These rules help to live with tensions

RALEIGH — The weather and "tensions" are two topics almost everyone talks about.

And, although there is still not a great deal one can do about the weather, there are a few things one might do to help him live with his tensions.

There is no "miraculous cure," extension family relations specialists, North Carolina State University, note. But here are some suggestions that have been helpful to others for controlling or getting rid of their tensions.

* * *

First, talk out the concern. Talking about a problem can be a great release. Select a person to talk with whom you trust, who is understanding and who will keep the confidence.

Second, express feelings. Let someone know your warmth and love. Hostility also should be expressed in some constructive manner.

Third, select some satisfying recreation. Such diversion can focus your attention on other things.

Fourth, do something for someone else. This will usually provide you with a warm inter-action with someone else.

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Fifth, take a break from work or take a vacation. No vacation, should be too full of plans. It should be a time to relax.

Sixth, develop a hobby. Everyone needs a hobby in which to forget himself.

Seventh, review your work schedule. Re-evaluation of vocational or home-making goals is an occasional necessity if we are to find a degree of self-satisfaction.

Eighth, be less critical of self and others. Sometimes we demand too much of ourselves and others. Instead be realistic about strengths and weaknesses and learn to live with them.

Ninth, loaf a little. Just to feel one has nothing pressing to do can be relaxing.

Then, seek professional help if you feel that you are in a state of tension, that your feelings about yourself and your relationships with family and friends are affected or if your physical health is affected.

Household Hints

A paper bag fastened to the sewing machine with tape makes a good disposable container for sewing scraps.

Blankets should be soaked and agitated as little as possible when washed, to preserve fluffiness.

Even partial thawing and refreezing reduce the eating quality of foods, particularly fruits, vegetables, and prepared foods. The eating quality of red meats is reduced less than that of other foods.

Light Hous keeping

BY LULA MACKAY

This is the time of year for SENSE IN THE SUN — yet contrarily, this is the time when it is exercised least, according to the American Cancer Society. The period of the sun's greatest intensity coincides with the time of greatest exodus of residents from city to the open spaces of seashore, mountains, lakes and recreation areas. The result is an increased in the number of persons who become victims of SKIN CANCER, which strikes more Americans every year than any other form of cancer.

Fortunately, it is also the type of cancer that, discovered early, reponds most readily to treatment.

To avoid the risk of contracting skin cancer and the necessity for treatment — a few simple rules may be followed.

A simple precaution is to avoid over-exposure to harmful rays of the sun at the times during the day when it is directly overhead and most damaging. If at those times, one must be in the sun, then a head-covering providing facial shading should be employed, in addition to shirts with sleeves rolled down. A brand of an approved sun-screening lotion should be used on exposed neck areas, back and front.

The damaging effects of the sun's rays are cumulative — so be cautious during this vacation season — use Sense in the Sun, beginning today.

What's New? A new finger mix eye shadows let you mix your own tones. The make-up comes in a kit with a spatula and palette, an idea sheet, plastic squeeze tubes and primary colors and whites. It's one of the Yardley lines.

Recipe of the week: Even on a very warm summer day, thoughts of a cooling delicious meal revives wilted appetites. This dessert, to be made in the cool of the evening before is a true perker-upper.

This North Pole Cherry Pie is made with one five-ounce package of pretzel sticks, a half cup butter, softened; two pints of vanilla ice cream, a 21-ounce can cherry pie filling and a teaspoon almond extract.

On the evening, before serving, crush enough pretzels to make one and a half cups coarse crumbs. Place in a nine-inch pie plate. Add butter and mix well. Press mixture into bottom and sides of pan. Refrigerate until well chilled, at least an hour.

Soften ice cream slightly, spoon into shell, wrap and freeze.

About 10 minutes before serving combine cherry filling and almond extract in a bowl and place in freezer. Remove pie and let stand at room temperature until just soft enough to cut into wedges. This should take about five minutes. Spoon cherry filling center. Makes eight servings.

The Beauty Bit: You should be very appreciative of your face. It gets the worst lot, yet it is expected to sit up and play pretty whether it's making a first or last impression.

You should treat it with care . . . constantly. And treat it, now and then, to a very good professional facial. A facial takes about an hour, costs roughly $20 and begins with a [illegible] cleansing, so that creams which follow can really get to work. More than the mere treatment, you get a lesson for "when you'd rather do it yourself."

Bargain Talk: Let's face it, this really is the time to pay no attention at all to those dress sales. What's the use of having a dress in your closet that you saved $20 on if it is 20 miles out of style when times comes to wear it. The same goes for shoe. Shoe styles are changing almost as fast as dress style. You can no longer even put your faith in a fur coat to last several seasons. The thing to do is to study the fashions, to make up your mind what you are going to do about lengths (the battle isn't over yet) for the coming season, and settle for one outfit. Make it fresh, make it dazzling and then wear it fast until you get your money's worth out of it. Then forget it. But don't stack the cards against yourself by falling for each flash you see.

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