

# Season's Greelings

## The Heppner GAZETTE-TIMES

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**HOMEMADE TOYS** using L'eggs hosiery packages are easy to make for any member of the family. A bright idea for gifts and holiday decorations.

### Homemade toys make for easy holiday decorations

Christmas toys all don't have to come from the store. Here's a gift idea anybody can make for both boys and girls under five: wobbly spin toys.

They're simple to make and, since they're made from household scraps, they cost less than the gas to drive to the store.

Christmas is approaching, and with it are the hordes of grandchildren, nieces, cousins and neighbors' kids. These toys will keep them entertained until dinner and the football game are over.

And anyone who works as a babysitter might find these wobbly toys a way to ease her charges' energies, and help her maintain her stability.

All that's needed for each wobbly toy is a L'eggs hosiery egg, plaster of paris (or a handful of sand or clay), scraps of felt, paper, rickrack and trim, glue and a marker pen.

Open the L'eggs container and partly fill the smaller half with either a bit of plaster (follow package directions), a piece of clay or sand. (Anything that will give the egg some weight

can be used.) Now glue the egg together.

Create a Singing Santa by first gluing a 1/2-inch wide black piece of felt around the egg at the point where the halves attach. Cut a piece of red felt, two by four inches and shape it into a cone.

Glue this to the narrow top of the egg. Add a pom-pom to the end and a narrow strip of white felt around the lower edge.

Cut out a beard and a moustache from white felt, gluing it on above the belt. The Santa is finished by adding round circles for eyes and an "O" for the mouth.

Other wobbly toys can be made in a similar manner. A pair of Christmas carolers are like Santa but with rickrack belts, ribbon hair, a felt bowtie and a cardboard hat.

But this is just the start; elves, dwarves, snowmen, and angels are a few other holiday characters you can make.

But don't just make these toys for Christmas. With a little imagination you can create a collection of toys for year-round enjoyment.

### Oregon Dairy council urges moderation

'Tis the season to be..... enjoying, indulging, and perhaps, overdoing it when it comes to holiday goodies, meals, and drinks. The Oregon Dairy Council points out that many of us get carried away at this time of year and don't realize how many extra calories we are consuming.

You don't have to be a "Scrooge" and avoid holiday goodies entirely, but nutritionists for the Dairy Council have a few pointers to keep from developing a belly like jolly old St. Nick.

First of all, remember that you need an excess of 3,500 calories for each pound of weight gain. To calculate your approximate daily caloric need, multiply 15 (calories per day) by your weight in pounds. So, a person weighing 120 pounds can eat about 1800 calories daily without gaining or losing weight. Likewise, an excess of just 10 calories per day can lead to a 1 pound weight gain in a year's time.

If you're going to a party later on where snacks are going to be served, go easy on the calories during the rest of the day. Conversely, if you've enjoyed some cookies or fruitcake at the office in the afternoon, you can skip dessert that evening.

No matter when or how you consume those calories, they still add up to the

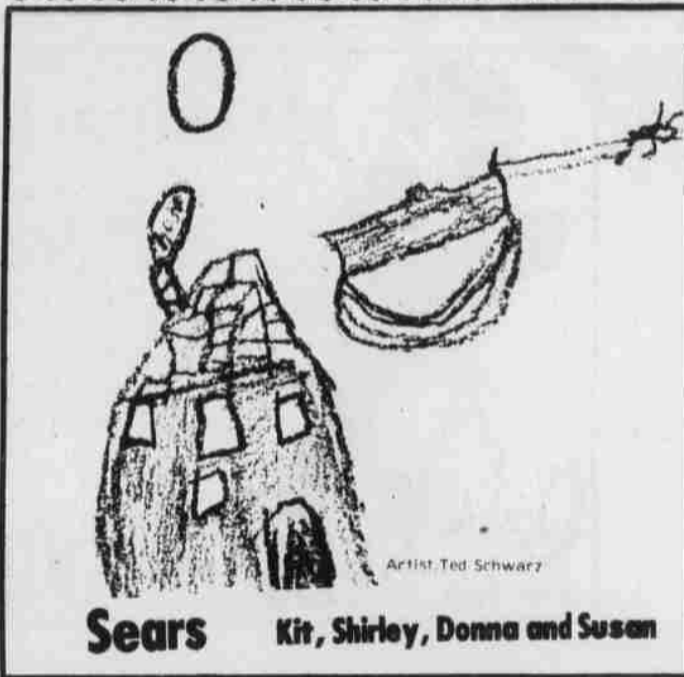
same. And don't forget to count the calories contained in the Holiday "cheer." One and a half ounces of 100-proof alcohol

contains 124 calories, three and a half ounces of wine has about 100 calories. An estimated 210 calories per

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