

Lifestyles



Lucky winner
Paul Livingston (center) receives a handful of cash and congratulations from Bill Niven (left center), along with well wishes from other Raeford Kiwanis Club members Jimmy Wood (right) and Brian

Spiller (left). Livingston was the grand winner last Thursday at the annual Kiwanis Club Raffle. The event is held each year, along with the pancake supper, to help raise money for local charities.

Corn growers to meet Friday

The Corn Growers Association of North Carolina will hold its Annual Meeting on Friday, December 13, at the McKimmon Center, on the campus of North Carolina State University in Raleigh, N.C. President Jack Williams will bring an update to the delegates on his activities during 1985.

The theme of the morning session is "Customers of Corn." Robert C. Liebenow of Corn Refiner, Washington, D.C., will lead off with "Industrial Uses of Corn." Eric Vaughn, of Renewable Fuels Association in Washington, D.C., will follow with "The Ethanol Market."

At the luncheon, Agriculture Commissioner James Graham and NCSU Dean of Agriculture J.E. Legates will welcome the group and present awards to corn yield contest winners. Board Member and Program Chairman, Leroy Jackson, who currently serves as awards chairman of the CGANC, will present special awards.

Following the luncheon, three breakout sessions will begin: "Modern Corn Production" by Dr. John Anderson and Dr. Michael Waggoner of NCSU, "Modern Corn Marketing" by Dr. Everette Nichols of NCSU, and "Modern Stress Management" by Leo Hawkins and Jan Lloyd of the NCSU Extension Service. Delegates can choose the breakout session that will be most beneficial to them.

Coffee and danish will be served at 8:30 a.m. with the formal program starting at 9:30 a.m. There is no registration fee and no charge for lunch. For additional information call 875-3461.

Window insulation pays

Window insulation can go a long way toward making a home comfortable all year round. It doesn't take elaborate or expensive equipment to help keep warm air in and cold air out. A shade is probably the most economical.

In cold weather, three to four times more heat is lost through the window glass than through the sash area around the glass. Hang a snug-fitting window shade within the frame and block heat loss by 24 to 31%. Keep the shades down during the night and cold morning

Extension News

Willie Featherstone Jr.
County Extension
Chairman



and evening hours.

Those shades will also pay off next summer. One study showed heat buildup could be reduced by as much as a half just by keeping the shades pulled during the hot, sunny summer hours.

The shade must be mounted properly. Install the brackets inside the window frame so the shade is as close as possible to the window glass without actually touching it.

When fully closed, the bottom edge should rest firmly on the sill. Add small weights to the bottom for a secure closure, or attach a strip of self-sticking foam insulation to the sill.

You can choose between two types of camellias

If you want to take advantage of fall planting time and place some camellias around the house, the choice is between japonica and sasanqua. Or you can plant both and enjoy flowers at different times of the year.

Camellia japonica has glossy leaves and blooms from late winter through early spring. The second species is camellia sasanqua, which blooms in October and November.

There are many varieties of the two types of camellias. Their flowers are brilliant shades of pink, red and white. They have single blooms and double blooms, and some flowers are up to five inches in diameter.

Camellias need a site that provides alternating sun and shade in summer and complete shade in winter with protection from cold winds. A planting site under tall pine trees or on the north side of a building can provide these conditions.

Like other shrubs grown in the shade, camellias are shallow rooted. They don't like "wet feet." Don't plant them too deep. Mulch heavily. They will grow best in loose soil that is slightly acid. A pH of between 5.0 and 5.5 is recommended.

Camellias may need a light application of fertilizer during the first growing season. Apply this in the spring after growth starts. Many times camellias are over fertilized. This results in a loose, open growth that spoils the compact appearance of the plant.

Rushing takes joy from season

If too much rush and confusion takes the joy out of your holiday seasons, these ideas may help.

First, try to focus on the things that are most important to you and your family. Talk with other family members and decide which holiday activities are most meaningful. Eliminate those that are too time consuming or too expensive for the amount of joy they add to your holiday.

One way to avoid the rush is to plan ahead. Do as many jobs before the holidays as you can -- such as planning menus, shopping and preparing foods that you can freeze.

Simplify your jobs as much as possible. You might cut down on the variety of foods on your holiday menus -- just serve more of each.

Also try to shop when stores aren't so busy -- when they first open in the morning or during the dinner hour.

Limit the number of gifts to each family member. Maybe one or two things they really want or need is enough.

The holiday can be a happy time

On the Front Burner

Alice Pettitt
Home Economics
Agent



of year if you manage your time effectively.

Remembering these three points may help you take the rush out of the season -- focus on the important things, plan ahead, and simplify those jobs you choose to do.

A fireplace may look cozy, but most of the time it won't provide much warm air to your house.

In fact, most fireplaces suck out more warm air than they radiate back in.

Even though they make a room feel warm while they're burning, most of the heat from the fire goes up the chimney. And the fire is using warm air inside the room to burn.

But there are a couple of types of fireplaces on the market that ac-

tually do help heat your home and, therefore, reduce fuel costs.

One is the stove type that sits inside the room. The chimney, which is exposed, helps radiate heat.

And the other fireplace has special heating ducts to return warm air to the room. If you have an existing fireplace, you can install glass doors in front of the fire to keep indoor air from going out.

Hamburger Casserole

1 lb. ground beef
2 8-oz. cans tomato sauce
1 clove garlic, minced
1 medium onion, minced
Brown and simmer above about 20 minutes. Combine the following:


1 cup plain yogurt or sour cream
1 3-oz. pkg. cream cheese

Cook 8-10 ounces of noodles as directed on package. Place layer of noodles in buttered casserole. Cover with layer of cream mixture followed by layer of meat mixture -- repeat until used up. Bake at 350° for 20-25 minutes.

(See FRONT, Page 7B)

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Dec. 12, 1985
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