

## Dear Debbie

Letters to DEBORAH WHITE



**DEAR DEBBIE:**  
Thirty years ago my brother and I had a falling out that has kept us apart ever since. The problem started after our father died. My brother had just started college and I was forced to quit high school and go to work to support the family. Today he is a wealthy lawyer and I run a concession stand in an office building. A few weeks ago he reached my son privately and offered to pay his way through medical school. I know this would ease his guilt, and it is no secret that I could use the help, but I find it impossible to open my heart to him. My son says he would rather not go to medical school if it is a question of my losing my dignity. My wife begs me to put my pride aside for the sake of our son's future. She blames my mother because she was the one who decided my brother was college material and I was not. This is a real dilemma.

### TROUBLED MAN DEAR TROUBLED:

A college education in and of itself is no guarantee of success in life. There is no way of telling what direction your life would have taken even if you had gone to college. But as far as that goes, your wife is right. No one should decide who is college material and who is not. It seems a pity that your decision should continue to affect your son's future. If you feel your life was affected deeply by a lack of education, why would you stand in the way of your son's? Whether or not you can forgive your brother is up to you, but I do believe your son's future should be in his own hands.

**DEAR DEBBIE:**  
My husband and I recently found out that

our daughter is having an affair with a married man. We feared this would happen when she moved into her own apartment and now that it has, we blame ourselves. We have tried to talk to her, but she refuses to listen. Now she won't even talk to me on the phone. She refuses to believe that the man she's in love with is married. Our son has threatened to go to her place and force his sister to listen. We are beside ourselves with not knowing what to do.

**HEARTSICK MOTHER DEAR HEARTSICK:**  
There is nothing you can do except possibly be patient and be there for her. Because sooner or later the reality and fruitlessness of her situation will come to her. When that happens she is going to need family and friends.

**DEAR DEBBIE:**  
I am really worried about my wife. Our only daughter left for college and although we were all excited about her leaving and starting her adult life away from home, my wife has slipped into a state of depression. They had a fabulous relationship. Now my daughter is almost three thousand miles away and my wife mopes. I have even caught her crying. When I speak to her about it she says she misses her and wishes she had chosen a college closer to home. She knows this is best for our daughter and has made me promise never to tell her about what is going on.

**A DAD DEAR DAD:**  
Now is the time for your wife to either start school or become involved in some sort of a career. The sooner she starts the better. Send your daughter a check so she can come home for Thanksgiving.



MRS. QUINTON DANIEL MACON JR.

## Unites in Marriage

Miss Sandra Jean Skinner became the bride of Quinton Daniel Macon Jr. October 24 in Sharon United Methodist Church.

Rev. Edmund Lynn performed the 7 o'clock ceremony with Mrs. Sally Blanton providing organ music and Mrs. Eugene Stewart was soloist.

The bride was given in marriage by her parents, Mr. and Mrs. Walter Reid Skinner. Mrs. J. Reid Skinner served as matron of honor. Bridesmaids were Miss Jodi Ellis, Miss Kathy Eeds, Mrs. Doug Huntsinger, Mrs. Larry Skinner, Miss Danya Williams, Miss Dawn McMurry, Miss Kim Macon and Mrs. Ken Tyndall.

Dena Skinner, niece of the bride, served as flower girl. Mr. Quinton Daniel Macon Sr. of Raleigh served as his son's best man. Ushers were Mr. Larry Skinner, Mr. J. Reid Skinner, Mr. David Gibson, Mr. Doug Huntsinger, Mr. Scott Skinner, Mr. Donnie Ellis, Mr. Mike Bowers, and Mr. Ken Tyndall.

William R. Skinner, nephew of the bride, served as ring-bearer.

The bride, daughter of Mr. and Mrs. Walter R. Skinner, was graduated from Crest Senior High School in 1981 and is presently employed by the Snack Shop in Boiling Springs.

The bridegroom, son of Mr. and Mrs. Quinton Daniel Macon Sr., was graduated from Sanderson High School in 1979 and attended Gardner-Webb College 1979-80. He is the vice-president of Q.M. Office Supply, Inc. in Raleigh.

The wedding breakfast was hosted by the groom's parents Saturday morning at the Holiday Inn in Shelby. The reception, which followed the ceremony, was hosted by the bride's parents in the church fellowship hall.

The couple will make their home at 5625 Old Wake Forest Rd., Raleigh.

## REFUNDING \$\$\$ AND SENSE

by VICTORIA R. FLEMING



Manufacturers and supermarkets come up with some very innovative refund and promotion ideas to get our attention — and our shopping dollars. The progressive savings coupon recently distributed by one of the leading household product companies in Sunday magazine supplements offered a 15 cents cash-off stamp to affix to the actual coupon. However, any additional products you buy could raise the pay-off up to almost a dollar. And my store is offering free samples of their generic brands of several items such as cleanser and bacon with the purchase of a comparable name brand product. These are just two of the countless deals that add a new spark to our refunding day and they're a great way to get us to sample different products.

**Q.** Sometimes after mailing a refund I end up with extra bits and pieces of labels, boxes, etc. What should I do with them?  
**A.** Hang on to them! Many companies (among them Procter & Gable, General Foods and Carnation) do similar deals on an annual (or even more frequent) basis. For example, on Carnation's Eat-At-Home Pay-Off listed here, I had several lucky leftovers from their last deal which expired in the spring. These deals really inspire product loyalty.

**PICK OF THE WEEK**  
**HERSHEY'S REAL CHOCOLATE CHIPS \$1 COUPON OFFER.** P.O. Box 1801, Winston-Salem, NC 27102. Send name, address and 2 complete nt. wt. statements (i.e., nt. wt. 12 oz. 340.2 g) from either 12 oz. Semi-Sweet, 12 oz. Mini-Chips, or 11.5 oz. Milk Chocolate Chips. 1/31/82.

Listed below are other deals that do not list a form as a requirement —

**remember to include your name and address.**  
**\$1 BACK FROM BIC SHAVERS.** P.O. Box 1330, Arlington Hts., IL 60006. Send name and address on a 3 x 5 card, words "\$1 back" cut from fronts of 2 specially marked packages of Bic Shavers and cash tape with prices circled. 3/31/82.  
**BIC LIGHTER.** P.O. Box 7670, Stratmar Station, Bridgeport, CT 06650. \$1. Send name, address, words "\$1.00 Back to Flick Your Bic" from 3 specially marked packages of Bic Lighters and cash tapes with prices circled. 3/31/82.

**The following offers DO require forms:**  
**EAT-AT-HOME PAY-OFF.** To \$4 cash plus \$4 cns. Fill in Tic-Tac-Toe type form with UPCs from listed Carnation-Contadina products and/or written code numbers, plus enclose \$275 in cash tapes. Different forms exist for specific stores or store of your choice. 12/26/81.

**OUR VERY BEST FOR LESS REFUND.** To \$3. Send form and various combinations of listed products (Bufferin, Ban, Excedrin, Congespirin, 4-Way Nasal Spray, Vitalis, etc.) and cash tapes with prices circled. Forms available from specific stores or store of your choice 12/15/81.

**FEEL GOOD REFUND.** \$2. Send form and any 3 POPs from listed products (Norwich Aspirin, Pepto-Bismol, Chloraseptic). 3/31/82. Write for form: Feel Good Refund Form, Consumer Products Group, Norwich-Eaton Pharmaceuticals, Norwich, N.Y. 13815.

**\$2 DOW COUPONS.** Send form and 1 UPC each from Handiwrap, Ziploc storage and sandwich bags. 11/27/81. © 1981 McNaught Synd.



Frozen mixed fruits, served partially thawed, make a quick, elegant dessert. Add sliced bananas, diced apples or mandarin oranges.

## MEDICINE CHEST

by H. BOSWELL YORK, R. PH.

I want to go on a diet. Can you recommend one of those over-the-counter diet drugs? — C.P.  
I couldn't tell you which one to try, but you may want to try losing your weight without drugs if you want to keep your weight down. A six month study of 120 women showed that those who changed their eating habits were able to keep their weight down up to one year after they had stopped dieting. Those that depended on the appetite suppressing drug to curb their hunger pains regained (the year following their diet) an average 63 percent of the weight they had lost.

Is it true that hospital patients have the right to refuse treatment? — C.J.

Yes, if you are mentally competent, you have the right to refuse medication, surgery and other types of medical attention. (Of course, your doctor has the right to discharge you from his care too, if you won't follow his advice.)

How do you keep a bruise from swelling? — E.T.

Immediately after the injury, cold compresses will stop the subsurface bleeding. After 24 hours, mild heat applied to the bruise, will increase blood flow in the undamaged vessels, thus allowing the removal of blood that has seeped into the skin. *Pediatrics for Parents*, a monthly health newsletter, further recommends that mild heat be applied several times daily until the discoloration has disappeared.

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## Ideas for Interiors

Deborah Kunstler, ASID



**HIGH TECH LOOK**  
For those of you who like to collect books on decorating, I highly recommend "High-Tech" by Joan Kron and Suzanne Slesin. It was a popular book when it was published in 1978 and is still helpful and current. "High-tech" is a machine-age term to add to other periods of decorating styles. Tech refers to industrial materials adapted to residential use. When used with imagination, the results can be useful, clean, attractive, tough and often less expensive than conventional materials.

Glass brick is being used again and Kron and Slesin show you how to use them and where to write for catalogs on current styles.

**DO FUR GARMENTS KEEP OUT THE COLD?**

**NO! FURS ACTUALLY KEEP THE HEAT IN! THEY PREVENT THE HEAT OF ONE'S BODY FROM ESCAPING!**

Tom West

**HOT TAP WATER BURNS**  
Dear Dr. Esse: I hope my letter is sufficient warning to mothers to prevent their youngsters from getting burns from scalding tap water.

## YOU AND YOUR HEALTH

by Peter J. Esse, M.D.

My 4-year-old daughter suddenly decided to take a bath herself. While I was busy in the kitchen, she sneaked into the bathroom, removed her jumper and slid into the tub. When I heard her terrible screams, I rushed in to the bathroom. She had turned on the hot water faucet. Both her hands, feet and forearms were severely burned. I rushed her to the hospital. She was in a burn ward for about two weeks. Fortunately, she won't need skin grafts. — Mrs. L.  
Dear Mrs. L.: Your letter should be helpful. One recent report states that scalding with hot liquids

is the most frequent cause of burns in the United States. As in your youngster's case, most at risk are those under 5.

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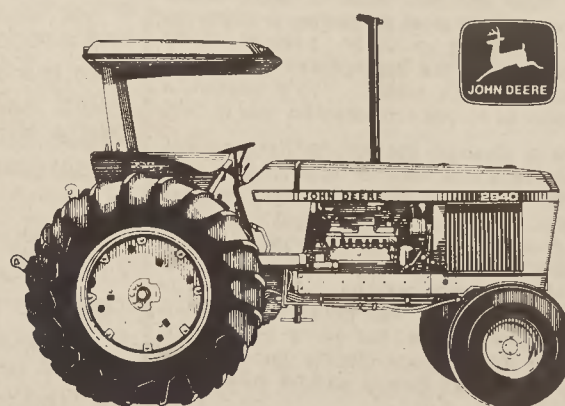


This 40 watt fluorescent U-line tube has gone from the factory into our homes.

Commercial carpeting has been so popular for so many years that we don't even think of it as "commercial" anymore. The same may soon be true of many fixtures which first appeared in factories, rubber floor tiles used in the Rome railroad station and laboratory glass which can hold flowers, or fruits rather than strange chemical concoctions. We are all seeing more and more wire works in closets and kitchens; vinyl-coated wire storage bins and shelves which are now generally available to the consumer. Many designers are even using dry cleaners' racks to increase home storage.

## ALL GOOD DEALS MUST COME TO AN END

IT'S THE LAST MONTH TO BUY A NEW 40- TO 80-HP JOHN DEERE TRACTOR AND EARN \$500 OF JOHN DEERE MONEY. AND YOU'LL SAVE ON FINANCE CHARGES



All good deals must come to an end. So buy a new 2040, 2240, 2440, 2640 or 2940 Tractor before November 20, 1981, and you'll still qualify for \$500 in John Deere money you can spend for goods or services at our store. And, no finance charges will accrue on purchases until March 1, 1982.\* The same finance waiver offer applies to new implements purchased with the tractor.

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\*This finance offer may be withdrawn at any time.

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