

Lifestyles

Appliance purchases should be researched

The convenience of portable electric appliances has become a part of our daily lives. In order to get the most satisfaction from an electric appliance it is important to shop carefully. When shopping for an electric appliance ask yourself the following questions to help determine if the appliance will meet your actual needs:

1. Do you want the appliance?
2. Do you need the functions of the appliance?
3. Will you use the appliance frequently?
4. Do you have the space to store the appliance?
5. Is the appliance worth its cost to you?

After answering the above questions, you will be ready to select your appliance. The following are some additional basic points to remember when shopping for electric appliances:

1. Select brand name appliances from a reputable dealer.
2. Look for a warranty, plus local availability of replacement parts and service.
3. Look for the Underwriter's Laboratory Seal of Approval on both the appliance and the electric cord. The seal indicates that UL has tested and approved the appliance following prescribed standards for electric safety.
4. Select sturdy, well-constructed appliances that are convenient in size and shape.
5. Select appliances that have conveniently located controls. The controls should be easy to read and operate.
6. Select appliances that are easy to clean, both inside and out. Look for parts and accessories that can be easily removed, cleaned, and replaced.
7. Look for heat-resistant handles, controls, and legs or table rest. These help to insure adequate protection against burns or marring of counter tops or table tops.

HOLIDAY CHERRY BARS

1/2 cup margarine or butter
2 cups white miniature marsh-

On the Front Burner

Alice Pettitt
Home Economics Agent



mallows

1 (8 oz.) jar maraschino cherries, drained and chopped (about 3/4 cup)
1 cup chopped nuts
1 1/2 cups graham cracker crumbs
1 (3 1/2 oz.) can flaked coconut (1 1/3 cups)
1 (14-oz.) can sweetened condensed milk (not evaporated milk)

Preheat oven to 350°. In 13x9-inch baking pan, melt margarine in oven. Sprinkle crumbs evenly over margarine; top evenly with marshmallows, coconut and cherries. Pour sweetened condensed milk evenly over cherries. Top with nuts; press down firmly. Bake 25 to 30 minutes or until edges are lightly browned. Cool. Chill thoroughly. Cut into bars. Store covered in refrigerator.

WHITE CHOCOLATE PRALINE FUDGE

1 1/2 lbs. white chocolate*
1/8 teaspoon salt
1 cup chopped pecans
1 (14-oz.) can sweetened condensed milk (NOT evaporated milk)
1 teaspoon maple flavoring

In large saucepan, over low heat, melt chocolate with sweetened condensed milk and salt. Remove from heat; stir in maple flavoring and pecans. Spread mixture evenly into wax paper lined 8 or 9 inch square pan. Chill 2 hours or until firm. Turn fudge onto cutting board; peel off paper and cut into squares. Store tightly covered at room temperature. Makes 2 1/2 pounds.

*White chocolate can be purchased in candy specialty shops.

(Continued on page 5B)



Campaign launched

The 1984 Christmas Seals Campaign for Hoke County is now officially underway. Mr. and Mrs. Raz Autry of Raeford (shown here) have been appointed Honorary Chairmen of the Campaign for Hoke County. Announcement of their appointment was made at the Fall Board of Directors meeting of the American Lung Association of N.C., Mid-State Region held recently in Southern Pines. If you have not yet received your sheets of the colorful 1984 Christmas Seals along with gift tags, contact the Honorary Chairmen, Mr. and Mrs. Autry at 875-3787 or write ALA.N.C. Mid-State Region, P.O. Box 726, Southern Pines, N.C. 28387, telephone (919) 692-3981.

Germans given credit for Christmas trees

Each year 30 million American families bring a natural Christmas tree into their homes to become the warm and glowing center of their Christmas celebration. The tradition endures year after year...but how did it get started?

Historians trace countless roots that grew into our present day custom of using a Christmas tree. Legends tell of the decorated tree in winter celebrations long before there was a Christmas.

It is generally agreed that the use of an evergreen tree as part of the Christian Christmas celebration started 400 years ago in Germany and spread to most of northern Europe by the 19th Century.

Hessian Mercenaries during the American Revolutionary War brought the custom to the United States. In 1804 soldiers at Fort Dearborn (now Chicago) hauled trees to their barracks during Christmas.

A Philadelphia newspaper story printed in 1825 commented on decorated trees in German immigrant homes during the Christmas season. In 1842, a German named Charles Minnegeode introduced the custom in Williamsburg, Virginia. His tree was described as "splendidly decorated" with strings of popcorn, gilded nuts and lighted candles.

The first recorded Christmas tree retail lot was set up in 1851 by a Pennsylvanian named Mark Carr who hauled two ox sleds loaded with trees from his land in the Catskills to the sidewalks of New York. There is little doubt that the trees he brought were Balsam firs, which remained the best selling and most popular type of tree until 1955 when it was nudged out by the lush western Douglas fir and Scotch Pine produced on tree farms in the Eastern United States.

Meanwhile, in Victorian England, Prince Albert, husband of Queen Victoria, gave the Christmas tree the stamp of accep-

Extension News

Willie Featherstone Jr.
County Extension Chairman



tability in England when he introduced it into the Royal Palace.

On the other side of the Atlantic, the 14th President of the United States, Franklin Pierce, was the first President to set up a Christmas tree in the White House. But it wasn't until 1923 that President Calvin Coolidge established the National Christmas Tree Lighting Ceremony on the White House lawn that has since become part of the annual holiday observance.

The enduring tree symbol -- which is even older than Christianity and not attached exclusively to any one religion -- remains a firmly established part of our holiday customs, engaging not only our senses of sight, touch and smell, but also our sense of tradition. The tree evokes a mood of holidays from long ago, of the genial ghost of Christmas past.

SAFETY TIPS

Avoid use of combustible decorations. Check all electric lights and connections. Do not use lights with worn or frayed cords and never use lighted candles. Place the tree away from fireplaces, radiators, television sets, and other heat sources. These elements will prematurely dry your tree. And be sure to unplug tree lights before retiring at night and any time you leave home.

Trees are thirsty. They drink between two pints and a gallon of water per day; so make sure to check daily and supply fresh water as needed. A tree stand which holds at least one gallon of water is recommended. Sensible precautions such as these ensure a safe and happy holiday.

Stress reactions differ

About the only way a person can avoid stress is to return to the safety of the sterile womb.

Of course, that's impossible. The alternative is that we learn how to deal with stress or run the risk of letting it make us sick.

Some people cope with stress successfully throughout life. Some actually thrive on it.

In other words, people differ widely in their response to stress. Studies have shown that individual responses to stress give support to the adage that "one man's pleasure is another man's poison." But it is illness that some experience from stress that we want to discuss here - the so-called "hot reactors" - individuals whose psychological and physical makeup is such that stress makes them sick.

Dr. Brooks Wilkins, a Raleigh

family physician, noted that there are varying degrees and different forms of stress - mental, emotional and physical - and all having some impact, sometimes good, sometimes harmful, upon health. He said stress, for some people, can have damaging side effects which may lead to disease, cause us to age prematurely, even shorten life.

A series of physiological changes occurs in the body in response to circumstances that a person finds stressful.

Dr. Wilkins explained that when the mind perceives a stressful or dangerous situation, it prepares you to either stand firm and hold your ground or try to hide - the old "fight or flight" reactions.

Heart rate and blood pressure increase, muscles tense, and more adrenaline is released.

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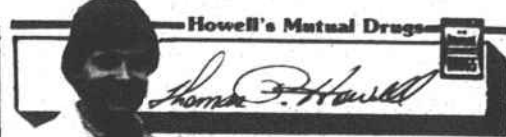
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