

### Vacations: There Must Be A Safer Way

The best Summer vacation is the one that everybody survives intact — with minimum injury and physical discomfort. If ever a little pre-planning was indicated, now's the time. Consider the various hobbies and sports in which your family will be involved this Summer, and try to foresee possible problem areas. An ounce of prevention is worth a pound of sunburn cream.

Water sports pose a few basic dangers. To avoid boat collisions, all boats going out after dark must carry a light of some kind — and particularly the smaller craft. Rowboats and canoes could also use some reflective tape, perhaps wrapped around the handle of oar or paddle.

Bulky lifejackets have been replaced by lightweight vests that buckle on comfortably. Non-swimmers, of course, should wear such a vest all the time while boating, and so should swimmers under certain conditions. A fisherman who knows how to swim still ought to protect himself against drowning through sheer fatigue by wearing a lifevest whenever he goes out alone, especially at night. Your hardy water-skier son may be a strong swimmer, but if he takes a bad spill and gets the breath knocked out of him, that won't help. Water-skiers should always wear life-vests, period. Is there a sailor in the family? See that there's a shortwave radio on board before sailing out of sight of land.

For most adults, a vacation means a sudden plunge into unaccustomed and strenuous exercise. Did you ever think of going into training for a vacation? Might be a good idea to play tennis two or three times a week the month

before vacation, or to schedule regular swimming sessions for the whole family before you leave town. This could prevent stiff, sore muscles — or worse — for that first frenzied day at the resort or campground.

Is the family considering a raft trip? Most companies that organize these trips advise that it's all right to bring your camera as long as it's wrapped in a watertight container. Baloney. The camera is positively going to be subjected to both spray and sand, and the repair bill will be just slightly higher than the cost of replacement. No matter what they say, purchase an inexpensive camera for that raft trip and leave the Hasselblad at home. Also, take some good climbing and hik-



ing shoes for side trips while the rafts are beached. Backpackers should check their gear for emergency supplies before setting out even on a day trip. Day trips have been known to turn into over-nighters! Is your hike in an area where snakes are numerous? A snake bite kit is compact and cheap. At least take a basic first aid kit. Pack flashlight, knife, matches, groundsheet and drinking water in addition to high-energy foods. No matter how long or short a hike is

At the end of a vacation, there's nothing nicer than coming home to find house and property intact. Did you put the porch light and at least one interior house light on a timer, so they lit up every night and made the house look occupied? Did you arrange for a friend or neighbor to water the yard, and remove newspapers and throwaways from the doorstep? Then the chances are that your safe vacation will have a happy ending.

planned, see that someone knows where you are going and when you expect to return. Notify a forest ranger or Aunt Maud, but tell somebody. This can save a lot of time and misery should you run into trouble.

Are your children likely to spend more time on their bikes than off this summer? Ascertain how well they know the traffic laws of the state, since they're expected to obey them whenever riding. Accompany children along routes they use frequently, and see if they understand the traffic patterns at every intersection.

Planning to do lots of traveling by car or camper? Take along some warning signals such as the inexpensive flares. You may not want to invest in one of the new flashing lights that can be set on the hood or top of the vehicle. These work off batteries or plug into the cigarette lighter and are an effective way of signalling your position to oncoming traffic. And to prevent accidental hunger or fatigue, carry a thermos of Carnation Instant Breakfast mixed with fresh whole milk. It makes a great energy pick-up at any time of day.

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### Distaff Deeds

## Learning How to Alter Pattern Ends Problem

By JANICE CHRISTENSEN

"Learning to alter a jacket pattern to fit my husband was an important part of the tailoring workshop I attended recently," according to Mrs. Paula Wyatt, Cleveland County.

"My husband has trouble finding ready-made jackets that fit him, and the jackets I'd made for him didn't fit right either," the homemaker added.

"Patterns weren't sized large enough," she explained, "for my husband is tall, broad shouldered and has a husky build."

After she altered the pattern, Mrs. Wyatt made a shell to check the fit before she cut the jacket out of a knit fabric.

"It was a perfect fit," Mrs. Wyatt told Jessie Ann Wingo, home economics extension agent.

Wyatt was pleased too. He has already asked his wife to make him several more jackets after she finishes the first one.

**SPECIAL LIBRARY**  
Children enrolled in Alamance County's Head Start program have a good reading library, thanks to the efforts of the county's Extension Homemakers Club women.

The Education Committee of the organization collected books for the preschoolers and presented them to classroom teachers, explains Mrs. Ozetta Guye, home economics extension agent.

**INDUSTRY TOUR**  
Knowing what industry is trying to do to curb pollution can improve the understanding of citizens living in the area.

So the Federal Paper Board firm agreed to give Extension Homemakers Club members in Columbus County a tour of their plant while they explained pollution control efforts.

More than 85 women attended the Environment Seminar where they saw an aeration system that was developed by the plant and that is revolutionizing water treatment procedures.

Company personnel and the women from the community also explored ways that they could work together to improve the Riegelwood community, added Mrs. Elaine Blake, home economics extension agent.

**LIGHT BULBS**  
Burning out a lot of light bulbs? Some of the reasons might be these: excessive voltage, poorly designed fixtures that don't allow heat to be dissipated, vibration in the fixture and poor electrical connections. If you are using 120-volt bulbs and having a lot of burn-outs, try those rated for 125 or 130 volts. Be sure bulbs are screwed in tightly for good connection.

**SAFETY TIP**  
Firemen sometimes are injured from fumes of stored pesticides when fighting farm fires. Explosions or intense fire from certain types of pesticides are also possible.

### NCSU Scientist Heads Study

## Beef Goals Outlined for South

Southern cattlemen need to change some production and marketing practices in order to gain a larger stake in the "beef boom," according to a regional study headed by a North Carolina State University animal scientist.

There is plenty of room for expansion of cattle numbers in the region, but the first step should be improved productivity and returns from the cattle on hand, the study report suggested.

A higher percentage calf crop is one pressing need. Others include retaining ownership of calves longer, selling heavier calves and improving animal nutrition.

The study was made by a committee of animal scientists representing

six southern states and headed by Dr. E. R. Barrick, N. C. Agricultural Experiment Station researcher. The final report of the group underscored the "great opportunity" the region has for increasing the returns from beef cattle. But some improvements must come first.

Breeding is a traditional problem in commercial beef herds. Calf crops of 80 percent or less are not uncommon. An 80 percent calf crop means, for example, that out of a herd of 100 brood cows, 20 fail to produce a calf.

The cost of maintaining these 20 cows dips into returns realized from the sale of the other 80. It also means, of course, that the potential sale of 20 calves is lost.

This spring, the average price of stocker calves was \$281 per head on state-sponsored sales. Twenty head at that price would gross \$5,620.

The regional committee, which was appointed by the Southern Section of the American Society of Animal Science, suggested a goal of 90 percent calf crop weaned for the entire region. They suggested individual herd owners shoot for a 95 percent average or better.

### NIGHT LIGHT

Many of the night lights on our streets, highways, parks and yards seem to have an adverse effect on trees and shrubs.

### Emmy Winner's Wife Says...

## Be Happy Tho' Hamburgerless

Jane Hamner is not the typical American wife, facing another summer of typical barbecue menus, but her food ideas can help you and your budget. She has to feed two growing teenage children who have sworn off beef altogether. At the same time she feeds herself and husband Earl Hamner, well-known author and creator of the Emmy-winning CBS-TV show, "The Waltons."



Both parents enjoy a charcoal-broiled hamburger right off the grill. Mrs. Hamner also feeds an assortment of indoor and outdoor dogs plus a wild bluejay who flies into her sunny kitchen every morning clamoring for food. That's the easiest of all. The bluejay likes dogfood. Mr. Hamner calls him, "Rover."

Mrs. Hamner's real problem of course, is how to be sure that her children are eating enough protein. The mainstay of their diet is milk and cheese. Breakfast is often a cheese omelette, toast, juice and a glass of whole milk. When they're in a hurry, Jane serves instant breakfast. (She often serves it for a midafternoon snack as well, because two glasses of this supply half the Recommended Daily Allowance of proteins, vitamins and minerals.)

At luncheon the children help themselves to milk, cheese, yogurt, nuts, tuna. Sometimes they construct a "health food" sandwich from

**Tomato Topped Swiss Cheese Pie**  
(Makes 6 servings)

- 1/2 cup sliced green onions
- 1 cup thinly sliced onion rings
- 1/4 teaspoon basil leaves
- 1 tablespoon melted butter
- 1 9-inch unbaked pastry shell
- 2 beaten eggs

- 3/4 cup sour cream
- 2 cups (8 ounces) shredded Swiss cheese
- 1/4 cup grated Parmesan cheese
- 1 cup (14 1/2-ounce can) drained Contadina Sliced Baby Tomatoes

Saute green onions, onion rings and basil in butter. Spoon over bottom of pastry shell. Mix eggs, sour cream and Swiss cheese. Spoon cheese mixture into pastry shell. Sprinkle top with Parmesan cheese. Bake in moderate oven (350° F.) 35 minutes. Garnish top with sliced baby tomatoes and bake 5 minutes longer.

## Slumber Party Masterplan

Many parents find it almost inconceivable that their daughters can spend so much time on the phone and never run out of things to say.

That's one reason a slumber party is so popular with girls. They have all night to exchange ideas on clothes and classmates, to eat, play games, and experiment with make-up and hairdos.

To help your young hostess get off to a good start, organize at least part of the party with her. Begin by establishing mutually agreeable ground rules, like making the telephone off-limits except with special permission, allowing only invited guests, and invoking a specified indoors-only curfew.

Now work out a simple check list, including:

1. Who to invite? What will they do?  
Limit the party to six or eight, depending on space. Talking and eating will be major activities. Have favorite games on hand: Scrabble, Scribbage, Monopoly.

2. Where to entertain?  
Since sleep will be of minor importance, let the girls have the living or family room. Push furniture back and have pillows, games, camera and other basics handy.

3. How should guests be invited?  
Send a written invitation—preferably handmade—so that guests' parents will know where the party is being held, phone number, and length of party. The latter will help parents who might be picking up guests and eliminates anyone's overstaying their welcome.

4. What food to serve and how to serve it?  
Most anything goes, especially if there's plenty of it. Fresh vegetables and fruits, and soft drinks should be available along with the makings for pizza, sandwiches and hot beverages.



Individual packets of Carnation hot cocoa mix are another nifty convenience item. All it takes is hot water to make a rich tasting, tummy-warming beverage—and the conversational flow can continue almost uninterrupted. Hot cocoa also makes an ideal nightcap.

5. A special party touch?  
Bake a sheet cake ahead and decorate it with each girl's name.

### SHOPPER GRIPES

"Poor product performance" is the primary source of consumer annoyance, followed by "advertising that misleads or claims too much" and "poor personal service in stores." These findings are from a survey conducted by Better Business Bureaus.

### The Microwave Chef

## Vegetable Ideas With A Flair

Microwave cooking has really come of age. The new ovens provide delicious and nutritious meals and do so in a fraction of the time required for other cooking methods.

Here's a colorful array of vegetable side dishes especially prepared with easy microwave preparation in mind.

**Creamed Potatoes and Peas**  
1 1/2 lb. small skin potatoes  
1 1/2 cups shelled fresh peas  
2 tablespoons butter or margarine

1 tablespoon chopped onion  
2 tablespoons flour  
1/4 teaspoon salt  
1/4 teaspoon dill weed  
1/2 teaspoon pepper  
1 1/2 cups milk

Cook potatoes on paper towel in oven, first pricking skin to prevent bursting during cooking. Cook 8 to 9 minutes or until potatoes soften. Remove and set aside. Wash peas and place in serving dish. Add 2 tablespoons water and cook covered with plate or plastic wrap, 5 minutes. Set aside.

In 4-cup measure, combine butter and onion. Cook uncovered 1 minute, stirring once. Blend in flour, salt, dill and pepper. Stir in milk, mixing well. Cook uncovered, 3 minutes 30 seconds, or until mixture boils. Meanwhile peel potatoes and arrange in serving dish with peas. Pour sauce over vegetables. Makes 4-5 servings.

These recipes were developed by home economists at Litton Industries, the nation's leading manufacturer of microwave ovens. Each exciting recipe, they say, is a sure bet to please family and guests alike—and don't be surprised if they ask for "seconds!"

**Honey Glazed Carrots**  
4 medium carrots, sliced or cut into strips  
2 tablespoons butter or margarine  
2 tablespoons honey  
2 tablespoons water  
1/4 teaspoon salt

In 1-quart casserole, combine carrots, butter, honey and water. Cook covered, 7 to 8 minutes or until carrots are just about tender, stirring occasionally. Stir in salt. Makes 4 servings.

**TIP:** If desired, add 1/4 teaspoon ground ginger or 1 teaspoon chopped candied ginger with honey.

**Honey Glazed Carrots and Cheesy Crumb Tomatoes**

**Cheesy Crumb Tomatoes**  
4 tomatoes  
1/2 cup bread crumbs  
2 tablespoons butter or margarine  
2 tablespoons grated Parmesan cheese  
1/2 teaspoon salt  
Dash pepper

Cut tomatoes in half crosswise and arrange on serving plate cut side up. Combine bread crumbs and butter in small bowl. Cook uncovered, 3 to 4 minutes or until golden brown, stirring frequently.

Stir in remaining ingredients. Sprinkle crumb mixture over each tomato half. Cook uncovered 3 to 4 minutes or until hot. Makes 4 servings.

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