

Security in Childhood May Delay Maturation

RALEIGH -- One child comes from a happy and emotionally stable family; another from a family racked with trouble, conflict and strife.

Which has the best chance of growing into a responsible, happy adult?

Most of us would bet on the child from the secure family. And we'd be wrong, according to a study done in California.

Mrs. Faye Haywood, extension family relations specialist, North Carolina

State University, says California researchers found many children from stable and protected homes were still immature at age 30. They were also easily overcome by various kinds of stress.

At the same time many children who had to face conflict and stress during childhood seemed to have an extra amount of strength and adaptability.

Psychologists conducting the 40-year study felt the extra ability to cope with life must have been developed in childhood.

This doesn't mean a family deliberately needs to create insecurity or conflict in the lives of their children, Mrs. Haywood says. Life itself usually provides most children with stress and problems.

But it could mean that parents may do well to avoid overprotection when a child is ill or when a child is going through the stresses of friendship.

And parents may do well to let out the rope of freedom enough to give children their own experience in decision making and in correcting their own mistakes, Mrs. Haywood says.

In addition parents should still be there to listen, accept and love children when they are hurt by life, she believes.



MOCKUP . . . A major milestone on the Air Force's B-1 strategic bomber has been reached with the completion of the full-scale engineering mockup of the supersonic heavy bomber. The plane, the size of a 707 jetliner, was built by North American Rockwell who will now build three of the actual planes for flight testing. Eventually the plane will be put into service to replace the aging B-52.

The Tar Heel Kitchen

By MISS YORK KIKER

N. C. Department of Agriculture
Marketing Home Economist

SCALLOPED OYSTERS

1 cup oyster crackers, lightly crushed
1/2 cup whole oyster crackers
16 to 20 ounces oysters, drained
3 tablespoons butter
2 eggs, well beaten
3/4 cup milk
1/2 teaspoon salt
1/4 teaspoon pepper

In a well-greased, 1-quart baking dish, layer cracker crumbs and oysters, then dot with butter. Repeat. Top with whole crackers and remaining butter. Combine eggs, milk, salt and pepper. Pour over oysters. Bake in a moderate oven (350 degrees) 30 to 35 minutes. Yields 6 servings, 1/2 cup each.

FRESH WALNUT CREAM PIE

2 cups milk
1 cup granulated sugar
4 egg yolks
4 tablespoons cornstarch
1/2 cup milk
3 tablespoons butter
2 teaspoons bottled, or fresh grated orange peel
1 teaspoon vanilla
1/2 cup chopped walnuts
1/2 cup chopped, pitted, mosturized prunes
Prepared 9-inch Walnut Cereal Crust pie shell
Whipped cream
Walnut halves or large pieces

Combine the two cups milk and sugar in top of double boiler and scald over hot water. Beat egg yolks; slowly stir scalded milk into egg yolks then return mixture to double boiler and continue to cook, stirring, about five minutes until slightly thickened.

Combine the 1/2 cup milk and cornstarch; stir into custard and continue to cook, stirring, until custard is thick and smooth. Remove from heat and stir in butter, orange peel, vanilla, walnuts and prunes. Pour into pie shell; cover with plastic film and chill. At serving time remove plastic film and

decorate pie with swirls of whipped cream and walnut halves. Yields one 9-inch pie.

WALNUT CEREAL CRUST

3/4 cup finely crushed corn flake crumbs
1/2 cup finely chopped walnuts
3 tablespoons granulated sugar
one-third cup melted butter
1/2 teaspoon cinnamon
Combine ingredients; mix well. Press evenly and firmly on bottom and sides of 9-inch pie plate. Chill.

STAINED GLASS COOKIES

one-third cup butter
one-third cup sugar
1 egg
two-thirds cup honey

1 teaspoon vanilla flavoring
3 cups flour
1 teaspoon salts
1 teaspoon baking powder
Crushed hard candy (such as lemon or orange balls or lollipops)

Cream together butter and sugar; blend in egg, honey and flavoring. Sift together flour, salt, and baking powder then add to first mixture. Blend together. Mixture should be a thick dough. Rub a small amount together in the palms of hand making a "rope". Place on foiled-lined cookie sheet and form outline of desired shape. Place a thin layer of crushed hard candy in the spaces using different colors. Bake for 13 minutes at 350 degrees F.

Excellent for Christmas presents and other festive occasions. Run a string through top of cookie before baking if you wish to use for ornaments.

The tones of human voices are mightier than strings or brass to move the soul.—Klopstock.

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