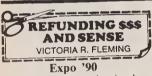
## IDEAS FOR INTERIORS Alison Lindroth

**Tearing Down Walls** Tearing Down Walls Perhaps the most commonly undertaken type of spatial jug-gling is the creation of one large room out of two or more smaller ones. If you are considering this type of project you should weigh the pros and cons. For example, if you plan to sell your home in the you plan to sell your home in the near future you may reduce the value of your property considera-bly by cutting the number of rooms.

Removing a non-load-bearing wall is a relatively simple task and it is possible to complete the pro-ject so no trace of the vanished wall remains. On the other hand, wall remains. On the other hand, taking out a structural wall means putting back a supporting beam to carry the weight. Unless you can hide the beam within the floor space, part of it will show, mark-ing the original room divisions. If you decide to enlarge a room, to complete the transformation and make the most of the new sense of spaciousness you have created, it is a good idea to treat

created, it is a good idea to treat the wall and floor surfaces as part the wall and hoor surfaces as part of a single unified design. Using the same floor covering through-out a large room, especially if it has a strong geometric pattern, can be a good way of making two halves appear as one. Color also own ha used in the same way. If can be used in the same way. If you have a decorative cornice or frieze and have been left with spaces where a new opening has been made your can huy small been made you can buy small pieces of ready-made plasterwork

to bridge the gaps. 1990, Tribune Media Serv



We were off to see the wizard ... not really, but we did venture to the 7th Annual National Food and the 7th Annual National Food and Nutrition Expo at a nearby arena. This is one of those great events where you're handed a strong shopping bag as you pay (natural-ly with a \$1 discount per ticket!) and are let loose to sample new food products, oldies with new twists, coupons, refund forms, calendars and recipes from nationcalendars and recipes from nation-al manufacturers. A major super-market chain sponsors it — perhaps there's a similar show in market chain spinners to be in perhaps there's a similar show in your neighborhood. Events in-clude cooking demonstrations by famous chefs, appearances by TV soap stars, an opportunity to have your cholesterol/blood pressure checked and contests for free va-cation trips or kitchen re-dos. In one sense, the show proved how much junk food we eat but, then again, most munchies travel well and don't require refrigeration. I only wish they had used the health-ier microwave oven rather than frying the many snack items. All in all, it was great fun! I even won a package of English muffins and we both got a chance to pet Elsie package of English multins and we both got a chance to pet Elsie the Cow and her handsome off-spring! Our tummies and shop-ping bags were quite full, thank you. And, we even gathered to gether lots of special treats for our outdoor friends, raccooms, sour-

gether lots of special treats for our outdoor friends, raccoons, squir-rels and birds to try the next day! Hint Of The Week Check specially-marked pack-ages of Baby Ruth and Butter-finger Candy for a \$2 to \$5 refund form expiring 6/30/90. Pick Of The Week Hane's Men's And Boy's Re-fund Offer, PO Box 4740, Monti-cello, MN 55365-4740. To \$10. Send name, address and UPCs as follows: One from Men's/Boy's white and fashion underwear (in-cluding Show Toons) 1 or 2-packs cluding Show Toons) 1 or 2-packs cluding Show Loons) i of 2-packs for 50 cents per garment; from a 3-pack for \$1.50 (limit of \$3). Send UPCs from Men's/Boy's socks 3-pack or 3 pairs for \$1; from the 6 or 10-pack for \$2 (limit 6 of the cond the DOP from beau

## Extension ivores Careful Plans Key To Your Comfortable Home

By JOAN GOSPER N.C. State University

A well-decorated, comfortable home doesn't just happen. It's the result of careful planning, says Dr. Wilma Hammett, extension interior design specialist at North Carolina State University.

Whether you live in a house or an apartment, remember that it will fill a variety of needs and not just be an attractive space. "Needs, interests and tastes change as individual family members change.

Furnishing and decorating a home to meet these changes should be one of life's real pleasures, but each step should be studied and planned arefully with the future in mind," Hammett says. Whether you have a budget to

furnish a whole house or just one room, the principles are the same. Make a list of the activities that will take place in each room. This will help you decide on needed furni-ture. "Then decide on a general mood for the room. Will it be formal or informal? Bright and cheerful or

more on the restful side? Do you want it to reflect your interests or hobbies?" Hammett asks

Next, make a scaled drawing of the room. "It will be worth many times the small effort it takes to make. Show the locations of windows, doors, electrical outlets, heating units anything that will affect the placement of your furniture." Then cut out little figures to repre-sent your furniture. Using these scale models of furniture will help you to figure out furniture arrange ments without straining your back.

Furniture models can also keep you from buying furniture that we in your room.

Once you've decided on an ar-rangement, inventory the furniture you already own and see what you need to buy. "If the to buy list is long, you may have to spread pur chases over three to five years. As your budget allows, buy well. designed, well-constructed pieces Quality furniture is a long-termin-vestment. Fill in with second hand or do-it-yourself furniture," Hanmett recommends.



of \$4). Send the POP from hangtag and cash tape from Men's-/Boy's Sweats for \$1 per garment (limit of \$3). Total limit of \$10 refund per household. 4/6/90.

Listed below is another offer that does not require a form. Pepto-Bismol Refund Offer,

Popto-Bismol Retund Offer, PO Box 8846, Clinton, IA 52736. \$1.50. Send name, address and the UPC from any 8 oz. or larger Pepto-Bismol Liquid or any size (except trial) tablets. 3/31/90. The following offers DO require forms:

Sheer Indulgence. \$2. Send form and POPs as listed. 4/1/90. Send stamped, self-addressed en-

Send stamped, self-addressed en-velope for form: Sheer Indulgence Refund Offer, PO Box NN-1, Burlington, NC 27220. **Eveready Super Heavy Duty Battery**. \$1 to \$3 and postage reim-bursed. Send form and POPs as listed, 6/30/90. Write for form by 3/31: Eveready Super Heavy Duty Battery \$3 Cash Refund Offer, PO Box 14000, Mascoutah, IL 62224. **Eveready Classic Battery**. \$1 and postage reimbursed. Send form and POPs as listed. Write for form by 3/31: Eveready Classic

form by 3/31: Eveready Classic Brand Battery \$1 Cash Refund Of-fer GN31, PO Box 14000, Mas-coutah, 1L 62224. Try sending for both in one envelope. 1990, Tribune Media Services