



## CALORIE COUNTDOWN

BY SUSAN DUFF

### 'HOW MANY CALORIES FOR ME?'

The current style of teeny-tiny waists and hips, plus skinny little legs, makes all of us feel that we're overweight even when our weights are normal. But, almost everyone looks and feels better when they've lost a few pounds, and unless the result is a really gaunt appearance, taking off a bit of weight usually improves the appearance. Once you've set a goal for yourself, however, you might not know the right calorie count for achieving that goal. Here's a good formula that helps:

Choose what weight you would like to be. Use weight tables from insurance companies to give you a reasonable idea of what a person of your height and frame size should be. If you like to look very fashionable, you might want to aim for a weight slightly below the standards.

If it is a matter of maintaining the weight you are right now, the formula also works for staying at the same weight. If you weigh 130 and you like the way you feel and look, just multiply 130 by 15 to get 1950. That's the number of daily calories you should sustain to keep your weight as it is, if you are moderately active. If you are very active,

you can add on 10 percent of this number to maintain your weight, or 1145 calories each day. If you are inactive, however, you must subtract 10 percent of 130 pounds, 1755 calories per day.

If 130 pounds is your goal, you simply subtract 500 calories per day from the daily maintenance figure, which in this case makes the number of daily calories 1450. At this rate, you will lose one pound a week, a sensible rate for permanent weight loss.

If you want to speed up the weight loss rate a bit, you can subtract 1000 calories a day from the maintenance figure of 1950, to give you 950 calories a day for a weight loss of two pounds a week. Of course, you should consult your doctor to find out if that rapid weight loss plan is suitable and healthy for you.

Activity makes a difference in your calorie count when you want to lose, of course, so don't forget to add 10 percent to the daily count if you're active, and subtract 10 percent if you're inactive. For anyone who likes to eat, stepping up your exercise program helps you diet by allowing you more daily calories without adding pounds.

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## SERVE UP SOME FUN WITH EASY, HOMEMADE PIZZA



Ancient Romans loved it. Virgil even wrote about it. And, today, Americans too are enjoying their version of this Sicilian pie . . . pizza.

Besides being a delicious meal or snack-time treat, pizza is fun to make at home. Turning your kitchen into a pizzeria is really easy. Start your pizza with a simple, delicious homemade crust like the one below. Just stir Bisquick® baking mix and water together. Then roll or pat the dough into a circle on a cookie sheet. Top with cheeses, tomato sauce, spices and your favorite meat. And in less than a half hour, serve homemade pizza, fresh from the oven.

### CHEESE PIZZA

- |                                 |   |
|---------------------------------|---|
| 2 cups Bisquick baking mix      | 1/2 teaspoon dried oregano leaves                 |
| 1/2 cup cold water              | 1 large clove garlic, crushed                     |
| 1/2 cup grated Parmesan cheese  | 1 cup shredded mozzarella cheese (about 4 ounces) |
| 1 can (8 ounces) tomato sauce   | 1/2 cup chopped green pepper                      |
| 1/2 teaspoon dried basil leaves | 1/4 cup chopped onion                             |

Heat oven to 425°. Mix baking mix and water until soft dough forms. Roll or pat dough into 12-inch circle on ungreased cookie sheet; pinch edge of circle, forming 1/2-inch rim. Sprinkle Parmesan cheese over circle. Mix tomato sauce, basil, oregano and garlic; spread over cheese. Top with mozzarella cheese, green pepper and onion. Bake until crust is golden brown, 20 to 25 minutes.

**Hamburger Pizza:** Top with 1 pound ground beef and 1/2 teaspoon salt, browned and drained.

**Italian Sausage Pizza:** Top with 1 pound bulk Italian sausage, browned and drained.

**Pepperoni Pizza:** Top with 1 cup sliced pepperoni.

**High Altitude Directions (3500 to 6500 feet):** Use boiling water to make dough.

"He who does not know the force of words cannot know men."  
Confucius



## THE HOME GAME

BY VIRGINIA TRUAX



**COLD SHOULDER** — Hate the long reach to water hanging plants? Do it the lazy way. Put several ice cubes on top of the soil and let them melt down.

**SHINE ON** — Look for a sale on auto windshield-washer liquid. It works beautifully on your home windows, at a fraction of the cost of regular window cleaner preparations.

**OVERDOING IT** — Remove cookies immediately from their baking pan or they will keep on baking.

**NO LICENSE NEEDED** — Be your own plumber. To unclog drains, drop in a handful of bicarbonate of

soda, followed by a chaser of one-half cup vinegar. Let it do its thing for a while, then rinse with hot water.

**GET CROSS** — To cook whole onions, cut a cross in the stem end. Your onion should stay whole, with the inner section remaining where it belongs.

**GOOD TO THE LAST DROP** — When the ketchup bottle is almost empty and the contents won't pour, turn what's left into a delicious seafood sauce. Add enough lemon juice and wine vinegar to liquefy the remaining ketchup, sprinkle in some minced onion,

season with horseradish to taste and shake well. Refrigerate until ready to use.

**CORKIN' GOOD IDEA** — Got a pretty wine bottle you'd like to save but can't get all the cork out? Pour in enough ammonia so that the cork will float. Let stand overnight. Next day the remaining cork will be crumbly enough to pour out with the ammonia.

**CHALK IT UP** — Stick a piece of chalk in your jewelry box to prevent tarnish.

**ENCORE, ENCORE** — Your food budget will stretch farther if you plan menus around leftovers. Chicken becomes chicken a la king over biscuits, meatloaf makes a comeback as meatballs in spaghetti sauce, roasts turn up as hash and all leftover vegetables go into a hearty soup or stew.

**SWEET SMELL OF SUCCESS** — A painless way to rid yourself of silver fish is to save all those worthless slivers of face soap and scatter them in your closets, drawers, trunks — wherever you see a sign of silver fish.

**FROZEN SOFT** — Did you ever think of storing your brown sugar in the freezer? You'll never have to worry about hard-as-a-rock lumps again.

**SHOW OF HANDS** — Do your hands need a little care after a summer of gardening? To whiten, massage them daily with grapefruit juice. For whiter fingertips, rub with hydrogen peroxide.

**THE GOOD EARTH** — Leaves in your compost pile will break down much faster if you add grass clippings to them.

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Here's a hint for home entertaining. If you're thinking of having a party, now is a perfectly good time to start your planning.

Pick a date. Decide the theme and menu. Make your guest list.

To get your party on everyone's calendar, send save-

the-date messages early. The bigger the party, the more notice you need to give. This notice builds excitement for the event as well as preventing scheduling conflicts.

An easy — also quick and efficient — way to do this is via Western Union Mailgram service. Just phone your message and guest list to Western Union. The number is in your phone book.

Mailgram messages are transmitted for delivery with the next day's mail. They're fast and dependable, and they look "important" so they aren't overlooked.

Mailgram messages are perfect as invitations, too, especially for "spontaneous" get-togethers. And if, despite the best laid plans, a party has to be cancelled, Mailgram messages can be used to notify your guests of the change at the last minute.



The name vinegar comes from *vin aigre*, French for "sour wine" which is what vinegar is, or was originally.



There's more to the term "flying off the handle" than you might think. The phrase implies the kind of trouble that would result if an ax-head flew off its handle.

The blender was invented by Fred Waring, well-known band leader, in 1936.

## Ideas for Interiors



Deborah Kunstler, ASID

### TREATING WINDOWS

There are so many solutions to window treatments these days, and yet windows still are the leading cause of headaches for the home decorator. Here are some ideas which may help to solve your problems:



One of the most popular window coverings today is mini-blinds. Similar to old-fashioned Venetians in the way they work, they are easy to clean because the slats don't overlap much and they don't have the wide tapes to accumulate grime. They come in a large selection of colors as well as aluminum and wood. Many a clever decorator has used these blinds in conjunction with curtains or draperies for the most marvelous effects.

Window shades are still popular, but we said goodbye to plain, boring white shades years ago in favor of bamboo, pleated fabric, balloon shades, string shades and lots of new solar shades to control the sun.

Shutters are expensive, but they're permanent and look stunning in the right setting. They can be lacquered or stained natural and the light can be controlled by the louvers.

If you're determined to use draperies, look into thermal drapes. They keep out the sun in summer and hold the heat in during cold months.

If you have attractive windows and a lovely view, don't bother with window treatments at all.

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1. Arena Race	\$20.00; \$15.00; \$10.00; \$5.00	\$ 6.00
2. Youth Poles	\$15.00; \$10.00; \$5.00	\$ 5.00
3. Texas Barrels	\$20.00; \$15.00; \$10.00; \$5.00	\$ 6.00
4. Ladies Barrels	\$50.00; \$40.00; \$30.00; \$20.00	\$10.00
5. Open Poles	\$100.00; \$75.00; \$50.00; \$25.00	\$15.00
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