

Keeping up your health

Nutritionists tell us there is a lot of truth in the old saying, 'You are what you eat.'

"The nutritional state of a person at 70 or 80 reflects not only his current food practices, but all of his previous dietary history as well," says Dr. Mary Ann Spruill, foods and nutrition specialist, North Carolina State University.

While good nutrition is no guarantee of good health, proper diet is a key. "Inadequate nutrition helps cause and certainly magnifies the various physical difficulties of old age," Dr. Spruill says. "Good eating habits can go a long way toward keeping you active and well whether you are 8 or 80."

The nutritionist offers the following seven dietary guidelines:

- Eat a wide variety of foods.
- Maintain your ideal weight.
- Control fat intake.
- Include food with starch and fiber in your diet.
- Control your intake of sugar.
- If you drink, do so in moderation.

CHECK DETECTORS

Does that smoke detector installed in the hallway reassure you each time you walk by?

You haven't earned that feeling of safety unless you are also testing the device regularly, warn housing and house furnishings specialists at North Carolina State University.

Some detectors have a "test button," you press this and the detector sounds. This is not the best way to test the detector. The button activates the buzzer but does not tell you if the detector is working.

One of the best ways to test the smoke detector is to hold a candle six inches under it. For some detectors, you let the flame burn; for others, you pue out the flame and let the smoke drift toward the detector. Check the directions that came with your detector to be sure. In either case, the alarm should sound within 20 seconds. Put the flame out or fan the smoke away to stop the alarm.

\$725 A YEAR

Careful planning and shopping have been preached for years. Do they really pay off?

Yes, says Rachel Kinlaw, extension foods specialist, North Carolina State University. "Statistics show us that 15 percent can be saved by shopping carefully."

Fifteen cents on the dollar can add up. The average family of four spends \$93 a week on food. With careful planning and shopping this family can save \$725 a year.

"Not bad for a few extra minutes of reading labels, comparing prices and watching for specials," Mrs. Kinlaw says.

To butterfly shrimp, shell and devein the shrimp leaving tails on. Split lengthwise down the back with a sharp knife, but do not cut all the way through. Press the shrimp flat.

Professional chefs dot the surface of a sauce with softened butter to prevent a "skin" from forming. A piece of plastic wrap placed right on top of the sauce sealing it from the air is also effective.

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BETTY CROCKER ALL VARIETIES LAYER 18 1/2 OZ. BOX CAKE MIX . . 10¢

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CRACKIN GOOD REGULAR OR WAVY TWIN PAK CHIPS . . . 7 1/2 OZ. BAG 10¢

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