Prairie County Homemakers,

This will be our last issue of the Domestic Engineer until September. In the meantime, I look forward to your participation in the Prairie County Fair. Fair dates for this summer are August 3-5. Fair booth themes will be free choice and the Ag Building will be open on Wednesday, August 2nd at around 5:00 p.m. for clubs to set up their booths. The annual Homemaker Pie Auction will take place on August 5th at 12:00 p.m. chaired by the Ama De Casa Homemakers Club.

I hope you all have an enjoyable summer. Please feel free to stop by the Extension Office any time you have questions.

Sincerely,

Sharla Sackman
Prairie County Extension Agent
Prairie Fare: Coffee or Tea?

By Julie Garden-Robinson, NDSU Extension Service Food and Nutrition Specialist

I grew up in a coffee-drinking family. I guess that goes with my Scandinavian heritage.

I think I started drinking coffee at about age 11, about the same time I learned how to drive a stick-shift pickup truck. I wasn’t a particularly good driver, but I could drive around a farmyard without hitting any sheds or the barn.

I could make a mean cup of coffee in our percolator from an early age, though.

Most people had a thermos full of hot coffee next to them in their vehicles. You could grab the attached cup, fill it and never let yourself get low on caffeine.

The coffee pot was turned off after our midafternoon lunch.

Now and then, we had black or green tea for dinner. It was prepared in a brown glass pot, and we would suspend a stainless steel tea ball on a chain into the pot. I was able to put the tea leaves in the ball and watch while the hot water was poured over the top.

When I was older, my mom told me that if she wasn’t having the best meal, she’d dress up the meal with tea. That worked for me.

I felt quite grown up and sophisticated when we had tea with our evening meal. I probably extended my pinky finger as I sipped the green tea, like any fine young lady of the royal family, I presumed. I put a lot of milk and sugar in it.

I enjoy a cup or two of coffee a day, but I have a cup of decaffeinated tea before I retire for the evening. Tea, coffee and any other beverage count toward our fluid needs, although caffeinated beverages are a bit less hydrating than plain water.

Many grocery stores have a large selection of teas from which to choose. According to the Tea Association of the U.S.A., we sip our way through 84 billion servings of tea, with 86 percent of those servings black tea and 13 percent green tea. The rest of our tea consumption is oolong and white.

Tea consumption is most popular among those who live in the southern and northeastern U.S. Actually, hot tea is less popular than iced tea by far.

Tea, without cream and sugar, has no calories, so it’s a good diet drink. In fact, tea has been shown to contain numerous antioxidant compounds with potential health benefits and even may help with weight management. Antioxidants neutralize free radicals, which are compounds formed in the body linked to chronic disease.

In other words, when you sip tea, you might be knocking out some scoundrels doing damage to your body at the cellular level. Fruits and vegetables are other potent contributors of disease-fighting antioxidants.

Green tea is especially high in compounds called “catechins” that have antioxidant effects. In fact, some studies have shown that tea may reduce our risk for heart and blood vessel disease, cancer and diabetes. Although we do not have a general recommendation for tea consumption, even a small amount of tea may enhance health.

Here’s how to brew a good cup of tea:

Bring water to a boil in a glass or enamel container (not aluminum) and remove from heat for one to three minutes.

In a teapot made of glass, china or porcelain, place about 1 teaspoon of tea leaves for every 6 ounces of water. Allow the tea leaves to move freely in the water and then strain when pouring the tea. Or, if using an infusion basket or tea ball, select one large enough to allow the leaves to move.

Steep for three to five minutes, or experiment to find the optimum brewing time for the desired flavor.

Warm the tea cup before serving.

This sounds a lot like the way my mother used to make our green tea. Yes, moms do know best.

Here’s a delicious muffin recipe with antioxidant-rich blueberries and fiber-rich oatmeal to enjoy with your favorite hot beverage. By the way, coffee will be a topic for a future column, so stay tuned. Visit https://www.ag.ndsu.edu/food for more recipes to enjoy.
Blueberry and Oatmeal Power Muffins

2 c. all-purpose flour
1 c. oats, quick or regular
2/3 c. sugar
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 1/2 c. honey nonfat Greek yogurt
2 large eggs, lightly beaten
4 Tbsp. unsalted butter, melted and slightly cooled
1 tsp. vanilla extract
1 c. fresh blueberries

Heat oven to 350 F. Coat muffin tin with cooking spray or liners. Combine flour, oats, sugar, baking powder, baking soda and salt in a bowl. Combine yogurt, eggs, butter and vanilla in a second bowl. Fold yogurt mixture into dry mixture; stir to combine completely. Gently fold in blueberries. Spoon into muffin tins. Bake until top is golden and a toothpick inserted in center comes out clean, approximately 20 to 25 minutes.

Makes 16 servings. Each serving has 170 calories, 4.5 grams (g) fat, 4 g protein, 29 g carbohydrate, 1 g fiber and 210 milligrams sodium.

Does My Lawn Need Fertilizer?

From a Lives & Landscapes article by Toby Day, MSU Extension Horticulture Specialist

A healthy lawn will reduce weeds, use water more efficiently, and reduce runoff, erosion and dust. A healthy lawn also cools the area around homes (reducing air conditioning needs), and in rural areas, may be the last defense to wildfires. There are four main considerations to keep in mind for a healthy lawn.

- Add 1 inch of water/week for peak growth
- Mow regularly, not cutting too much at a time (keep to 2.5 inches)
- Core aerate (remove plugs of soil) at least every three years, but annually is recommended
- Fertilize

The recommendation is to fertilize three times per year, generally timing with Memorial, Labor and Columbus Days. At each fertilization we recommend about 1 pound of actual nitrogen per 1000 square feet of lawn per application. Note that this is not pounds of fertilizer – as every fertilizer has a different amount of nitrogen, phosphorus, and potassium, or N-P-K percentages. Also, keep in mind that many fertilizers, often called “weed and feed,” have herbicides in the formulation. Following is information to help you choose the correct product and application rate for your lawn.
**Micronutrients**

Most micronutrients are adequately supplied to turfgrass through degradation of organic matter and soil particles in the soil. Some fertilizers, including organics, supply an overabundance of micronutrients and may cause toxicities. The exception is iron. This micronutrient is vital for turfgrass health and often must be supplemented, especially in areas with high pH soils. While many conventional fertilizers contain lesser amounts of iron, it may not be enough for alkaline (high pH) soils. If grass is still light green after fertilization, add the recommended amount on the label of ferrous iron to the lawn. Granular iron can be found at local nurseries and garden centers and can help you have the greenest lawn in the neighborhood.

**Applying Fertilizers**

Almost all fertilizers are granular and are applied using a spreader. A broadcast spreader is the best way to distribute fertilizer to the lawn – it will give you the best distribution and even coverage. Drop spreaders will leave “lines” in the lawn from over- and under-coverage due to overlapping. When using a drop spreader, cut the application rate in half and go two different directions. Whatever fertilizer you use, calibrate the spreader to deliver the right amount of fertilizer, and use the setting recommended on the label. In most cases, the fertilizer should be watered in after each application for proper effectiveness.

**Fertilizers with Herbicide**

Widely known as “weed and feed” products, there are several granular fertilizers that contain herbicides. Even though you can fertilize and potentially kill weeds in your lawn at once, it is not always recommended. Most of these products recommend application to a wet lawn so the herbicide granules “stick” to the broadleaf weeds. And, they should not be watered in for several hours for the herbicide to work. However, because fertilizer should be watered in after each application, the potential of the fertilizer to burn the lawn is greater. Also, the application timing of the fertilizer may not sync with the timing to kill weeds, such as dandelions, before they go to seed. Finally, herbicide-fertilizer mixes may damage flower and vegetable beds if there is overage. If you decide to use “weed and feed” products, always read the label and follow instructions carefully.

For more information on proper lawn fertilization for your area, contact your local county or reservation Extension office for recommendations.

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**Strawberry Cheesecake Cookies**

*Shared by Yvonne Moos*

Preheat oven to 375° ~ Makes 18-20

**Ingredients**

- 2/3 C sugar +
- 1/2 C (1 stick) butter, softened
- 1 package (3 oz.) cream cheese, softened

Combine & beat on medium speed

- 1 1/3 C all purpose flour
- 1 tsp vanilla
- 1/2 tsp. baking soda

**Directions**

- Shape dough into twenty four 2 inch balls, place on baking sheets. Flatten balls slightly with bottom of a drinking glass dipped in remaining 3 T. sugar.
- Bake cookies until lightly golden around edges, 10-12 minutes. Cool cookies on baking sheet 1 minute. Remove cookies and place on wire rack to cool completely.
- Spread cream cheese on cookies.
- 1 C strawberry cream cheese spread (or other flavors)
- Can freeze unbaked shaped cookies in freezer bag for 1 month.

(Note) Neufchatel cheese is very similar to cream cheese, but fewer calories and can be substituted for cream cheese.
Transferring Joint Tenancy Real Property Without Probate

by Marsha A. Goetting, Jackie Rumph, and Keri Hayes

Family Economics Specialist; Yellowstone County Extension Agent; and Extension Publications Assistant, Montana State University

Whose name(s) appear on the deed of real property you own? If there is only one name on the deed, the property is held in sole ownership. Property titled in sole ownership must pass through probate in the district court to assure that it is legally distributed either by the deceased’s will or Montana’s statutes on intestacy (dying without a will).

If your deed is worded as “John Jones and Mary Jones,” with no mention of a joint tenancy, Montana law defines the ownership of the real property as tenants in common. If there are two owners, each has an undivided interest of one-half; three owners, an undivided interest of one-third, and so on. When a tenant in common dies, his/her interest must pass through probate to assure that it is distributed either by the deceased tenant’s will or Montana’s statutes on intestacy.

Joint tenancy with right of survivorship (JTWRS) is a form of co-ownership in which two or more persons own the same property. A joint tenancy in real property can be held between married couples, siblings, parents and children, or persons who are not related. JTWRS is the most popular way of titling property in Montana.

The typical wording used to create a joint tenancy in real property is “John Jones and Mary Jones as joint tenants with right of survivorship and not as tenants in common.” The word “or” between the owners’ names is not typically used on a title or deed for real property.

When real property is owned in joint tenancy with right of survivorship, upon death of one of the joint tenants, the property passes automatically to the surviving joint tenant(s). Even if the deceased had written a will naming someone other than the surviving joint tenant to receive the real property, it automatically transfers by Montana law to the surviving joint tenant. No probate is required.

Example A: Donna and Jim owned their house as “Donna Chambers and Jim Chambers as joint tenants with right of survivorship.” Later Jim wrote a will leaving the house to his son from a prior marriage. Jim’s son did not receive the house. Donna automatically became the owner because the house was held in joint tenancy with right of survivorship between Donna and Jim.

Removing deceased joint tenants name

The transfer of ownership to real property held as joint tenants with right of survivorship is often overlooked until the surviving joint tenant (very often the surviving spouse) or beneficiaries of the surviving joint tenant decide to sell it or encumber it (for example, use the real property as collateral for a loan). At that point, they may be faced with the time consuming and expensive process of proving one or all joint tenants are deceased. Closings can be delayed while beneficiaries submit proof of the death of the joint tenants.

Although property held as joint tenants with right of survivorship passes automatically to the surviving joint tenant or tenants without passing through the district court probate process, the Montana legislature has provided a way for the public records to reflect such a transfer. The surviving joint tenant(s) can file a document with the clerk and recorder in the county where the real property is located. The surviving joint tenant provides the following information:

A statement that one holder of the joint tenancy interest is deceased, the date of death, and that the deceased holder’s interest in the property is terminated; and
A legal description of the real property held by the deceased person and surviving joint tenant or tenants.

An example document, Acknowledged Statement of Termination of Joint Tenancy, is available at the Senior and Long Term Care Division, Department of Public Health and Human Services website at http://dphhs.mt.gov/SLTC/aging/legalservicesdeveloper/legal-forms.

The Acknowledged Statement must be signed and acknowledged before a notary before it will be accepted by the clerk and recorder in the county where the property is located. The recording fee for the Acknowledged Statement is $7 per page if it meets the legislative “standard” format. The form at the Senior and Long Term Care Division website meets the legislative “standard.”

The surviving joint owner must also present a completed Montana Realty Transfer Certificate (Form 488) to the clerk and recorder. This confidential tax document is required by the Department of Revenue from any party transferring real property. The form is available at any Montana county clerk and recorder’s office or online at www.revenue.mt.gov, by searching "Realty Transfer Certificate” or “Form 488.”

After the Acknowledged Statement is recorded, title to the property will appear in the name of the surviving joint tenant(s), typically the surviving spouse. Future real estate tax bills from the county treasurer’s office are sent to the surviving joint tenant(s) who now hold title to the property.

A similar procedure to update the public record ownership of real property on the death of a life tenant without probate has also been provided by the Montana legislature. A life estate is the right to the possession, use, and income from a property for the duration of a person’s life.

Example B: Jane had a house titled in her name only. In her will, Jane left the house to her husband, Jack, for his life, and then at his death to Susan, her daughter from another marriage. That wording forms a life estate with Jack as the life tenant. He cannot sell, gift, or leave the house to someone else in his written will. As the life tenant he is responsible for paying property taxes, insurance premiums, and needed repairs on the house. At Jack’s death, the property passes to Susan, who is termed the remainderman. Susan can file a document indicating the life tenant is deceased and the property passes to her as the remainderman.

Further information is available in the MSU Extension MontGuide, How to Transfer Real Property Owned in a Joint Tenancy or in a Life Estate Without Probate that can be found at http://store.msuextension.org/publications/FamilyFinancialManagement/mt201606HR.pdf or a copy of the publication can be obtained at your local MSU county or reservation Extension office.

Share your MSU Extension story

For more than a century, Montana State University Extension has been a part of communities in every county and reservation across the state. Because Extension faculty live and work locally, they are a voice and a conduit for information and resources flowing freely between the people of Montana and Montana State University. This year, MSU is celebrating its 125th birthday and we’d like to hear how you’ve used MSU Extension in your daily lives.

Visit https://www.msuextension.org/extnstory.cfm to share your story with us!
P.C. Homemakers Spring Council Meeting
April 24, 2018        7:00 p.m.        Prairie County Courthouse

Roll Call - President Arlene Morast called the meeting to order. The Pledge of Allegiance and Women’s Creed were recited. Roll call was answered by council officers - President Arlene Morast; Secretary Lotty Rambur; and Treasurer Nancy Birkholz; club members from Ama de Casa - Dorothy Schroeder, Jan Wamer, Yvonne Moos, Carol Larimore, & Suzanne Thomason - Ash Creek - Pat- ty Trask, Marian Strobel, & Dorcas Lee; Cabin Creek - Eileen Nielsen, Stephanie Eayrs, & Christine Keltner; Fallon - Ann Marie Davis, Zandy Keller, & Yvonne Rakes.

Minutes of the Fall Council meeting were read & approved.

Treasurer’s Report - The Treasurer’s report was given and accepted with an ending balance if $2503.32. The general fund balance is $2449.80 and the bandstand balance is $53.52. The net amount received from the bake sale/luncheon of $1,234.81 will be subtracted and given to the Fallon Fire Hall.

Bills/Correspondence/Reports - A thank you was read from the Fair Board for the generous donation from the Pie Auction proceeds, and also a thank you from Judy Jens for the 50-year plaque given in her honor was shared.

Stephanie Earys made a motion and seconded by Christine Keltner to give Laura Gluekert $50.00 for coming to Terry and sharing her “enchanted “ ideas.

Christine Keltner made a motion and seconded by Stephanie Eayrs to give $25.00 to the Presbyterian Church annually and ongoing whenever the Fall Banquet is held there.

Marian Strobel made a motion seconded by Dorcas Lee to give a donation of $25.00 to the Legion for use of their facility for the luncheon. This will also be ongoing and paid at the time of the function.

Nancy Birkholz was given permission to dispose of old records that are over seven years old, as the case is getting quite heavy to carry.

It was generally agreed that the speaker for the Fall Banquet was entertaining and the food was delicious as usual.

Club Report Highlights
Ama de Casa - Holiday home tour
Ash Creek - Southside news, attended Menopause Musical, and share new products
Cabin Creek - finished road signs, make senior quilts, provide the meal for Weed Tour
Fallon - Make floats for Harvest Festival, helped with egg hunt, give to Pregnancy Outreach
Potpourri - Laura loves coming to Terry and everyone that attends enjoys her presentations.

Food Sale/Luncheon - It was quite successful considering the weather. There was a gluten-free table, and the larger salads were greatly appreciated. Lois Pfiefle will be the chairperson next year with Dorcas Lee as co-chair. Christine Keltner made a motion seconded by Stephanie Eayrs that no percentage be kept and all the money given to Fallon Fire Hall.

Unfinished/Old Business - The Fallon Club is responsible for the Maintenance of the Cowboy Bandstand for 2018. Christine Keltner will try and linseed oil the floor in the next couple of weeks.
Cabin Creek is responsible for decorating the bandstand at Christmas this year.

Sharla Sackman gave a report about the Phil Wilson Scholarship which has balance of $2736.46 and also talked about an Incentive Fund for AP classes at the high school. After much discussion it was decided to just leave the things as they are and the issue was tabled.

The fair will be August 3-5 and the theme for booths will once again be “Free Choice”

The Pie and Baked Goods Auction will be chaired by Ama de Casa with the proceeds going to the Fair and not retaining a percentage.

**Ongoing Business** - The museum opens May 28th and the clubs will once again clean their assigned rooms.

There were quite a few suggestions as to the speaker for the Fall Banquet. They were the following: Charlie Russel’s wife, and Calamity Jane given by Mary Jane Bradbury, and Penny Post Cards & Prairie Flowers given by Philip Burgess. Sharla will check the schedules of each of these to see what one would work best with our November date.

There are no 50-year members mentioned, but there was some discussion that perhaps something should be done for 60-year members. It was suggested that it would be interesting if they would share what they remembered about their homemaker experience 60 years ago.

It was decided to have both Spring & Christmas potpourri this next year with perhaps Jody Haidle doing the spring one.

Programing Extension ideas included historic barns, and garden tours.

Ash Creek will be responsible for refreshments for Fall Council.

Nancy Birkholz gave an updated list of nursing home residents and their birthdays which were divided among the clubs.

**Announcements**

Vice President and Secretary are to be elected at Fall Council meeting.

If there’s a topic you want Marsha Goetting to address, you are to let Sharla know. *In September she will be talking about Estate Planning.*

_A delicious “pretzel themed” lunch was served by Ama de Casa._

Respectfully,

_Lotty Rambur, Secretary_