



For And About Homemakers

Yancey Extension Service

By Mary M. Deyton
District Crafts Workshops
Friday, March 15 is the deadline for registration for the 2-day Western Carolina Crafts Workshop at Assembly Inn, Montreat, N.C. on April 2 and 3. Homemakers planning to participate in the two day workshop are urged to get registration in to the Yancey Extension Service this week.

Spring Clothing Festival:
Brochures and tickets to the Tri-County Spring Clothing Festival are now available from the Extension Office, Extension Clothing Leaders and Fabric Shops. The Festival is being sponsored by the Agricultural Extension Service and Extension Homemakers of the Tri-County area. Program participants include: Harriett Tutterow and Dorothy Barrier, Extension Clothing Specialist, N.C. State University.

Nutrition for Children:
The toddler age is that period from one to three years of age. At this age the child has tripled his birth weight and his height is approximately one and one half times his birth length. He may have from six to eight teeth. He can stand with some support and may be able to walk. He makes attempts at talking.

The child's rate of growth slows after his first birthday. In fact, the growth rate diminishes to its lowest level during the toddler period.

At about 18 months of age, there is a sudden spurt in muscle growth. The skeleton may grow slowly, but minerals are being deposited at a rapid rate so the bones are larger. This is necessary to support the increased weight of the child. The muscles are becoming larger and the child starts to lose his baby fat and looks less and less like a baby.

By one year of age the child shows a decided change in appetite and interest in food. This should not be interpreted as a "poor" appetite but rather a decreased appetite of that particular age. This decrease in appetite is due to a slower growth rate. This is an extremely anxious time for the mother. She is accustomed to the healthy appetite of infancy and many panic during this period. The mother should be guided correctly so that food and eating won't become a battleground between herself and the child.

Increase In Benefits

Social security beneficiaries will receive an increase in their monthly benefits of 5.9 percent next June instead of the 5.6 percent initially estimated when the benefit increase legislation was enacted early in July.

A. Glenn Moore, social security manager in Asheville, said the 5.9 percent increase represents the percentage increase in the consumer price index for June 1973 over the CPI for June 1972, the two months to be considered in fixing the amount of the benefit increase called for in the legislation (PL 93-66). The 5.6 percent figure was an estimate widely discussed during development of the social security amendments in a bill providing for the extension of the Renegotiation Act of 1951. The exact increase could not be determined until the CPI figure was calculated. The figure was announced on July 20, 1973.

The increase becomes effective with monthly benefit checks for June that will reach social security beneficiaries in July of 1974, Moore said.

It is an important time for the mother to understand the child's need to explore his food by putting his hand in it, by feeding himself and that all changes in the baby's food acceptance are a part of the normal growth pattern.

As the third birthday draws near, the child takes on the looks and actions of a new growth phase. He is no longer a toddler, but is entering the preschool age. He is more skillful in managing his body. He is more efficient with a glass, fork and spoon and eats more neatly.

Pointers in Feeding Children:
1. Making foods easy to eat develops independence and helps to prevent accidents. Be prepared to face the mess that results from independent eating.

2. Spills may be avoided if the table top is appropriate to the size of the child. Small hands can better handle suitable size and shape utensils. Flat bottomed glasses or mugs are easier to handle.

3. Portions of foods should be appropriate for the child's age and appetite. Too much food on the plate at one time can overwhelm him and destroy his appetite.

4. Allow the child some freedom of choice in deciding what he wants to eat from the foods served at the table. He will tend to follow the examples set by others at the table. This is extremely important. Food habits in early childhood are usually modeled after the parents and brothers and sisters. If a father grimaces every time a particular food item appears on the table, a child will also develop a dislike for the food. Nutrition is a family matter. Parents cannot impose a food double standard on their young. In general, when a family's food habits are poor, so are those of its children.

5. Allow the child plenty of time to eat. If he dawdles, and says he wants no more, remove the plate without fanfare.

6. Color, texture, temperature, and flavor are important in planning meals for a child. These are just a few suggestions that might help develop a healthy, well-nourished

youngster. Remember food habits formed in childhood will more than likely continue into adulthood.

REPORT FROM U.S. Senator JESSE HELMS

WASHINGTON—By the time this weekly report is published, the President will have vetoed the so-called "Emergency Energy Act." And the Senate, or the House of Representatives, or both, will have voted on the question of over-riding the veto.

I mention this particular piece of legislation, because it is so typical of what happens in times of crisis. The people want a quick and easy solution—and I can't blame them for that, if it were possible to have a quick and easy solution. The point is, it just isn't possible.

It so happens that the gasoline shortage is a problem that was about 20 years in the making, and it's not going to be solved overnight—no matter what any politician may pretend.

PRODUCTION—There's only one solution to the gasoline shortage. And that is increased production. Anybody who tells you anything else is simply not, as the popular saying goes, telling it like it is.

The trouble with this energy legislation is that, if it should become law, it will prevent increased production! It will block the one thing we must have—an increased supply of gasoline produced in America.

Oh, I know it is easy to make headlines, condemning the "big oil companies," and advocating Federal price controls and rationing. Well, if you want less gasoline, and longer gas lines, and continued shortages for years to come—the way to get all of those unpleasant things is to let the Federal Government take over.

That's the way to guarantee that things will be fouled up permanently. Milton Friedman, the distinguished economist, put it this way: "How can thinking people believe that a government that cannot deliver the mail can deliver gas better than Exxon, Mobil, Texaco, Gulf and the rest?"

DECEIVED—I hope that our people will not be deceived by all of the political power plays that are now so clearly evident. These are men running for President, and trying to use the gasoline shortage as their springboard.

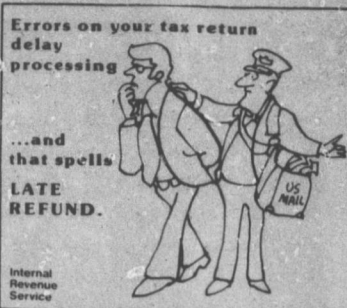
All over Europe, there are countries that rushed into government controls in trying to deal with the gasoline shortage. They experienced immediate chaos. Only Germany refused to impose controls. And, today, only Germany has plenty of gasoline for the motorists of that country.

Oh, I acknowledge that the price of gasoline went up in Germany. But there is gasoline for the people to buy, without waiting for hours in line.

For my part, I am working literally night and day to make certain, as best I can, that the people of North Carolina get their fair share of available gasoline. As of now, I am fairly well convinced that the situation will ease up—and that North Carolina will be receiving additional supplies of gasoline.

I do hope that the American people will not panic, and thereby permit the imposition of Federal controls that will serve only to make the situation worse than it is. The free enterprise system has always served us well. Only a year ago, American motorists could buy all the gasoline they wanted for about 35 cents a gallon, or less. It was the free enterprise system that made it possible. And it is only the free enterprise system that can provide ample gasoline again at the lowest possible competitive prices.

The Federal Government cannot do it. The Federal Government will not do it. Thinking Americans will not expect the Federal Government to do something it cannot and will not do.



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