



## 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 tucked back (ex. small appliances or grooming aids, clothing items, bric-a-brac, etc.)

Consider giving gifts for services (repairs, errands, etc.) that are difficult 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, furniture, 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.
- performing special services - transportation, 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.

### Happiness Through Health

by  
Otto McClarrin



**SURGICAL STAPLERS SAID TO SPEED HOSPITAL OPERATIONS;** Although Americans may complain about the assembly-line aspects of modern medicine, as well as its cost, it is precisely the trend toward "medical mechanization" that offers one of the best hopes for keeping costs down without reducing the 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, the surgical stapler has emerged as probably the most significant time and cost saver.

Surgical stapling instruments stitch automatically using tiny stainless steel staples. A surgeon can simultaneously place the equivalent of 66 silk sutures with one application, reducing operating time by as much as 50 per cent.

The use of surgical staples is increasing rapidly. United States Surgical Corporation estimates that more than one-and-a-half million patients have been "stapled" since it introduced its AutoSuture surgical stapling line in 1967.

**HEAVY SMOKING PREVENTS HEALING AFTER TOOTH EXTRACTION;** Heavy smoking may interfere with the healing of gum tissues after tooth extraction, a New York dentist says. In a report to the American Dental Association, Dr. James Jackson, of New York, said patients should be advised not to smoke cigarettes, cigars or pipes for at least one week after an extraction or other oral surgery. Dr. Jackson said one patient had an unhealed socket for four weeks after a tooth was removed and antibiotics and vitamins did not help the problem.

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, "There was remarkable progress followed by uneventful healing."

**CANCER AND MALNUTRITION:** Researchers say injections of 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.

A group of Houston 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 replenishing the strength of cancer patients being treated with radiation and chemicals.

Cancer extracts nutrients at a rapid pace during chemotherapy and radiation treatments, often producing a loss of appetite, nausea, diarrhea and, consequently, weight loss.

"Thus a vicious circle results," the group said in a paper. "A malnourished cancer patient whose only hope of cure or relief is treatment which also produces malnutrition. Only a limited amount of malnutrition

is tolerated by the human body before death results."

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## White Rock Baptist Church

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SUNDAY

DECEMBER 14, 1975

9:30 A.M. - SUNDAY SCHOOL

10:55 A.M. - WORSHIP - SERMON - The Pastor

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