#### B-THE CAROLINA TIMES Bat., June 23, 1973

## Vacations: There Must Be A Safer Way

of replacement. two matter what they say, purchase an inexpensive camera for that raft trip and leave the Has-selblad at home. Also, take some good climbing and hik-

ing shoes for side trips while the rafts are beached,

their gear for emergency sup-plies before setting out even

Backpackers should check

- with minimum ary and physical discom-t. If ever a little pre-plan-te was indicated, now's the If ever a little pre-plan-was indicated, now's the Consider the various ies and sports in which family will be involved Summer, and try to fore-possible problem areas, ounce of prevention is h a pound of sunburn

worth a pound of sunpurn 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 particu-larly the smaller craft. Row-boats and canoes could also use some reflective tape, per-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 Bulky lifejackets have been replaced by lightweight vests that buckle on comfortably.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 times while boating, and so should swimmers under cer-tain 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 it 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 a shortwave radio on board before sailing out of sight of and

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

### 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 alto. have sworn off beef alto-gether. At the same time she feeds herself and husband feeds herself and husband Earl Hamner, well-known au-thor and creator of the Em-my-winning CBS-TV show, "The Waltons."

Both parents enjoy a char-coal-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 That's the easiest of all. The bluejay likes dogfood. Mr. Hamner calls him, "Rover."

much" and "poor personal service in stores." These findings are from a survey conducted by Better Business Bureaus.

cucumber, Swiss cheese, alfalfa sprouts, tomato, avo-cado, bacon bits and French cado, salad dressing on whole wheat bread.

At a typical summer din-ner Mrs. Hamner may serve hamburgers-but just for the

before vacation, or to schedule regular swimming sessions for the whole family before you leave town. This could pre-vent stiff, sore muscles – or worse – for that first fren-zied day at the resort or campground. planned, see that someone knows where you are going and when you expect to re-turn. Notify a forest ranger or Aunt Maud, but tell some-body. This can save a lot of time and misery should you run into trouble. campground. Is the family considering a raft trip? Most companies that organize these trips ad-vise that it's all right to bring your camera as long as it's wrapped in a watertight con-tainer. Baloney. The camera is positively going to be sub-jected 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

Are your children likely to spend more time on their bikes than off this summer? 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 motivers at event the traffic patterns at every, intersection. Planning to do lots of trav-

eling by car or camper? Take along some warning signals such as the inexpensive flares. You may 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 acci-dental hunger or fatigue, carry a thermos of Carnation Instant Breakfast mixed with fresh whole milk. It makes a great energy pick-up at any eling by car or camper? Take great energy pick-up at any time of day.

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 plies 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 numer-ous? A snake bite kit is com-pact and cheap. At least take a basic first aid kit. Pack flashlight, knife, matches, groundaheet and drinking water in addition to high-en-ergy foods. No matter how long or short a hike is night and made the house look occupied? Did you ar-range 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 end-

### SHOPPER GRIPES

"Poor product performance" is the primary Homemakers source of consumer annoyance, followed by women. "advertising that misleads or claims too

mittee of the organization collected books for the preschoolers and presented them to classroom teachers, explains Mrs. Ozetta Guye, home economics

Honey Glazed Carrot

4 medium carrots, sliced or

In 1-quart casserole, com-bine carrota, butter, honey and water. Cook covered, 7 to 8 minutes or until carrots are just about tender, stirring oc-casionally. Stir in salt. Makes

4 medium carros, succe cut into strips 2 tablespoons butter or margarine 2 tablespoons honey 2 tablespoons water 1⁄4 teaspoon salt

4 servings



## **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," Wyatt told Mrs. 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 Club

> The Education Comextension

The children love to look through the books, the agent added. And they love to have stories read to them. INDUSTRY TOUR

Knowing what in-dustry 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. Elsine Blake, home economics exten-

#### LIGHT BULBS

sion agent.

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 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 press-ing 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

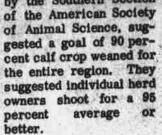
This spring, the average price of stocker calves six southern states and headed by Dr. E. R. Barrick, N. C. Agriculwas \$281 per head on state-sponsored sales. tural Experiment Station Twenty head at that price would gross \$5,620. The regional commit-tee, which was appointed ... by the Southern Section

Calf crops of 80 percent or less are not better. uncommon. An 80 percent calf crop means, for example, that out of a herd of 100 brood cows, 20 fail to produce a calf.

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

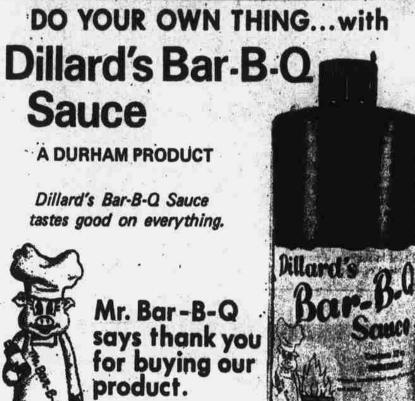
try a glass of fresh

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.



NIGHT LIGHT

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.



FREE RECIPES ON BACK

**OF EACH BOTTLE** 

Mrs. Hamner's real prob-lem 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 of-ten a cheese omelette, toast, juice and a glass of whole milk When they're in a hur-w. Jone conversion to the burry, Jane serves instant break-fast. (She often serves it for a midafternoon snack as well, because two glasses of this supply half the Recommend-ed Daily Allowance of proteins, vitamins and miner-als.)

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

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

gerless.

Swiss chees

Wiss cheese 1/4 cup grated Parmesan

Most anything goes, es-

1/2 cup sliced green onions 1 cup thinly sliced onion % cup sour cream 2 cups (8 ounces) shredded

rings

1/4 teaspoon basil leaves 1 tablespoon melted butter 1 9-inch unbaked pastry

2 beaten eggs

1 cup (14½-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, or-

ganize at least part of the party with her. Begin by establishing mutually agreeable ground rules, like making the telephone off-limits except with special permis-sion, allowing only invited guests, and invoking a spec-ified 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 cating will be major activities. Have favorite games on hand Scrab-ble, Scribbage, Monopoly.

Where to entertain? pecially if there's plenty of 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.

Individual packets of 3. How should guests be Carnation hot cocoa mix are invited? another nifty convenience item. All it takes is hot Send a written invitation-preferably handmade-so that sts' parents will know water to make a rich tasting, tummy-warming beverage-and the conversational flow the party is being phone number, and of party. The latter can continue almost uninterrupted. Hot cocoa also will help parents who might be picking up guests and eliminates anyone's over-5. A special party touch

5. A special party touch? ng their welcome. Bake a sheet cake ahead 4. What food to serve and and decorate it with each giri's name. how to serve it?

hamburgers-but just for the parents. Everyone eats a fin-ger salad of raw carrots and celery. The children make a main dish out of her vege-tarian masterpiece of the day: Swiss Cheese Pie. Made with two kinds of cheese and garnished with Contadina Sliced Baby Tomatoes, it looks pretty and tastes satis-fying enough to be a main dish. Virginia Piper, Direc-tor of the Carnation Food Service Center, suggests you keep that in mind if you're observing meatless days at your house this summer. It's good for an important lunchgood for an important lunch-eon, too. Most important of all. Swiss Cheese Pie is so protein-rich that it will keep anybody happy tho' hambur-

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

servings.

**Creamed Potatoes and Peas** 1 lb. small skin potatoes 1½ cups shelled fresh peas 2 tablespoons butter or

a fraction of the time required for other cooking methods.

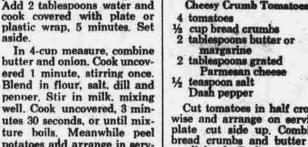
margarine 1 tablespoon chopped onion 2 tablespoons flour 1¼ teaspoons salt ¼ teaspoon dill weed <sup>1</sup>/<sub>8</sub> teaspoon pepper 1<sup>1</sup>/<sub>2</sub> cups milk

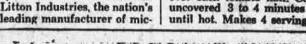
1½ cups milk Cook potatoes on paper towel in oven, first pricking skin to prevent bursting dur-ing cooking. Cook 8 to 9 min-utes or until potatoes soften. Remove and set aside. Wash peas and place in serving dish. Add 2 tablespoons water and cook covered with plate or plastic wrap, 5 minutes. Set aside.

**Cheesy Crumb Tomatoes** 

Cut tomatoes in half cross-wise 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 ingredi-ents Sprinkle crumb mixture over each tomato half. Cook uncovered 3 to 4 minutes or These recipes were developed by home economists at until hot. Makes 4 servings.







BARDET

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Durhám-Raleigh



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Budget Terms



682-5795

