## 2 - THE CAROLINA TIMES SAT., DECEMBER 13, 1975



INFOGRAMS BY MARY WHITMORE

> HOME ECONOMIST AGRICULTURAL . EXTENSION OFFICE

## WHY NOT HOME PRODUCED GIFTS THIS HOLIDAY SEASON?

Home produced gifts require a substitution of personal time and talents for money as compared to gifts that are purchased. Therefore, a definite plan of action and an early start in production are the keys to success.

SUGGESTIONS FOR HOME PRODUCED GIFTS

Make a gift list: identify the gift recipients (family, friends, neighbors) and the types of gifts appropriate for each.

. Consider gifts that are wanted, needed or will be used and enjoyed by the recipients. Often gifts are nice but don't fit the person's life style or habits and get picked back (ex. small appliances or grooming aids, clothing items, bric-a-brac, etc.)

. Consider giving gifts for services (repairs, errands, etc.) that are difficulat for the recipient to obtain. For these, design an attractive "I-PROMISE" or "I-O-U" Certificate and present as a gift.

Consider gifts that can be enjoyed and used up during the holiday season (ex. decoration, holiday foods, etc.). Give these gifts or a certificate announcing when they will arrive early enough for the recipient to plan for their use.

TAKE INVENTORY OF AVAILABLE RESOURCES FOR HOME PRODUCED GIFTS

, identify special skills and abilities and the amount of time that family members can contribute (such as preparation of special foods, handicraft skills, errand running and entertainment skills).

. Identify items on hand that can be used for gifts - fabrics, furntiture, household gadgets, greenery, berries, nuts, and conserved products.

PLAN WHAT GIFTS CAN BE MADE, FOR WHICH PERSONS, BY WHOM, AND WHEN

Some gifts can be promised and delivered when needed by the recipient and convenient for the giver. Remember, do not attempt to produce gifts that are too difficult; they will only result in waste. Ideas include:

. teaching someone a special craft, skill or hobby.

R

i.

THING

. performing special services - transporation, serving as sitter, hair care, household jobs, home repairs, care services for the ill, and fellowship or entertainment services.

handmade items such as toys, table linen (varied placemats from the scrap bag or colorful napkins for bedtrays), chef aprons, or decorations for special occasions.

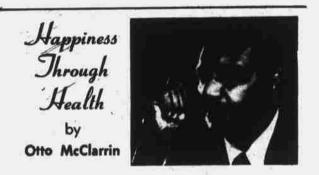
. food items for special occasions. (ex. a dessert that serves as centerpiece - Santa-face cake or basket of fruit.)

When gifts are finished, evaluate their financial value. To do this; total cost of materials purchased, estimate market value of materials on hand that were used, and estimate the value of time used in producing the gift (to value time, consider the amount of wages you could have earned with your time). Add these together for the grand total financial value of the gift. Compare this value with the actual out-of-pocket cost. The difference is the value of your home production. Was it worthwhile?





GREENSBORO - A new addition to the music department at Bennett College is the Essence of Ebony, a female vocal group. Founder of the group is Thalistine Miller, a sophomore from Greensboro (pictured at piano.) The flutist is Shirley Stewart, a sophomore from Cincinnati, Ohio.



highly nutritious solutions have

broken a vicious circle in which

a malnourished cancer patient's only hope for a cure for a

treatment that left even more malnourished.

researchers headed by Dr. Edward M. Copeland told the

clinical congress of the American College of Surgeons that Hyperalimentation - injection of

amino acids, fats and carbohydrates - has been

successful in repleniahing the strength of cancer patients being treated with radiation and

chemicals.

A group of Houston

AND

SURGICAL STAPLERS SAID TO SPEED HOSPITAL The patient, who smoked 30 cigarettes a day, was advised to give up for about a week. Jackson said that three days after the patient had complied, **OPERATIONS**; Although Americans may complain about the assembly-line aspects of "There was remarkable progress followed by uneventful healing." modern medicine, as well as its cost, it is precisely the trend toward ''medical mechanization' that offers one CANČER AND MALNUTRIT ION: of the best hopes for keeping costs down without reducing the Researchers say injections of

quality of care. The operating room, one of the hardest pressed areas of the hospital, has been successfully turning to automatic devices and disposable supplies. Throwaway needles and syringes are replacing reusables that require expensive labor to clean and resterilize and many hospitals are also switching to disposable scrub units and surgical drapery, which substantially reduces laundering expenses. . - The electric cautery, now

widely accepted, cuts operating time and eliminates the use of dozens of expensive sutures. And where suturing is necessary

is tolerated by the human body before death results."

STATEMENT OF OWNERSHIP, MANAGEMENT AND **CIRCULATION** as of October 1, 1975. The Carolina' Times, published once a week at 436 East Pettigrew Street, Durham, North Carolina, 27701. Editor and Publisher, Vivian A. Edmonds, P. O Box 3825, Durham, N. C. 27702. Owner, United Publishers, Inc., P. O Box 3825, Durham, N. C., 27702, S. W. Austin, Box 3825, Durham, N. C. 27702. Known bondholders, mortgagees, and other security holders owning or holding 1% or more of total amount of bonds, mortgages or other securities; Mechanics &

Farmers Bank, Durham, N. C. Average no. copies each issue during preceding 12 months and actual number of copies of single issue published nearest to filing date%Total no. copies printed