

# Lifestyles

## Salads Can Be Exciting

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You can serve salads in many exciting and attractive ways. A salad can be used as a side dish by combining fresh or cooked vegetables or a mixture of fruits.

It can even be a meal in itself when topped with meat, poultry, unsalted tuna or salmon or unsalted cottage cheese.

Stuffed tomatoes are always a decorative and tasty dish. Scoop out the inside of a ripe tomato and stuff it with a mixture of the remaining pulp plus chopped raw vegetables, mayonnaise and chilled chopped meat. You may also substitute poultry, unsalted tuna or unsalted salmon for the chopped meat. Tomatoes can also be filled with potato or macaroni salad or sliced cucumbers which have been marinated in oil, vinegar and sugar.

You can give zip to potato salad by adding a little extra white or wine vinegar and a dash of dry mustard or curry powder. Coleslaw makes a taste-tempting salad when combined with fruits such as pineapple, apples, pears or peaches.

Since most commercial salad dressings contain a lot of salt, you should look for dressings made without salt in the special diet section of your grocery store. You may wish to prepare your own, using the following recipes or your own favorite recipes, omitting salt and salty ingredients.

Instead of salt, use herbs and spices such as basil, chervil, coriander, mint, parsley, pepper and tarragon for flavoring.

Marinating is another delicious way to prepare fruit or vegetable salads. Lemon juice, vinegar, vinegar and oil or even a lemon-honey mixture can be tasty toppings for salad dishes.

You can expand your creativity even further by combining fruit or fresh vegetables with flavored or unflavored gelatin and serving the salad on a bed of crisp lettuce.

**Basic Salad Dressing**  
80 calories per tablespoon  
makes 1 cup  
2/3 cup oil  
1/3 cup vinegar  
1/4 teaspoon dry mustard powder  
1/4 teaspoon sugar  
1/8 teaspoon pepper  
1/8 teaspoon garlic powder  
Place all ingredients in a jar and shake well.

**Lemon-Poppy Seed Dressing**  
55 calories per tablespoon  
makes 1 cup  
1/2 cup frozen lemonade concentrate, undiluted  
1/3 cup honey  
2 tablespoons oil  
1 teaspoon poppy seeds  
Combine all ingredients in a small mixing bowl. Beat with rotary beater until smooth. Serve over fruit salad.

**Thousand Island Dressing**  
55 calories per tablespoon  
makes 1 cup  
1/2 cup mayonnaise (unsalted)  
1/2 cup unsalted chili sauce  
1 tablespoon finely-chopped green pepper  
1 tablespoon finely-chopped celery  
1/4 teaspoon onion powder  
dash pepper  
1 hard-cooked egg white, finely-chopped, optional  
Combine all ingredients. Mix well and chill.

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### Still standing tall

Although riddled with electric shocks from an apparent direct hit from a lightning bolt, this tree remains standing tall and proud. Even stripped of its limbs and leaves it seems to defy nature by continuing to bask in the afternoon sun.

## Allergy Victims Are Growing

If you're among those who suffer from hay fever, asthma or insect sting allergies, you're in good company.

Some 19 million Americans have hay fever, 9 million have asthma and 1 million have an allergy to insect stings.

The number of potential allergy victims is an estimated 10% to 30% of the population, according to Dr. C. Edward Buckley, an allergist and immunologist at Duke University Medical Center.

Many people can place part of the blame for their allergies on their ancestors. Evidence suggests that allergies may be due to inherited factors, Buckley said, and it is known that allergies run in families.

Approximately one in four allergic patients have at least one allergic parent. And an estimated 50% have either a parent, grandparent or sibling with an allergy, he added.

"The total cost of allergy-related diseases is conservatively estimated at 1% of total health care costs in this country," Buckley said. "The magnitude and total cost of impaired health due to allergies is considerable."

"In terms of allergic disease," Buckley said, "the Southeast is unique in the number and variety of things that can cause problems, and has a much longer growing season than the rest of the country. The Southeast is a very lush part of the world."

Generally, tree pollens cause problems in the spring, grasses during the late spring and summer and ragweed and mold during the fall. Significant exposure to palms, Bahia grass, hibiscus and mango are unique to the extreme Southern states, such as Florida.

"In susceptible people, food additives and aspirin you take when you've overindulged and add to your health problems," Buckley cautioned. "One food additive, metabisulfite, found in wines, salad bars and some other foods as a preservative, mimics allergic disease and can cause severe health problems." This is distinctly different from food allergy which occurs more in children than in adults, he added.

## On The Front Burner

Ellen S. Willis

Home Economics Extension

### MANAGE YOUR TIME

If you feel that you don't have enough hours in your day, you may need to manage your time better. And the key words here might be organization, delegation and elimination.

Let's take a brief look at each one starting with organization. Begin by answering the question "What is important to me, both personally and on the job?" You can do this by using the popular "things I must get done today" list and taking it a step further. Rank all the jobs, so you know which ones need to be done first, second and further on down the line.

Maybe your "to do" list has an unwieldy number of urgent and important items. If so, it's time to delegate. Ask the children to prepare their own snacks or ask your office assistant to handle routine questions.

You'll find that delegating may take more time in the short run since you need to teach family members or co-workers a new task. But consider it an investment in your future for freeing up additional time. And remember that the other person will benefit from learning a new skill and developing a sense of responsibility.

Look over that "to do" list one more time. How many of these jobs could you eliminate altogether?

### REVIVE A ROOM

Say you want to revive a room in your house by giving your old wood paneling a facelift? One way to do this is to cover that paneling with wallpaper.

To start, you'll need to fill in the grooves and knots of the paneling with a spackling compound. Just apply the compound with a putty knife, making sure to smooth it level with the paneling surface. Then apply it to dry for twelve to twenty-four hours.

To make sure the wallpaper will stick, you'll need to rough up the surface with sandpaper. Then apply a coat of wallpaper sizing.

If wallpaper is thin, you may

need to put a heavy-duty lining paper underneath. However, a heavy wallpaper such as vinyl, can go directly on the wall.

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