

Extension Home Economics News

Quality Check

Herbs and spices can make a big difference in the flavor of the foods you prepare. But they don't hold that power forever.

You can doublecheck the power of your herbs and spices by smelling them. If the aroma is still strong, the herb or spice will add flavor. If the aroma is gone, the herb or spice will have lost most of its zip.

Most herbs and spices keep for a year, but quality is quickly lost when they are stored in a light place or near heat. To preserve quality, store herbs and spices in a cool, dark spot.

When buying herbs and spices, think about how much you will use them. Purchase small quantities of those items you use less often. Large supplies will be a good buy only if you are going to use them while they are fresh enough to enhance flavor.

When you get herbs and spices home from the store, mark your purchase date on the. That way you will have a time guide to go along with your sniff test.

Deal with Stress

There is an unpleasant condition we all suffer from at various times in our lives, and it is called stress. Though it is mainly mental in nature, it can affect physical health, too.

For, if you don't get relief from it, you can suffer from diarrhea, headaches or insomnia. And, if the stress is severe and lasts a long time, you might get into real trouble with high blood pressure, a heart condition or ulcers.

It adds up to this. When you are under stress, the worst thing to do is to try and hide it. When you deny feelings and hold them inside, they tend to build up. And, all of a sudden you may lose control and explode in an angry rage. So, it's better to face stress openly. Talk about your problems with a sympathetic family member or friend.

Since you can't always avoid the causes of stress, try taking extra good care of your health. Schedule some time for fun and relaxation. Let physical exercise work off some of your tension. Eat right and get enough rest and sleep, and above all, recognize that stress is a normal part of life.

Since it is normal, it doesn't have to make you an unhappy person or affect your health.

Words are Powerful Child Guidance Tool

Words have the power to build children up or tear them down. So you may do well to choose your words carefully. Just by rephrasing your comments, you can get a point across in a positive, rather than a negative manner. Here's what I

mean. Instead of commanding "Pick up those blocks," try "You pick up a block and I'll pick up a block."

Instead of demanding "Give me that," try "I'll trade you this toy for that one."

Next time you are tempted to shout "Don't pinch the baby," try "Be gentle; touch the baby like this."

You might slow your child down by changing "Don't run in the house" to "Remember, running is for outdoors."

Last, but not least, next time you're tempted to correct your child with "That's not the way to do that," try another tactic. Say "Let's see if we can figure out a better way to do that."

It adds up to this. Positive words have a better chance of getting a positive response.

And helping a child build a positive self-image is important. A child is one of the keys to becoming a mentally healthy adult.

Condensation Inside Windows

I hope you haven't noticed condensation inside your windows, but if you have, keep this in mind. That water can cause a problem if it collects on your wooden sills for several seasons.

What can you do about it? Well, you could use a humidifier to reduce humidity to the recommended level for the winter months. By the way, that recommended level is 30-40 percent. And this humidity level holds just as true for the kitchen and bathrooms as it does for the rest of the house so this means your kitchen and bathrooms need to be well ventilated.

Storm windows also help to reduce condensation because they allow the interior glass to stay warmer. But you may still see condensation on the inside of your storm windows or in between the two windows.

That's why all storm windows should have weep holes at the bottom, and if your storm windows don't, drill a couple of 1/4-inch holes outdoors at the base of the window.

If condensation appears between your storm windows, there is an air leak. And, if you see water collecting on the outside window, check for air leaks from inside the house. Chances are you will be able to seal the leaks with weather stripping.

Heating the Home with Wood

There are some advantages and some disadvantages when it comes to heating your home with wood, but let's be positive and talk about the advantages first.

Heating the home with wood carries some nostalgia with it — a return to what folks call the "good

old days." And, in case of an emergency, wood heat can provide a back-up for another type of system. In addition, a fireplace or wood stove can add an aesthetic touch to a house, one that might improve the resale value.

Another bonus. You can use wood heat rather than a large system on cool days and you can use wood heat for warmth in one or two rooms instead of using another type of heat to warm the whole house.

There are some disadvantages, though. For instance, wood heat is inefficient and even draws existing warm air out of the room during start-ups. And you must remember to close the damper when a fire isn't burning. And here's a serious reminder. Improper construction of a fireplace can leave you with a smoke-filled room. Last, but not least, a faulty chimney can be a fire hazard.

If you do decide to go with wood heat, be sure you can get a good supply of wood, and check with your home insurance representative to find out what the heating change may do to your insurance rate.

Daydreaming is a Part of Growing Up

School-age youngsters may just lie on the sofa staring up at the ceiling for hours. Or maybe they swing lazily or just walk up and down the sidewalk.

When you ask them what they're doing, they're likely to say "nuthin." But those hours spent daydreaming could be important. For daydreaming is an important part of growing up — a time for discovering and developing new ideas.

So if your youngsters occasionally seem to be doing nothing, or maybe even act a little bored, don't feel you have to rush out and find busy work for them or enroll them in another class of program. In fact, sometimes we over-program kids so they don't have time to ponder, to wonder, to get a feeling of how they fit in with the rest of the world.

Far from being non-productive, daydreaming can be time well spent. It can help youngsters adapt in the future. And many futurists predict that today's children will have to be flexible and creative adults to live in the next century. They may have to change jobs several times and make many other changes in their lifetimes.

The seeds of flexibility and creativity to meet those challenges are sown in childhood. So it's good for children to let their minds wander and dream some unusual ideas, no matter how absurd or stupid they may seem to adults.



North Duplin Players Selected

North Duplin ended its football season after losing the first round in tournament action to Southwest Onslow. The team's season record in 1-A competition was five wins and six losses. Recently eight members of the North Duplin team were named in All-Conference honors. Pictured above, left to right, front row,

All-Conference Honorable Mention Craig Lane, Tad Gruebel, Rodney Wilson and Maurice Butler; back row, All-Conference Chester Aycock, Scott Hines, Sherwood McLamb and Peter Hill. Head coach of the North Duplin Rebels football team is Ken Avent.

New Pharmacy Opens In Warsaw

Opening January 2 will be a new pharmacy called the Prescription Shoppe located at Joe Sutton's corner in Warsaw.

The business will be owned and operated by Hunt and Annette Taylor, both pharmacists. Hunt is a former James Kenan High School

graduate and the son of Mr. and Mrs. Bill Taylor of Warsaw. Annette is a graduate of South Lenoir and the daughter of Mr. and Mrs. William F. Simpson of Pink Hill. Both Annette and Hunt are graduates of the University of North Carolina Pharmacy School and Hunt received

a doctorate of pharmacy from the University of Tennessee.

According to Annette, the Prescription Shoppe will carry a large variety of non-prescription health related items in addition to name brand and generic prescription drugs. The business will also carry a variety of durable medical equipment for home patient care.

Senior citizens will receive a 10 percent discount, Annette pointed out. And, the Prescription Shoppe will file customer insurance forms and the business plans to participate in the medicaid and medicare programs.

And, a delivery service for home-bound patients is planned, according to Annette. She also pointed out patient profiles would be kept on each customer and counseling would be available upon request.

The couple resides at Duplin Country Club Estates and Hunt is currently under contract as the pharmacist for Duplin General Hospital in Kenansville. Hunt and Annette have two children.

Reginald Smith Thanks Local Supporters

A special word of Thanks goes out to each of you who contributed to the successful fund-raising campaign for matriculating North Carolina Central University students. We, the NCCU Family, encourage you to visit us and see the educational opportunities available for yourself. Any local NCCU alumnus would be delighted to answer any questions.

After Christmas Sale

Starts Thursday, Dec. 26

All Fall & Winter Merchandise

1/3 and 1/2 off

Mary's Dress Shop

Center St. Mt. Olive

658-9746

Mary Sutton, Owner

MC/VISA

After Christmas Sale 5 To 50% Off Storewide Savings

KitchenAid

Channel Master
SATELLITE RECEPTION EQUIPMENT

Panasonic
just slightly ahead of our time™

Technics
The science of sound

Amana

★ Deferred Payments 90 Days ★ 90 Days Same As Cash ★ No Down Payment

Page Home Appliances & Electronics

313 N. Front St.

293-3134

Warsaw

Entire Stock
25-50% Off

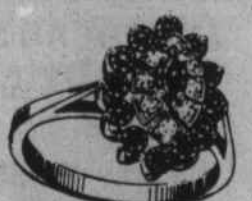


Ladies—7 Stone
CLUSTER RING
1/4 Ct. 199⁰⁰
1/2 Ct. 299⁰⁰
1.0 Ct. 599⁰⁰

14K Gold—Ladies
NUGGET BRACELETS
Reg. \$289 **89⁹⁵**

DIAMOND EARRINGS
1/4 Ct. 175⁰⁰
1/2 Ct. 450⁰⁰
1.0 Ct. 999⁰⁰

14K Gold
CHAINS
60% Off



Pulsar—Seiko—Cron
WATCHES
25% Off

Ladies Diamond
ANNIVERSARY RING
1/2 Ct. 225⁰⁰
1/4 Ct. 450⁰⁰
1.0 Ct. 695⁰⁰

Marquise—Shaped
Diamond & Emerald RING
Reg. 625 **179⁰⁰**

1/4 Ct
DIAMOND PENDANT
250⁰⁰

