

# Color your world bright

Color, more than any other element in a room, can build or destroy the effect you are trying to achieve. Consider it in all furnishings and accessories, says Dr. Wilma Hammett, extension home furnishings specialist, North Carolina State University.

Once you have decided upon a color scheme, decide how you would like to combine these colors in the rooms. Walls, including the windows and their treatment, doors and the fireplace are the largest block of color. Floors and ceilings come next in size, followed by furniture and accessories. Keep these guidelines in mind:

--A coat of paint on one or more walls will change the atmosphere at less cost than any other single modification.

--Old, nondescript furniture takes on renewed vitality with new paint or upholstery.

--A room painted and furnished with light colors will cut the electric bill.

--Warm colors make you feel comfortable at lower temperatures. This is a plus during winter and a minus when the air

conditioning must be run.

--Colors that do not fade or that fade gracefully will not have to be replaced as quickly.

--Natural colors, especially if they are patterned, reduce daily and weekly maintenance while remaining good-looking longer than most clear, sharp colors.

--A unified color scheme throughout the house makes for economical mixing and matching of furniture, draperies and rugs.

--When working from a budget, try to get a few good, basic objects that are durable, please in character and can be used flexibly. Concentrate the dollars on these. Fill in with inexpensive things such as cane chairs, fiber rugs and unbleached muslin draperies. Try to avoid moderately expensive items that are not quite what you want, recommends Dr. Hammett.

Remember that it is not necessary to buy everything all at once. "Furnishing your home will be a continuous process," Dr. Hammett says.

## Landscape with cypress

Although bald cypress is native to swamps and wet sites in the Coastal Plain and eastern Piedmont, it can grow in drier areas throughout North Carolina.

In fact, bald cypress has several desirable qualities that make it a worthwhile tree for the landscape, say extension horticultural specialists at North Carolina State University.

Bald cypress will tolerate a wide variety of soils but the tree will grow best in soils that are high in organic matter, friable and moist.

In swampy areas bald cypress is known

for its "knees" -- large woody growths coming up from the roots. In drier sites the roots are deep and pose no problems for lawns.

Because of its feathery foliage, bald cypress cannot be considered a good shade tree. Because of its height, it may not be suitable for small yards. However, it makes a distinctive specimen for large yards and parks.

For more information on growing bald cypress, contact your local county agricultural extension office.

## Recipes From Page C1

- 1 medium red pepper, finely chopped
- 1 medium green pepper, finely chopped
- 1 medium onion, finely chopped
- 1 medium clove garlic, minced
- 1/4 teaspoon dried whole thyme
- 2 tablespoon dry sherry
- 1 can (10 3/4 ounces) Condensed Cream of Chicken Soup
- 1 cup cooked, diced chicken
- 1/2 cup milk
- 4 bagels, split
- 4 poached eggs
- Freshly ground pepper

### BEEFY PASTA CASSEROLE

- 1 pound ground beef
- 1 can (10 3/4 ounces) Condensed Golden Mushroom Soup
- 1 cup (8 ounces) ricotta cheese
- 1 egg, beaten
- 1 tablespoon chopped parsley
- 4 cups cooked, drained spinach fettucini (6 ounces dry)
- 1 jar (15 1/2 ounces) marinara sauce
- 2 tablespoons grated Parmesan cheese

1. In 10-inch skillet, over medium heat, in hot butter, cook peppers and onion with garlic and thyme until tender. Add sherry; heat 1 minute. Stir in soup, chicken and milk; heat, stirring occasionally.

2. To serve, place bottom half of each bagel on each of 4 plates. Spoon chicken sauce evenly over each bagel. Top with poached egg; sprinkle with pepper. Serve with top half bagel. Makes 4 servings.

Cost per serving: \$.93

1. Preheat oven to 375 F. In 10-inch skillet over medium heat, cook beef until browned; drain off fat. Stir in soup.

2. In large bowl, blend together ricotta cheese, egg and parsley. Toss with fettucini and meat mixture.

3. Spoon half of mixture into 2 1/2-quart greased casserole. Cover with half of marinara sauce. Layer remaining fettucini mixture and marinara sauce. Sprinkle top with Parmesan cheese. Bake 30 minutes. Makes 7 cups or 5 servings.

Cost per serving: \$1.14

\*Price based on Philadelphia, Pennsylvania area supermarkets, March 1984.

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