CHRISTMAS SHOPPING GUIDE

Have a Wary Christmas

For most people, Christmas is a season of sugar plums and silver bells. But for others, harsh weather and human carelessness can turn the "winter wonderland" into a nightmare.

According to the National Safety Council, there were more than 8,800 accidental deaths in December of 1980, the highest number of all the cold weather months.

But, to paraphrase the "Ghost of Christmas Future," these are accidents that do not have to occur.

In order to avoid or reduce the risk of accidents occurring during the season, USF&G INSURANCE offers the following Christmas and winter safety tips.

Fireplace Use

Prior to each season's use, have chimney cleaned professionally — a clogged chimney could prevent debris and smoke from exiting. Before lighting a fire, make sure there are no rugs or furniture nearby that could be accidentally lighted by flying sparks.

Also, be sure flue is open before fire is started, and do not close until you are sure fire is completely out.

After you have started fire, place dependable screen securely against fireplace opening to prevent sparks from flying out. Do not burn trash or any combustibles.

Portable Space Heaters

Whatever type you use — electric or kerosene — make sure it is a reliable brand, preferably listed by Underwriters Laboratories (UL), and certainly with sound wiring and parts.

Directions should be provided with the unit and should be followed closely.

In general, space heaters should be kept on a safe, even base away from clothing, furniture or anything else that could catch fire.

Be careful also that your children or household pets do not knock over the heaters. (Note: Kerosene heaters are prohibited in certain areas of the country. Please check with local authorities before using one.)

Wood Burning Stove

Make sure stove is UL listed and properly installed. If you install it yourself, check its structure out with someone who is an expert.

Once stove is installed make sure you burn only dry, well - seasoned wood. Also keep a window slightly open for proper ventilation.

Dispose of ashes in metal containers outside the house. Don't start a fire with flammable liquids or burn trash in the stove.

Winter Driving

Be prepared for winter driving by getting anti - freeze, window washing fluids, oil changes, and snow tires to avoid the effects of the weather. In snow and ice, go slowly, in low gear if necessary.

When you brake, do it gradually: sudden braking can cause skidding. Remember that there are more motorists, driving frantically or drunkenly on the roads. Also remember there are children off from school — so drive defensively.

Snow Shoveling

It's great exercise — if you're in shape. But if you aren't or if you have high blood pressure or heart problems, let someone else do it.

Christmas Trees and Decorations

Make sure all Christmas trees are securely placed in holders and strategically positioned so they won't tip over or be in a position to be easily knocked over.

Also keep tree watered — a dry tree is not only unattractive, but a potential torch.

All electric lights on tree should have UL listing with sound wiring so there won't be sparks. That holds true for any lights on windowsills or outside the house.

Also, try to avoid using sharp ornaments that could fall and hurt someone or ornaments resembling edible objects that could be swallowed by small children.

Turn off all electric light decorations if you are going to bed or leaving the house for an extended time.

Gifts and Toys

Avoid giving toys that could possibly injure a child. Before making a purchase, take a close look at the object and see if it has sharp points or edges, or moving parts or any other potentially dangerous features.

If it looks like a threat to a child's safety, buy something else.

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Give a smile to a child

Christmas day December 25, is a very happy day for some and very unfortunately its the saddest day of the year for others. The small child can be the saddest persons of them all.

This year you, MJ Communications and Advertising Co. and State of Peace Inc., will be sponsoring a Children's Christmas party for the children that have to give to the child that has not so that we can live with the true meaning of Christmas to give to those that need.

The theme of the give party is "GIVE A SMILE TO A CHILD.

Bring your old and new toys, used and unused to 600 North Howard, December 22, 1981 from 5 to 9 p.m., we in turn will turn the items to the agency's and churches to give to the needed children of Baltimore.

During the party, stories will be read by some of Baltimore's best story tellers, old Santa Claus will be there to greet the kids and some holiday fun will be there also.

Fifteen ways to indulge in holiday eating

What does the holiday season mean to you? Going to parties, entertaining at home, eating out, shopping and lots of things to do? Yes, that's what the holidays are all about.

The holidays are coming. Are the calories? No, because you can enjoy the holiday good cheer and fellowship by following these 15 diet tips, say **Helen Fleischer, Area Director of the Diet Workshop. Start the New Year without those extra added pounds.**

1. Buy a calorie counter. Learn about high - calorie foods that add those unwanted pounds. Learn about those low - calorie foods that are nourishing, provide the energy you need, and don't add pounds. Make sure to have a protein and a carbohydrate at each meal.

CHRISTMAS FLOWER — Poinsettias, as those pictured above in the University of Maryland at College Park Horticulture Department greenhouses, have gained a commercial footing in Maryland. Thirty years of research by Dr. James B. Shanks, Maryland Agricultural Experiment Station researcher, has shown that the traditional, "Christmas Flower," has grown in production from 87,000 plants at a wholesale value of $121,000 in 1949, to 365,000 plants at a wholesale value of $1.2 million in 1980.

2. Make a list of the events that you'll be attending. Index cards are handy. Find out, if you can, what is being served. You can choose the foods you will want to eat before you go out. Stick to your list, and avoid temptation. Eat heartily of the raw vegetables served at cocktail parties. Use vinegar on your salad, (no oil), and have fruit for dessert. Opt for broiled, roasted, baked chicken or fish. Order a glass of wine instead of a cocktail.

3. Shop ahead for the holidays by carefully planning your menu and your shopping list. This will insure that you do not add "junk foods" to your shopping cart.

4. Plan on creating a new and delicious holiday diet dish for your family and guests. You'll know it is a diet dish; they won't if you don't tell them. Use your creativity to plan a holiday table and to decorate your house.

5. Make yourself a special low - calorie treat before you go out to dinner so you won't be tempted to overeat!

Frosted Egg Nog
1 - 3 cup of non - fat dry milk powder
1 capful rum extract
4 ice cubes
3 ounces water
1 capful vanilla extract
dash of nutmeg
4 pack sugar substitute

Place all ingredients in a blender and mix well at low speed.

6. Learn to say "No, thank you" politely but firmly. If you speak weakly, people will continue to press you to eat what you don't want. Be strong and assertive; it will make you feel good.

7. Keep lots of fresh fruit in a bowl on your table. Fill with rosy apples, plump oranges and tangy tangerines. In the refrigerator, keep cut - up crisp, raw vegetables (celery, cucumbers, radishes) to snack on when your energy level is low.

8. Handle with caution any gift packages of candy or cookies. Transport immediately to the nearest nursing home or children's hospital where they will warm hearts.

9. During this busy time, make time for yourself every day. Set aside one hour to bathe in luxurious bubbles, read a book, take a nap.

10. Select the clothes you'll wear for the holidays. Try some new accessories: scarfs, belts, jewelry. When you know you look terrific, you feel terrific and this is a constant reminder to stay that way.

11. At a party, station yourself next to the thinnest person you can find. Watching the way thin people eat and drink is inspirational and practical. There is a difference.

12. Plan a holiday daily exercise program for yourself. Exercise to music, swim, jog, take a brisk walk. Do whatever you like — and do it faithfully. Exercise helps burn off unwanted calories.

13. Start making some handmade gifts for special people. Knit, crochet, sew. Make some decorated napkin rings and placecard.

14. Buy yourself a present. Something you have always wanted. You deserve it, for sticking to your holiday calorie plan.

15. Above all, remember parties are for people, not for food. Glut yourself on stimulating conversation and have fun!

Now, as always—the egg nog with the difference you can taste!
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If you ask me

By Bettye Moss

Hats off!

Our salute goes this week to the young waitress who served our table in the Merry Turtle Restaurant of the Hopkins - Sheraton on Thursday afternoon.

She had a most pleasant manner, was quiet - spoken and very professional. And, she looked good in her neat brown uniform (dress, not pants!) and white blouse and shoes.

For a hospital patient who had just undergone tests, her kindly manner was welcome. (And she took time to explain the menu and the day's specials).

We learned her name is Mrs. Ruby Kane, and that she has been employed by the East Baltimore hotel for 7 years. She is a graduate of Dunbar High School.

Her husband, Charles, works for the Governor's Club. They have three children, Veronica, 12; Antoinette, 11, and Charles Jr., 6. The family holds membership in Faith Baptist Church.

Hats off to Mrs. Ruby Kane. The Hopkins Sheraton Hotel is lucky to have an employee with her warm and pleasing personality. She is a real asset.

Continue your nominations to this column's Hats Off section. We seek here to honor young people who shine. The theory is that too many of us are quick to criticize others, and fail to take time to praise them when they do well.

Hats off! Oops! — In this space last week, the printer's devil left off the first name of our Hats Off subject. She is Mrs. Saundra Oliver Blake, the talented musician. We heard her sing and play at Arts Unlimited Club's brunch a Saturday ago.

Yule cheer

There was plenty of cheer in our B - more town over the weekend. The Club held an elegant affair on Friday evening at the Engineers' Club.

The Phalanx, that veteran men's club, gathered at the Forum on Sunday afternoon.

The Bridge Club party was at the S and L Banquet Hall on Sunday evening.

Over in Laurel, MD, Dr. and Mrs. Samuel Massie, (Gloria and Proc), held their annual on Saturday. It was a Western party — guests came in appropriate attire.

The Massies added a band and dance floor this year so the wall - to - wall guests could dance as well as listen to good sounds.

Among Baltimoreans there — Dr. and Mrs. George Woodland, (Ada). They were fresh from Annapolis, where they had been to see daughter, Beth, sworn in as an attorney.

Also there, Dr. and Mrs. Aris Allen of Annapolis. Former Baltimorean there — Joyce Sawyer Norman onetime Douglass High teacher, who sends hellos to friends here. She lives in DC.

Wedding

Big wedding this weekend — Dec. 19 — unites Amy Lynn Woolridge, daughter of Mr. and Mrs. Alfred Woolridge, and Bertrand Gallard of Waco, TX. It's at 6 p.m. at Grace United Presbyterian Church.

Same day, Committee X-71, a men's club, hosts its tenth anniversary Yule affair beginning at 1 at Blue Crest.

The Algernon Jacksons (Carrie), have open house the same afternoon.

Pierians' Yule Sing Along is same day at the James Mebanes.

Alpha Wives' annual Christmas party is Sunday evening, (Dec. 20), at Fontaine Bleu.

Earlier in the day, the Box Harrises, (Ivy), have open house.

Templars, another well - known men's club, has its annual Yule dinner dance on Dec. 28, at Blue Crest.

Big Sisters' annual is Dec. 26 at 8 at Fontaine Bleu. Here, guests bring canned goods for AFRO's Mrs. Santa baskets.

We - Be - Co Club's brunch is Dec. 27, at Cross Keys. That evening, Continentals' annual party is at Martin's West.

And, the Abdella Campbells, (Edna), have invited friends to join them at Providence Baptist Church, 11 a.m. Dec. 27, to mark their 25th wedding anniversary. Reception follows in church hall.

About people

Travis Vaulx, Baltimore Urban League executive, is out of Provident Hospital, resting at home.

Acting in his stead is Harold J. Kennedy. As usual, Urban Leaguers will provide baskets for deserving families, instead of hosting a Yule party for themselves.

Get - well prayers for Dr. and Mrs. Charles E. Watts (Eula Mae). He is the veteran dentist. She is the longtime civic worker.

They were stabbed in their Arunah Ave. home on Monday evening, are recovering from serious injuries at Lutheran Hospital.

Both Dr. and Mrs. Watts have been active in civic affairs and long have supported the

(Continued on Page 30)

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Reduced prices in effect Friday, Dec. 18th thru Saturday, Dec. 19th only.

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Catonsville open-
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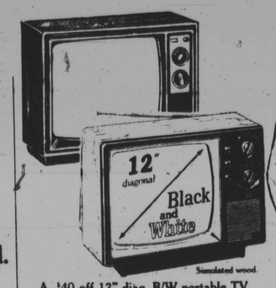
9:30-11 pm Mon.-Wed.
8-6 pm Thursday

Monroe St. open-
10-6 pm Sunday
9:30-9 Mon.-Wed.
8-6 pm. Thursday.



A. $40 off 12" diag. B/W portable TV. Runs on either house current or DC car/boat cord (included). Earphone. 99.97 Regularly 139.99

B. $30 off 19" diag. color portable TV. Sharpness and personal preference controls. Delivers a bright, crisp color picture on a 19" screen. Black hi-impact cabinet. 339.97 Regularly 369.99

Save $5-$6
Men's pullover sweaters. 70% wool 30% acrylic sweaters warm him in style; machine wash. Vibrant colors. S-XL. $22, cardigans 15.97 Regularly $18 12.97

Save 50%
Misses' soft-step lounger. 2.97 Regularly 5.99
Supple urethane shell with a warm acrylic pile collar. In M/L-10.

Save 20%
Men's Western jeans in corduroy. 11.97 Regularly 14.99
Straight- or flare-leg styles with back yoke, 4 pockets. In washable cotton/polyester 29-40

Save 23%
Men's soft, casual Action-On slacks. 15.97 Regularly $21
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Save 41%
Boys' 'Power Nylon' vests. 12.97 Regularly 21.99
All-nylon shell with lightweight polyester fiberfill; snap front over heavy-duty zipper for extra warmth.
23.99, preps 14-20 13.97
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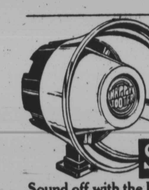
Spec. buy.
Single bloom Poinsettias. 97¢
Enhance the Christmas spirit with these lively bright red poinsettias.
3-5 blooms 3.97
5-9 blooms 7.97

Save $4
6' Mountain King Christmas trees. 44.97 Regularly 48.99
Brush- type needles give a full look and are flame retardant safe. Stand included. 74.99, 7' tree 59.97

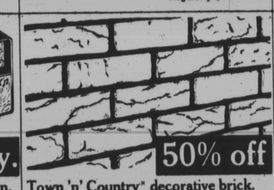
42% off
Our plush 2-way recliner. 149.97 Regularly 259.99
Covered in 100% Acrylan® acrylic. Button- tufted back; no-sag springs for long wear.

Save $5
Six piece BMX® accessory kit. Includes octopus grips, single clamp stem pad, V-handle bar, quilted vinyl racing saddle in a choice of 3 colors. 16.97 Regularly 21.99

50% off
Our broadloom room-size rugs. Choose from many different sizes, fibers, colors, patterns. Made from quality broadloom. With 4 finished edges.



Spec. buy.
Sound off with the Happy Tooter horn. Each microchip (one incl) plays up to 16 happy notes. Solid-state control box. 39.88



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Town 'n' Country® decorative brick. Over 300 different and distinctive faces with natural brick shadings. Adhesive extra. 5 sq.ft. 5.99 ctn. Regularly 11.99

$50 off
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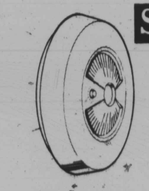
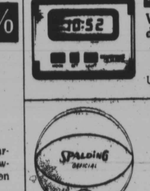


Save 23%
Wards smoke detector. 9.97 Regularly 12.99
Detects fires in earliest stages. Low-power signal, test button and 9V battery.



Special buy.
Wards LCD digital clock. 12.88
Use at home or office.

Save 50%
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Durable rubber basketball will score points for you this Christmas.

$30 off.
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Portable cassette player with feather-light headphones for private listening anytime, anyplace. Amazing sound!

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