

# Extension Home Economics News

## Family Records

If you know where your money is going, you may be able to get better value for the dollars you spend.

You can start by keeping a record of cash receipts and payments. This convenient record of cash flow will prove helpful in future planning, and you may also use your family account books as supporting information for tax purposes.

You can buy many types of record books or you may get them free from some banks and insurance companies. Or, you can make your own record book from an ordinary book or loose-leaf binder.

You will be more likely to use the account book if you keep the record simple. And be sure to keep that account book in a convenient place so you'll get into the habit of jotting down current expenditures.

You may wish to keep a note pad

and pencil handy for recording what you spend and the reasons why you bought something. Then keep receipts and spending records in a drawer set aside for this purpose.

Enter records regularly; that is, often enough so you don't forget the details. And don't worry if you can't account for every cent. For instance, you may choose not to list the details of small personal allowances for family members.

The bottom line is this. You can't plan your spending unless you take time to evaluate your records frequently. Family accounting does take time. But what would you rather spend — time or money?

## Help Patient Cope with Terminal Illness

When a friend or family member has a terminal illness, it is hard to know what to do or say. But if you know the stages of feelings a person

facing death goes through, you might be able to help.

Researchers tell us a terminally ill person usually goes through five stages. The first is one of shock and denial — the "no, not me" state.

The second is one of anger — the "why me" stage. During this time you should try to think as the patient would. Tell him that you would be angry too. Help him express his anger.

Bargaining is often the third stage. This happens when the patient promises some action or things as a trade-off for just a little more time. When a patient stops bargaining, it is usually because he has started to face the reality of his death.

This is usually followed by a stage of depression. Often friends work very hard to try to cheer the patient up. But the patient should be allowed to express his grief and depression. By doing this, he will probably reach the final stage — acceptance.

This acceptance isn't a bitter feeling of defeat — it is a feeling of peace within.

## Check Label for Yogurt's Calorie Count

Weight watchers who think yogurt is a good diet food may be kidding themselves. The calorie count of yogurt may vary as much as 150 calories per serving among different flavors and brands.

Often sweeteners such as sugar

and fruit preserves are added to the popular fruit-flavored yogurts. These add calories but no nutrients. For example, plain yogurt has about 150 calories per eight-ounce serving. But an equal amount of fruit-flavored yogurt may have up to 270 calories.

Check the nutrition labeling on each carton to find out the calorie count for that particular yogurt. This shows that yogurt, flavored or not, offers more than calories. In fact, yogurt has enough calcium, B-vitamins, and protein that an eight-ounce serving counts as a serving of milk.

Also, many yogurts have non-fat dry milk solids added. In this case, yogurt has 15 percent more calcium and 25 percent more protein than an equal amount of milk.

Calorie counting or not, yogurt is a good substitute for milk, but check the label for the calorie story since all yogurt is not a dieter's delight.

## Communication within a Marriage

You may find this hard to believe, but sometimes marriage can be very

lonely. And this loneliness usually begins with an inability to communicate.

After all, if every comment brings a complaint, an argument, or a grunt, people will stop trying to talk to each other.

Now anger and irritation with a spouse are normal. But there are other ways of handling these feelings so they won't destroy communication. Maybe it is not always easy to do, but complaints and difficulties need to be discussed. And anger should be expressed frankly too.

There are some rules for quarreling. The main ones are to fight fairly and stick to the main issues. This means you should avoid overstating conditions or exaggerating blame. It also means you should attack the issue and not the other person's character.

Also keep in mind that humor and

anger are closely related — that the things that make you mad can also make you laugh. Try a dose of humor to soothe hard feelings.

Of course there are some family fighters who may need a referee. But this person should not be a neighbor or family member. Instead, he should be someone who is impartial and who will help keep problems confidential.

After all, it is not a defeat to seek outside help when a marriage has rough sailing. Instead seeking help is an admission that the marriage is worth saving.

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