

Aging could cause weight gain

**By Ellen S. Willis
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As we get older, most of us become less active. This, together with the gradual slowing down of our body's metabolism, makes it easier for us to gain weight. To avoid putting on too much weight, you need to exercise and eat less.

Needs vary, but women 65 and older gradually need about 1,500 calories a day while men need approximately 2,000 calories daily. If you are really interested in good health, you will also need to exercise regularly.

Not only does exercise help control weight, it increases blood flow to all organs of the body.

This helps to make them stronger.

Physical activity like walking also decreases the amount of calcium lost from your bones. This delays osteoporosis, a disease in which the bones become thinner and are more easily broken.

The best nutritional rules to

follow are those which apply to people of all ages.

- Eat a wide variety of foods.
- Maintain your ideal weight.
- Control fat intake
- Include foods with starch and fiber.
- Control your intake of sugar.
- Control sodium (salt) intake.

PROPER JARS FOR CANNING

Perhaps you've wondered -- can I use peanut butter and pickle jars for home canning? The answer is an emphatic "no." These jars are one-time jars -- usually made of thinner glass than standard canning jars.

Since the thinner glass is less resistant to extremes of temperatures and mechanical shock -- these jars are more likely to break during processing than are jars made especially for home canning. Also, the necks of peanut butter and pickle jars may not be perfectly round -- or they may have some other irregularities.

For example, many times these jars have such short necks that the

Front Burner

screwbands cannot fit all the way down. And many of these pickle and peanut butter jars cannot be correctly matched with appropriately sized lids.

All this can prevent a tight seal -- and you risk botulism. As long as you're spending the time and money to can food -- you might as well do it right. Buy the proper canning jars.

WORKING TEEN

When your teenager takes his first part-time job, you can help him by setting some guidelines and by giving him encouragement. For example, you and your teen will need to have an understanding about the money he earns. Are his earnings to be added in with the rest of the family's? Or will he be free to spend or save the money? And you'll need to settle on who is responsible for buying those teenage necessities such as lunches and shampoo. Also keep in mind

that the excitement of a new job may wear thin.

That's when your teen can use a little encouragement. You can help him look at the benefits he's getting from the job. Remind him that most jobs offer more than money. They can give him experience in working with others and learning to budget his time.

NEW TOYS

You can add some fun to your preschool child's toy chest without spending a dime. So here are two tricks that will please the kids and the family purse.

Each week take about six or seven toys out of circulation. Clean them and repair them if they need it.

The children will get used to playing without them. Then after a couple of weeks, bring the toys back. You'll be surprised at how excited kids will be to see them again.

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Who is that?

I thought someone was coming to get me or one of my friends, but it was just the human who feeds us. I've been waiting for that one special person who will come take me home with them and I will keep looking around from my food every time I hear that door open until I leave with one of them. So how about it? I may just be the friend you have been looking for. Oh well, I'll just keep hanging out, here at the Hoke County Animal Shelter until somebody comes to get me.

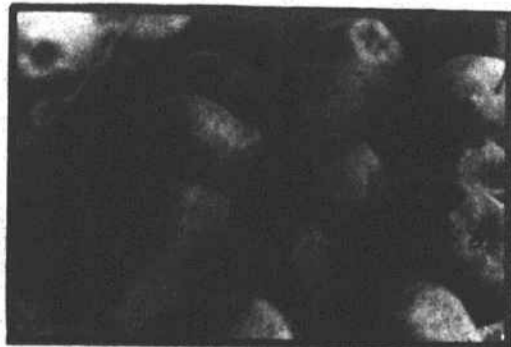
The General Public Is Cordially Invited To The

GRAND OPENING

of the

Hoke County Farmers' Market

Corner Of Harris Ave. & Bethel Rd., Raeford
Friday, June 29th
10:00 a.m.



Locally Grown Produce Such As Okra, Watermelon, Onions, Tomatoes, Potatoes, Squash, Cucumbers, Fruits And More Will Be On Sale.

For More Information Contact The Hoke County Agricultural Extension Service. 875-3461.

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