

IDEAS FOR INTERIORS

Alison Lindroth

Teaching Down Walls

Perhaps the most commonly undertaken type of spatial juggling 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 near future you may reduce the value of your property considerably by cutting the number of rooms.

Removing a non-load-bearing wall is a relatively simple task and it is possible to complete the project so no trace of the vanished 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, marking 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 the wall and floor surfaces as part of a single unified design. Using the same floor covering throughout 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 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 you can buy small pieces of ready-made plasterwork to bridge the gaps.

1990, Tribune Media Services

REFUNDING \$\$\$ AND SENSE

VICTORIA R. FLEMING

Expo '90

We were to see the wizard ... not really, but we did venture to 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 (naturally 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 national manufacturers. A major supermarket chain sponsors it — perhaps there's a similar show in your neighborhood. Events include cooking demonstrations by famous chefs, appearances by TV soap stars, an opportunity to have your cholesterol/blood pressure checked and contests for free vacation 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 healthier 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 the Cow and her handsome offspring! Our tummies and shopping bags were quite full, thank you. And, we even gathered together lots of special treats for our outdoor friends, raccoons, squirrels and birds to try the next day!

Hint Of The Week

Check specially-marked packages of Baby Ruth and Butterfinger Candy for a \$2 to \$5 refund form expiring 6/30/90.

Pick Of The Week

Hane's Men's And Boy's Refund Offer, PO Box 4740, Monticello, MN 55365-4740. To \$10. Send name, address and UPCs as follows: One from Men's/Boy's white and fashion underwear (including Show Toons) 1 or 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 of \$4). Send the POP from hangtag and cash tape from Men's/Boy's Socks 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, PO Box 8246, 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 envelope for form: Sheer Indulgence Refund Offer, PO Box NN-1, Burlington, NC 27220.

Eveready Super Heavy Duty Battery. \$1 to \$3 and postage reimbursed. 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 Battery \$1 Cash Refund Offer GN31, PO Box 14000, Mascoutah, IL 62224. Try sending for both in one envelope.

1990, Tribune Media Services

Extension Notes

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 inter-

rior 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 it 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 carefully 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 furniture. "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 represent your furniture. Using these scale models of furniture will help you to figure out furniture arrangements without straining your back.

Furniture models can also keep you from buying furniture that won't fit in your room.

Once you've decided on an arrangement, 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 purchases over three to five years. As your budget allows, buy well-designed, well-constructed pieces. Quality furniture is a long-term investment. Fill in with second hand or do-it-yourself furniture," Hammett recommends.

Country Pride
BREAST FILLETS & BREAST TENDERS
\$2.99 Lb.

Holly Farms
Grade A
WHOLE FRYERS

5.99 Lb.

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
	12	13	14	15	16	17
18						

Prices in this ad good Monday, March 12 thru Sunday, March 18, 1990.

USDA Choice Beef
BONELESS CHUCK ROAST
\$1.98 Lb.

Bunch - Fresh Green / Head - Snow White
BROCCOLI / CAULIFLOWER
99¢

Sunkist Seedless
NAVEL ORANGES
11/\$1.79

2 Liter - Diet Pepsi/
PEPSI COLA
\$1.19

2 Liter - Diet Mt. Dew/
Mt. Dew 1.29

Pkg. of 24 - 12 Oz. Cans
Coors Lt.
COORS BEER
\$10.99

U.S. No. 1 White
10 LB. BAG POTATOES
\$1.99

Extra Lean Whole
BOSTON BUTTS
99¢ Lb.

Deli Bonus Buys!
Boiled
HAM
\$2.49 Lb.
"Good at deli/bakeries only."

"Your Choice"
Lb. - Fresh Green Beans/Lb. - Tender Yellow Squash/
Stalk - Crisp Crunchy Celery
69¢ Lb.

EXTRA LOW PRICES...EVERYDAY!!!

<p>16 Oz. - Cut Green Beans/French Style Green Beans/17 Oz. - Whole Kernel Corn/16 Oz. - Cream Style Corn</p> <p>FOOD LION VEGETABLES/STOKELY VEGETABLES</p> <p>2/89¢</p>	<p>7.5 Oz. - Beef-A-Roni/Lasagna/Beef Ravioli/Spaghetti With Meatballs/Tic-Tac-Toes With Meatballs</p> <p>CHEF BOYARDEE MICROWAVE PASTA</p> <p>79¢</p>	<p>10 Oz. - Ham & Cheese/Pepperoni Pizza</p> <p>HOT POCKETS</p> <p>\$1.99</p>
<p>21.5 Oz. - Betty Crocker Family Fudge/8.1 Oz. - Betty Crocker Microwave Fudge/21.5 Oz. - Food Lion/21.5 Oz. - Pillsbury Fudge</p> <p>BROWNIE MIXES</p> <p>99¢</p>	<p>16 Oz. - Sealtest</p> <p>SOUR CREAM</p> <p>\$1.09</p>	<p>3 Pack - Butter/Natural Food Lion</p> <p>MICROWAVE POPCORN</p> <p>99¢</p>
<p>16 Ounce</p> <p>FOOD LION SALTINES</p> <p>79¢</p>	<p>39 Oz. - 40¢ Off</p> <p>GAIN DETERGENT</p> <p>\$1.59</p>	<p>8.25 Oz. Beef Noodle/8.5 Oz. Chicken Noodle/8.25 Oz. Hearty Chicken, Vegetable Beef, Country Vegetables</p> <p>LUNCH BUCKET MICROWAVE SOUPS</p> <p>89¢</p>

There is a Food Lion conveniently located near you:

FOOD LION

Deli-Bakeries located at 5279 Roxboro Road, Woodcroft Shopping Center