrity of the tree and ultimately leading to its death. How

much rot develops depends on many factors -- species of tree, weather, general age and health of the tree. The process is insidious because it's slow. Few people make the branch back to its point of origin. You can shorten a branch connection between topping or tipping done 5, 10, or 15 years ago and a rotten branch breaking off a tree today.

In most cases, the proper pruning cut is a thinning cut. A thinning cut removes a lateral by cutting back to a lateral branch large enough to take over as the "leader." The diameter of the lateral branch should be at least one-third the diameter of the main branch at the point of the cut. Proper thinning leaves no stubs.

Arborists learn more about trees all the time. We used to tell you to make pruning cuts flush with the trunk. Now we recommend making the cut just beyond the branch collar -- the wrinkled or somewhat swollen area at the base of a branch. Sometimes this area is obvious; at other times you have to estimate its location. Cuts made outside the branch collar result in less decay than flush cuts.

I am encouraged by the attempts of tree pruners to avoid drastic topping. We just need to make sure the alternatives involve "good" cuts, not more "bad" cuts. When we overcome that obstacle, all our trees will be safer.

Marianne Ophardt, WSU Extension agent, Benton and Franklin counties

Landscaping Your Drain field



On-site sewage systems and drain fields represent an important investment for the homeowner. Proper planning and protecting your system from damage can save substantial time, work and money. It is important to check on the location of the drain field before doing any landscaping, gardening, or construction work.

Proper care and planning for your drain field includes **avoiding the following** in the drain field area:

DO NOT-

- * Use impermeable materials such as concrete or plastic, they reduce evaporation and the supply of oxygen to the soil.
- * Allow traffic such as vehicles, heavy equipment, and livestock, the pressure can compact the soil, and even damage pipes.
- * Water-excess water reduces the soils ability to treat wastewater.
- * Plant deep rooted plants - these tend to invade and damage drain pipes.
- * Rototill - can be damaging to pipes.

Here are some options for drain field plantings:

Grasses do not always need to be mowed. They are great conservation plantings to stabilize the soil. They also provide food and cover for small birds. By mixing with shallow rooting native flowers, you can create a prairie or meadow. Festuca (fescue) grasses are better suited for areas under or near trees.

PLANTS WITH SHALLOW ROOTS

1. Herbaceous annuals such as:

Ageratum (*Ageratum houstonianum*)
 Wax Begonia (*Begonia*
semperflorens)
 Coleus (*Coleus* species)
 Impatiens (*Impatiens* species)
 Lobelia (*Lobelia erinus*)
 Sweet alysum (*Lobularia maritima*)
 Geranium (*Pelargonium x hortorum*)
 Petunia (*Petunia x hybrida*)
 Salvia (*Salvia* species)
 Marigold (*Tagetes patula*)
 Zinnia (*Zinnia elegans*)

2. Herbaceous perennials such as:

Ameria, Seathrift (*Armeriac*
maritima)
 Astilbe (*Astilbe x aredsli*)
 Basket of Gold (can also be used as a
 ground cover) *Aurinia saxatillis*
 Campanula (*Campanula tomentosum*)
 Snow in Summer (*Cerastium*
tomentosum)
 Lily of the Valley (*Convallaria*
majalis)
 Sweet William (*Dianthus barbatus*)
 Cottage (and other) Pinks (*Dianthus*

species)
 Coral Bell (*Heucheria sanguinia*)
 Candytuft (*Iberis empervirens*)
 evergreen
 Lavendar (*Lavendula angustifolia*)
 evergreen
 Moss Pink (*Phlox subulata*)

3. Ground covers (all perennial)

Carpet Bugle (*Ajuga reptans*)
 Kinnickinnick (*Arctostaphylos*
uniursa)
 Irish moss (*Arenaria verna*)
 Bunchberry (*Cornus canadensis*)
 Blue fescue (*Fastuva ovina glauca*)
 Wintergreen (*Gaultheria procumbens*)
 Salal (*Gaultheria shallon*)
 Lydia broom (*Genista lydia*)
 Pachysandra (*Pachysandra terminalis*)
 Shaded areas only.
 Sword fern (*Polystichum munitum*)
 Stone Crop (*Sedum* species)
 Hens and Chicks (*Sempervivum*
tectorum)
 Periwinkle (*Vinca minor*)
 Thyme (*Thymus* species)

Developed by: Ray Maleike, Extension Horticulturist, WSU Puyallup

Mid-summer Beauties in the Garden –Container Plants

Most maritime Northwesterners know that summer doesn't show her shining face until after the 4th of July, and we have the soggy fireworks to prove it!

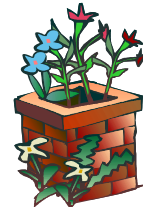
Now we're looking forward to a period of warm, dryer weather. What should we be looking for in gardens? Care for container plantings. The baby plants installed on decks and patios in May will mature into billowy masses of full blooms. Many can look good right up to frost if they get proper care in July and August.

All plants in containers need careful, regular watering in hot weather. The type of plant and the type of container influence how rapidly water is absorbed and how warm the soil gets. If the container is dark green, brown, or black plastic, facing a hot western or southern location, soil can heat up rapidly and roots will be killed by heat. If the plant's in a black nursery pot, waiting to be settled in a

permanent place in the garden, be sure to protect the pot from direct sun.

Plastic pots come in nearly infinite types, some of them masquerading very nicely as terra cotta. They're affordable, lasting, and effective. Check the bottoms of the pots to be sure drainage works (holes should not be plugged.) Plastic pots retain moisture well, but still need regular watering in hot weather. One plastic type to avoid is the kind with the attached saucers. Container plants mustn't stand in water unless they are specifically water plants such as water lilies. Take off the saucers, even if the tidiness of their appearance appeals!

On a wooden deck, raise container plants off the wood to allow air circulation underneath. (Pot 'feet', some of them cute, like frogs, are sold. Bricks work, too.) Some pots come with lower rims that do allow some air to move. Lift pots frequently to let the deck wood dry thoroughly. (Simply shifting them to one side works fine.) One of my most startling experiences in landscaping happened when I moved a client's large pot and the deck underneath it immediately collapsed from rot.



Water containers early in the morning or in evening. Fertilizer, regularly applied, also helps keep container plants in good health. Use any liquid fertilizer. To encourage blooming, do not use a fertilizer with a high nitrogen level in mid-summer. Nitrogen is listed first on fertilizer labels, and always includes a number that represents the available parts of the nutrient in the mix. Summer annuals do well with a 5 or 8 ratio nitrogen. If the plant is over-fertilized with a high level, such as a 20 or 30 nitrogen, blooming will be reduced. The plant will produce bountiful green leaves and fewer buds. I prefer liquid fertilizers that list 'trace elements'

such as copper and manganese. Plants in containers need these elements.

Apply fertilizer faithfully every two or three weeks. This practice is particularly necessary in hot weather, because frequent watering leaches nutrients from container plantings. Watering the plant first, allows it to drain, and then fertilize. Don't put fertilizer on a dry soil, even if it's a liquid formulation.

Finally, to keep container plantings thriving and blooming, remove old, spent flowers. Sometimes the plant will help you: impatiens and fibrous begonias are mostly 'self-cleaning,' dropping their old flowers tidily. But most annual seed heads hang on. Pansies and petunias must have the withered flowers picked off. Old flowers on these two plants, and on geranium, tend to get a fungal disease called 'botrytis' in damp weather, or where the foliage is crowded and stays wet from watering. Botrytis causes a gray, fuzzy mold to overwhelm the flowers and move to the leaves. Clean these out to keep the plants healthy.

Seed pods that form on annual flowers will cause the plant to stop blooming. Seeds, for an annual, mean that it's fulfilled the botanical destiny to reproduce. The next generation is ready to take over. Why would it need to continue blooming? Check under leaves and deep in plants for hidden seed capsules.

Caring for container plants is the 'light duty' of gardens, and can result in good bloom and great satisfaction for the next several months.

Edited for am article by Mary Robson (Ret.), Area Extension Agent

Home Life

Removing odors from Refrigerators and freezers

Refrigerators and freezers are two of the most important pieces of equipment in the kitchen for keeping food safe. We are instantly reminded of their importance when the power

goes off, flooding occurs, or the unit fails, causing food to become unsafe and spoil.



To remove odors:

If food has spoiled in a refrigerator or freezer and odors from the food remain, they may be difficult to remove. The following procedures may help but may have to be repeated several times.

- Dispose of any spoiled or questionable food.
- Remove shelves, crispers and ice trays. Wash them thoroughly with hot water and detergent. Then rinse with a sanitizing solution (1 tablespoon unscented, liquid chlorine bleach per gallon of water).
- Wash the interior of the refrigerator, including the door and gasket, with hot water and baking soda. Rinse with sanitizing solution as above.

Leave the door open for about 15 minutes to allow free air circulation.

If odor remains, try any or all of the following:

- Wipe inside of unit with equal parts vinegar and water. Vinegar provides acid which destroys mildew.
- Leave the door open and allow to air out for several days.
- Stuff both the refrigerator and freezer with rolled newspapers. Close the door and leave for several days. Remove paper and clean with vinegar and water.
- Sprinkle fresh coffee grounds or baking soda loosely in a large, shallow container in the bottom of the unit.
- Place a cotton swab soaked with vanilla inside the freezer. Close door for 24 hours. Check for odors.
- Use a commercial product available at hardware and

house-ware stores. Follow the manufacturer's instructions.

Lending Money Can be Risky

How would you respond if a friend or relative asked you for money? How much would you loan someone? Lending money can be risky. In addition to being a business transaction, lending money to a family member or a friend can significantly affect the personal relationship you have with that person. It can be a way to help someone you care about, but it can also destroy a meaningful relationship.

Consider the entire situation before lending money – your situation and the situation of the person asking for money. Will the money solve the problem of the person seeking help? How will it affect your present and future situation?

Determine if the money is the **problem** or the **symptom** of the problem. Lack of money can be the result of living beyond one's means. When spending continually exceeds income, the only solution is to increase income or decrease expenses. The money problem could also be the result of alcohol, drug, and/or gambling addictions. In these instances your loan may allow the person to continue to ignore or deny the real problem.

Proceed with caution if:

- The person has borrowed from you or others before and not repaid as promised.
- The person asking for money is vague about why the money is needed.
- The person doesn't want you to tell others about the loan.

Also evaluate your ability to afford this loan. Examine your financial situation. What large expenses will you have in the future? What changes might you experience in your income? Saying "no" may be difficult, but not saying "no" may cause even greater problems.

If you do make a loan, be clear about your expectations as to when and how the loan is to be repaid. Put these conditions in writing and include the amount of the loan, the interest rate, the date the loan must be repaid, and a description of any collateral.

A form called a "promissory note" can be purchased for this purpose. They are usually available at business supply stores. If the loan is large, have an attorney prepare or review your leading agreement.

Making a loan to a friend or relative should be carefully considered. Not only can it affect your financial situation, but the relationship you have with that person.

*Joanne Austin, Area Extension Faculty
Family Living*



Food dangers for dogs

Grapes and raisins have associated with kidney failure in dogs. Symptoms include vomiting and diarrhea.

Chocolate can be toxic, the darker the chocolate, the more dangerous.

Sugarless gum and candies made with the sweetener xylitol can cause a rapid drop in blood sugar, which could lead to loss of coordination and seizures.

Onions, garlic and other allium species may damage dogs' blood cells.

Macadamia nuts can cause temporary paralysis of a dog's hind legs as well as vomiting, loss of balance and tremors.

If you suspect your dog has ingested a toxic food, contact your local veterinarian or the ASPCA Animal Poison Control Center (888-426-4435).

*Source: Steven Hansen, DVM, ASPCA
Animal Poison Control Center*

How to Make a Pattern from an Original Garment

Question: Can I create a pattern from a favorite dress, blouse, or skirt without taking the original apart?

Answer: It *can* be done -- and it only takes patience and a few tools!

This tutorial is for folks who have a garment they'd love to reproduce as closely as possible. We've all had a favorite dress or blouse that fit us just right, haven't we? We wear it for years until it is almost worn out, and then we mourn the fact that we can't buy a replacement, since the design has long since been retired from the original store or catalogue. So what's an seamstress to do? Take a pattern and recreate the garment! [**Note:** The instructions below are for a dress but will work just as well for blouses or skirts.]

The following is a list of tools I consider must-haves for this project:

1. Cardboard cutting surface (those ones that fold up like an accordion are great) or another large surface you can pin into (like a quilted cork board).
2. Lots of pins (heavy-duty quilting pins are best)
3. Good quality paper that comes on a wide roll (I get architect paper for about \$12 a roll -- lasts forever and is 36" wide).
4. Pencil with a soft lead (so you don't have to push down too hard for a good, dark line).



Now, get ready to do a bit of a dance with the dress you want to copy! This takes slow, patient work, but it is worth it if you have a favorite dress you'd like to reproduce!

- First, turn the dress wrong side out. Fold the bodice in half vertically so that you have a center front fold-- armholes and shoulder seams should match. Pin the dress together to keep from losing the shoulder and underarm seam lines. Also pin around the neckline. This is tricky, especially if you have tighter sleeves. The dress won't want to lie down totally flat. That's okay. Just do your best.
- Now, roll out a length of your paper long enough to fit the bodice top to bottom. Lay the dress out on top of the paper, then pin it directly to the cutting board through the paper. Do your best to keep the center front and the seam lines straight. If something won't lie flat, just leave it for later. For instance, you can pin the bottom of the bodice down, the center front, the side seams, and the armhole. If the shoulders won't lie flat, just leave them be for the moment.
- Fold the skirt up out of the way, but bunch it so that it doesn't cover the outline of your bodice. Trace around the edge of your bodice as far as you can. If need be, unpin the bottom section in order to get the shoulder/neckline area to lie flat -- AFTER you've already traced the bottom section, of course! Neatly pin down the shoulder/neckline area and trace them. Once you've traced around the entire bodice, unpin the dress and mark the pattern piece with its name and note the seam allowances (1/2", 5/8" etc.).
- Repeat with the bodice back, skirt front and back. Also use this method with the sleeves if they are fitted sleeves. For puffed sleeves, you will actually need to measure the fullness of the sleeve and

compare it to the circumference of the armhole. Let's say the armhole is 15" and the sleeve is 20" -- that means you have 5" more in the curve of the sleeve than you do in the armhole-- 2.5" front and back. Use a curve tool to create the top of the sleeve, but use the method above to create the bottom edge and side seam (if they are ungathered--for a sleeve gathered on the bottom as well as the top, follow the instructions for the upper curve to create the lower edge). This is not as hard as it sounds--it just takes some thinking and calculating!

- If you have any special areas like darts or gathers, you need to measure the fabric that went into them and mark where they go on the pattern piece. To create darts, you'll have to mark the center point, then slash and spread the pattern at that spot to match the width of the dart. For example, measure the lower width of the dart on the inside of the bodice and double the width (since the dart is folded in half). If you have a dart that measures one inch across the bottom, it's a two-inch dart. Mark the upper terminus of the dart (the point) and measure from the bottom of the bodice to the dot. The stitching line of the dart will become your slash line on the paper pattern. After you mark the line, cut it to the dot, then spread the slit apart until the bottom of the slit is two inches wide. Tape paper behind the dart so that it doesn't go back together. There's your dart!

With a little trial and error, you'll soon be a pro at recreating favorite garments. It really is easy--just takes some time and lots of patience!



Tips and Tricks

Conquering Skunk Spray

Each year, our office gets numerous calls requesting a magic potion to rid skunk spray odors from family pets, walls of homes, and even clothing. Skunk spray is an oily compound that is very hard to remove. It must be destroyed or neutralized by an acid. A weak acid such as tomato juice or vinegar sometimes works.

Researcher, Paul Krebaum used a solution of non-toxic household products on one of his own family pets. The formula is as follows:
 1 quart 3% hydrogen peroxide
 1/4 cup baking soda
 1 teaspoon mild liquid soap
 Combine the three ingredients and use as you would a soap or shampoo.
 Rinse thoroughly.

Don't use this formula on fabrics or painted surfaces unless you test for color fastness first.

Be sure to keep it out of your pets' eyes.

Hand Cleaner

Rub hands together with baby oil, salad oil, or mineral oil. Wash with soap and water. Safely removes oil paint or wood stain from skin.

Countertop stains can be removed by allowing lemon juice to sit on the stain for a few minutes

Odor-eliminator: Keep coffee grounds in a can near the sink. Rub a small amount over your hands after peeling onions, chopping garlic or handling fish to get rid of the odor.

Clever Uses for Toothpaste

- Clean chrome: Shine sink fixtures (rub over faucets with a wet sponge)
- Eliminate cooking smells: Remove garlic or fish odors from your hands

Polish silver: Clean silver jewelry in a pinch

Banish blemishes: Get rid of a pimple
 Soothe skin: Relieve itch from a mosquito bite.

Note: Toothpaste comes in many formulas -- gel, whitening, baking soda. It's best to use a dab or two of the regular white paste

Threading a Needle

If you have trouble threading the needle, the following tricks may help: Position the needle in front of a white surface so the eye is more visible. Stiffen the thread end by moistening it or running it through some beeswax.

Dip the end of the thread into a bottle of red nail polish, and allow to dry. Colored polish will make the thread easier to see and will provide a slick end for threading.

Spray your fingertips with hair spray and then stiffen the tip of the thread by rolling it back and forth in your fingers.

Try a needle with a larger eye, or use a needle threader.



WSU Extension programs are available to all without discrimination.

Evidence of noncompliance may be reported to your local WSU Extension office.

Observation: 28 March 2008



Morning snow
 Filing my garden
 Disguising daffodils
 Cloaking forsythias
 Covering primulas
 Concealing Spring
 Snow!