

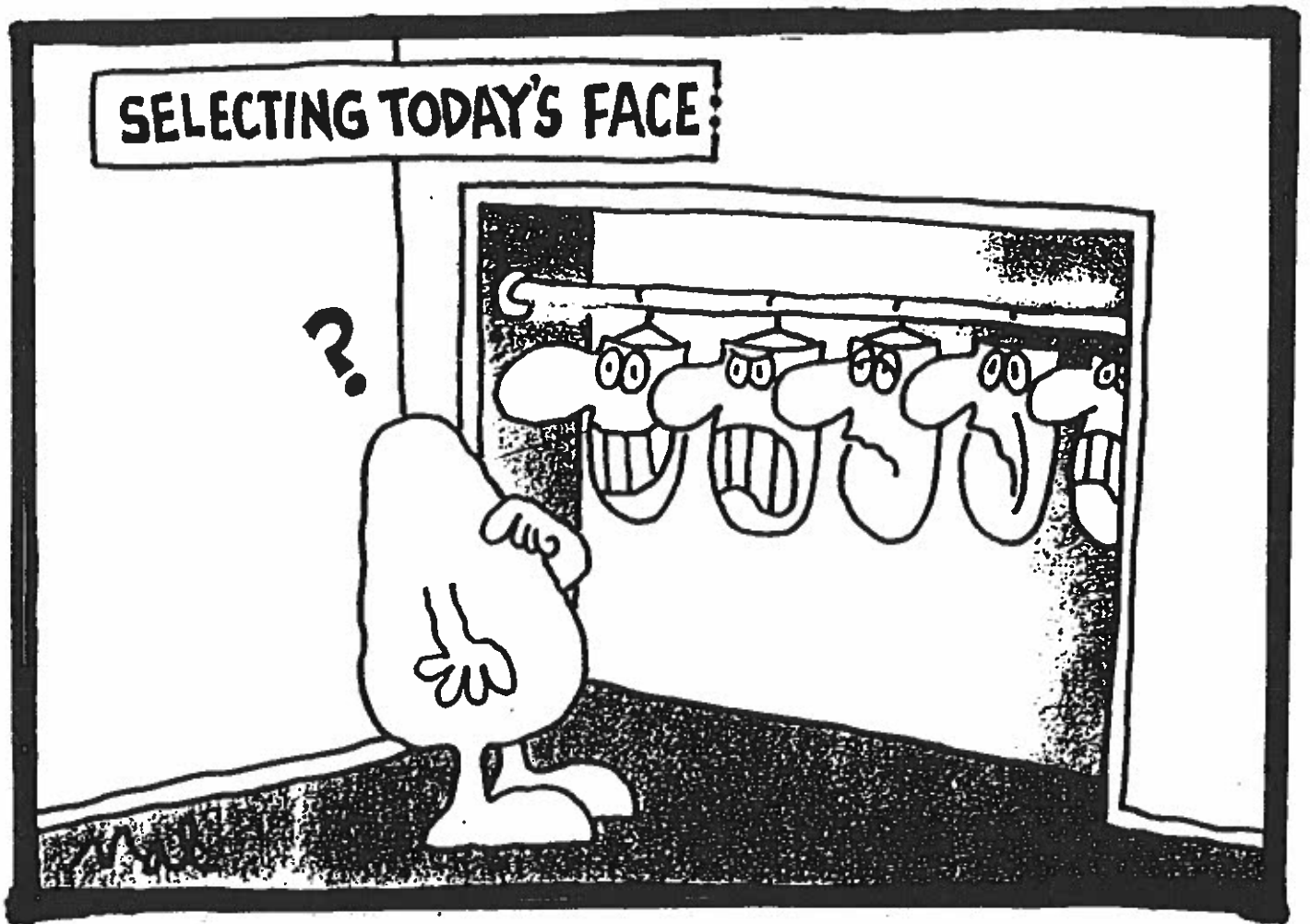
# “Happiness Is Homemade”



Prepared Especially for the: Texas Extension Education Association  
2018 State Conference “Early Bird” Workshops  
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Texas A&M AgriLife Extension Service  
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*Happiness . . .*  
**Is A Choice**



**Which One Did You  
Choose Today???**

# How Are You Feeling Today?



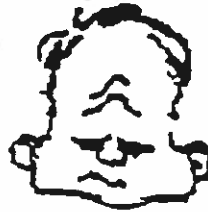
EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



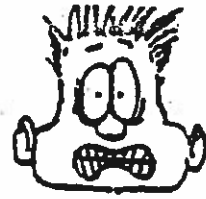
HAPPY



MISCHEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

# A Good Laugh Goes a Long Way



## **It Improves Circulation**

The heart works a little harder when you laugh to move the blood and fluids around the body.



## **It Increases Activity in the Lungs**

That fast moving blood is richer in oxygen during laughter. And the increased respiratory activity during laughter helps to clean the lungs out.



## **It Lowers Blood Pressure**

How long it stays lowered and how low it drops depends on how long and how hard you laugh.



## **It Releases Pain-Reducing Hormones**

The hormones, called catecholamines, decrease your perception of pain. Just ask Norman Cousins, author of "Anatomy of an Illness," about the anesthetic effect of a good, long belly laugh.



## **It Decreases Muscle Tension**

Most energy is drawn to the abdomen during laughter. So the rest of your muscles relax. And less physical tension usually leads to less emotional tension and stress.



## **It Enhances Digestion**

The increased activity produced by the laugh, more blood and oxygen in the system, improves the digestion rate by massaging the gastrointestinal system.

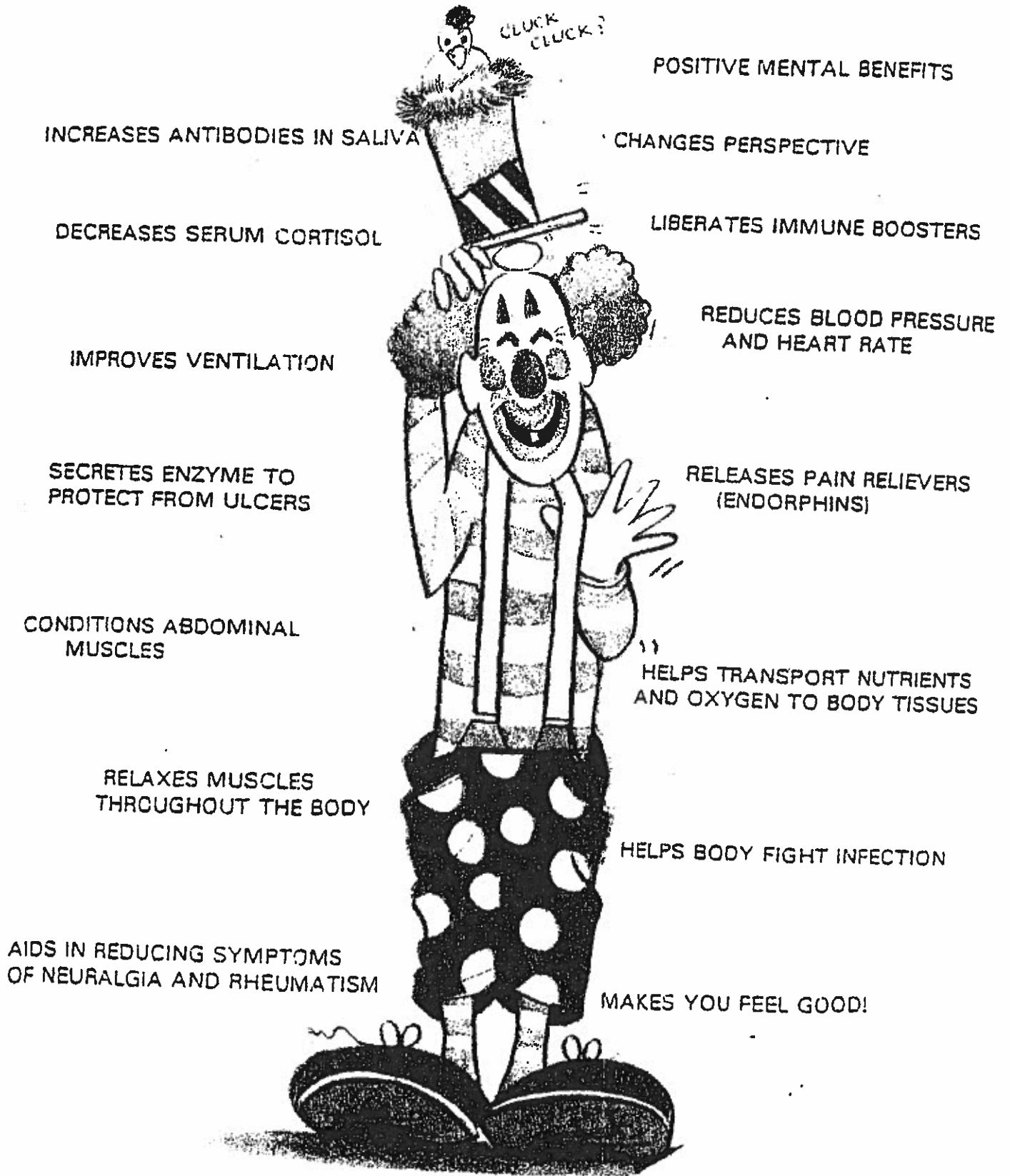


## **It Lifts the Spirit**

Humor has the power to transport you out of the blues and into a better state of mind. It opens lines of communication and allows you to express a wide range of feelings. A smile and a laugh can communicate volumes.

- Source unknown

# LAUGHTER MEDICINE



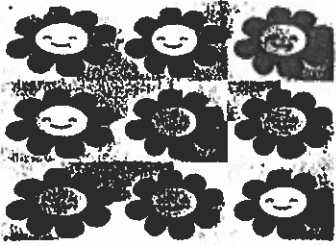


## *Happy History – Finding Your Funny Bone*



1. What could you do right now that would make you laugh?
2. What did you do for fun when you were a child?
3. When was the last time you played?
4. What are some of the funniest TV shows or movies you have seen?
5. When you think of the funniest person you've known, who would that be?
6. Who is your favorite cartoon character?
7. Who makes you laugh in your circle of family and friends?
8. Are there any embarrassing moments that you can laugh about now?
9. If you were a comedian, who would you be?
10. What makes you chuckle on the inside?





# “SMILE A WHILE”

*A SMILE is . . .*

- A curve that can set a lot of things straight.
- A very inexpensive way to improve your looks
- A wrinkle that shouldn't be removed.
- Laugh and the whole world laughs with you – frown and see who cares. It always pays to smile in the morning, because later in the day you may not feel like it. You will never offend a person by returning a smile. If you want to spoil the day of a chronic grouch, give him or her one of your smiles.

*Recipe for Living . . .*

**Take 2 heaping cups of patience**

**1 heart full of love**

**2 hands full of generosity**

**A dash of laughter**

**1 head full of understanding**

**Sprinkle generously with kindness, add plenty of faith and mix well. Spread over a period of a lifetime – and serve everybody you meet.**

- ❖ **A smile is the light in the window of your face that tells others your heart is home**
- ❖ **Success is getting what you want; Happiness is wanting what you get.**
- ❖ **We are all here for a spell; get all the good laughs you can. (Will Rogers)**
- ❖ **There is nothing in the world like making people laugh. (Carol Burnett)**
- ❖ **A good laugh is like manure to a farmer – it doesn't do any good until you spread it around. (Anonymous)**

- ❖ **He who laughs, lasts. (Mary Pettibone Poole)**
- ❖ **Laughter is contagious . . . start an epidemic. (Susan Thurman)**
- ❖ **To laugh often and much; to win respect of intelligent people and the affection of children. . . to leave the world a better place . . . to know even one life has breathed easier because you have lived. This is to have succeeded. (Ralph Waldo Emerson)**
- ❖ **A person who belly-laughs doesn't bellyache. (Susan Thurman)**
- ❖ **He who laughs most, learns best. (John Cleese)**
- ❖ **Nobody says you must laugh, but a sense of humor can help you overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the day. (Ann Landers)**
- ❖ **If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself. (Charles Schulz)**
- ❖ **If you don't have wrinkles, you haven't laughed enough. (Phyllis Diller)**
- ❖ **Laughter is a tranquilizer with no side effects. (Arnold Glasgow)**
- ❖ **Laughter is a form of internal jogging. (Norman Cousins)**
- ❖ **Laughter is an instant vacation. (Milton Berle)**
- ❖ **What soap is to the body, laughter is to the soul. (Yiddish proverb)**
- ❖ **Seven days without laughter makes one weak. (Joel Goodman)**
- ❖ **We don't stop laughing because we grow old;, we grow old because we stop laughing. (Anonymous)**



- ❖ **A smile starts on the lips, A grin spreads to the eyes, A chuckle comes from the belly; But a good laugh bursts forth from the soul, overflows and bubbles all around. (Carolyn Birmingham)**
- ❖ **Laughter is the shortest distance between two people. (Victor Borge)**
- ❖ **A day without laughter is a day wasted. (Charlie Chaplin)**
- ❖ **Laughter is the sun that drives winter from the human face. (Agnes Repplier)**
- ❖ **A laugh is a smile that bursts. (Mary Waldrip)**
- ❖ **Laughter is God's hand on the shoulder of a troubled world. (Bettenell Huntznicker)**
- ❖ **Life is a great big canvas; throw all the paint on it you can. (Danny Kaye)**
- ❖ **Smiles are the soul's kisses. (Minna Thomas Antrim)**
- ❖ **The best way to cheer yourself is to try to cheer someone else up. (Mark Twain)**
- ❖ **Think of all the beauty still left around you and be happy. (Anne Frank)**
- ❖ **We don't laugh because we're happy, we are happy because we laugh. (William James)**
- ❖ **Wrinkles should merely indicate where the smiles have been. (Mark Twain)**
- ❖ **Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy. (Catherine Rippenger Fenwick)**

- ❖ **I have not seen anyone dying of laughter, but I know millions who are dying because they are not laughing. (Dr. Madan Kataria)**
- ❖ **Always laugh when you can. It is cheap medicine. (Lord Byron)**
- ❖ **Shared laughter creates a bond of friendship. (W. Lee Grant)**
- ❖ **A good laugh is sunshine in a house. (Thackeray)**
- ❖ **I think the next best thing to solving a problem is finding some humor in it. (Frank Clark)**
- ❖ **A good laugh and a long sleep are the two best cures. (Irish proverb)**
- ❖ **I like the laughter that opens the lips and the heart, shows at the same time the pearls and the soul. (Victor Hugo)**
- ❖ **If we can learn to laugh unconditionally, our happiness will become unconditional. (Dr. Madan Kataria)**
- ❖ **The person who can bring the spirit of laughter into a room is indeed blessed. (Bennett Cerf)**



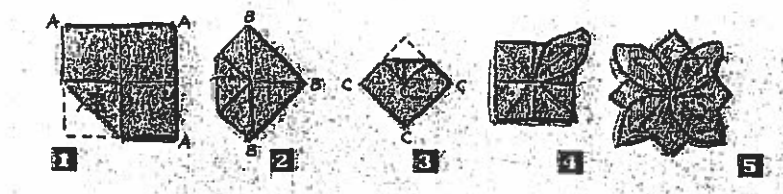
# *"Fun & Fancy Folds & More"*

Although a simply folded napkin is always correct, an elegant arrangement can give your place settings personality. Napkin folding is an ancient art that has been preserved and elaborated upon through the years. It is the touch that gives your table a SPECIAL look!!

Most methods of folding require a square napkin. It should also be a suitable size for the type of folding selected. The more complicated styles of folding require fairly large napkins, if they are to look more effective. If the napkin is unstarched, a flat style should be chosen.

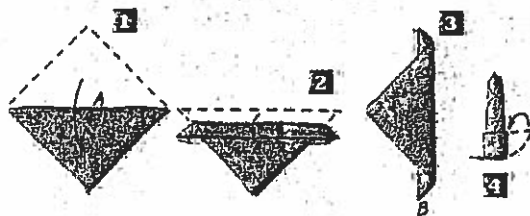
## **WATER LILY or ROSE**

1. Lay napkin pattern side down; fold corners (A) into center.
2. Now fold new corners (B) into center. Holding center corners in place, turn napkin over.
3. Fold new corners © into the center.
4. Holding center firmly, reach under napkin and pull each point up and out to form a petal.
5. Still holding center, reach between petals and pull remaining points out. A glass or small bowl in center will hold the napkin in place.



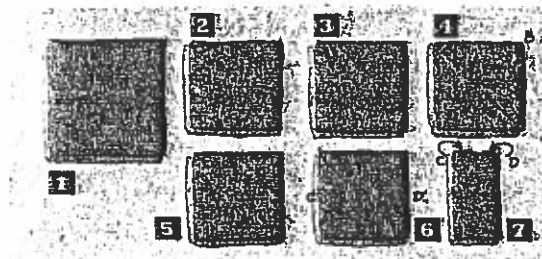
## **CANDLE**

1. Fold pattern side down into a triangle or in half diagonally.
2. Fold down 1/3 along widest edge (A).
3. Turn napkin over and begin to roll the up-folded edge outward into cylinder, starting at point (B)
4. Tuck end point inside top of fold (B) to secure cylindrical shape. Turn down one of the upper two corners. Stand upright with tallest point in back, or it may be laid down next to the silverware or in the plates.



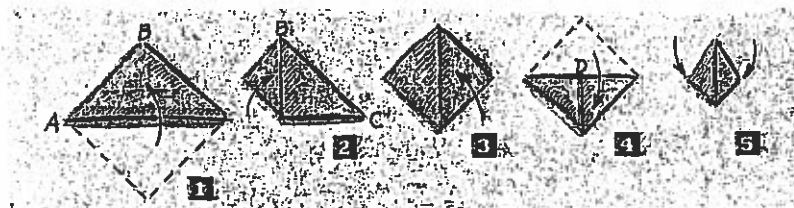
## BUFFET FOLD

1. Fold napkin in half, then in half again to form a square with four open corners at top right.
2. Fold down top corner (A) until the point is just past center of square
3. Fold tip of (A) under.
4. Fold (A) over, roughly the same size as fold in step 3. Flatten and smooth out with hands.
5. Fold down top corner (B) until the point is at center of napkin; slightly tuck inside fold (A)
6. Fold (B) once, then tuck slightly inside fold (A) Smooth out again.
7. Holding folds in place turn long edges (C) and (D) underneath to meet in back. Insert utensils.



## PYRAMID

1. Fold napkin, pattern side down, up diagonally.
2. Then fold point (A) up to point (B).
3. Fold point (C) up to point (B).
4. Flip napkin over so open points are on bottom. Fold in half, top to bottom.
5. Pick up at (D) and stand on sides of triangle.



## STANDUP FAN

1. Fold pattern side down napkin in half.
2. Starting at bottom, fold accordion pleats two-thirds of the way up.
3. Fold rectangle in half with pleats on the outside and to the left.
4. Fold upper right corners (A) down on the diagonal and tuck in pleat closet to center.
5. Prop napkin on table and gently open fan.



## NAPKIN BED

1. Fold napkin in half, then in half again to form a square with open points at top right.
2. Bring point of top layer down to bottom corner.
3. Fold top left and lower right corners underneath napkin so they meet in the back.
4. Turn folded napkin so points are at top and bottom.
5. Place utensils in pocket.



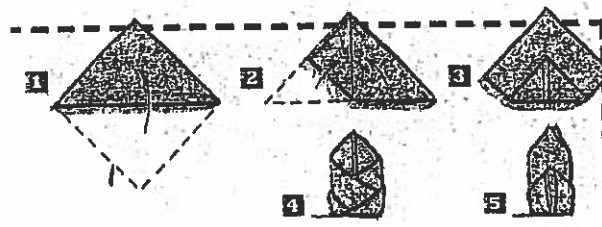
## PIROUETTE

1. Lay napkin wrong side up on table or counter, with one of the points at top.
2. Starting with the bottom point, roll tightly up to top.
3. Bend in center and place into the goblet or glass at each place setting.



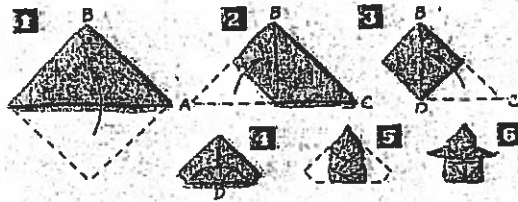
## ROSEBUD

1. Lay napkin wrong side up with one point at top; bring bottom point up to top.
2. Fold the two side corners up so they meet at top point. Smooth creases with hands.
3. Turn napkin over and fold bottom 2/3 of the way up.
4. Turn napkin back over and bring side corner together tucking one into the other.
5. Turn napkin again, so tucked-in sides are to the back.
6. Stand napkin on base.



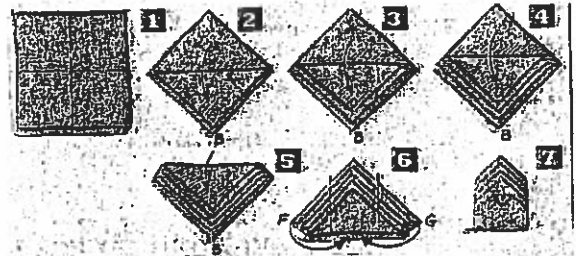
## CROWN

1. Fold napkin, pattern side down, up diagonally.
2. Fold point (A) up to point (B).
3. Fold point (C) up to point (B).
4. Fold bottom point (D) 2/3 of way to the top, then fold back onto itself.
5. Turn napkin over; bring corners together and tuck one into the other.
6. Turn back over. Open base of fold; Stand upright. Peel the two side corners down to form crown.



## CASCADE

1. Fold open napkin in half, then in half again to form a square; turn so open points are on top.
2. Fold point of top layer (A) to within 1/2 inch of bottom point (B)
3. Fold second point from top (C) down to within 1 inch of bottom point (B)
4. Fold the third point from top (D) down to within 1 1/2 inches of bottom point (B)
5. Fold the last point from the top (E) down to within 2 inches of bottom point (B)
6. Turn napkin so folded edge faces you. Tuck points (F) and (G) into each other behind napkin.
7. Fold point (E) down to edge to create pocket.



## TUXEDO

1. Bring bottom point to top to form triangle; fold lower edge up about 1 inch.
2. Turn over so folded edge is at top facing down; grasp side corners and fold down to bottom corner.
3. Fold two side corners under.
4. To finish, fold bottom corner under. Lay napkin in a plate; tie cutlery with a piece of black ribbon.



## CARDINAL or BISHOPS HAT

1. Lay napkin wrong side up with one point at top; bring bottom point to top.
2. Bring both side corners up to meet at the top point.
3. Turn over; keep open points at top. Fold lower corner 2/3 of way up, then bring same corner back down so it's even with bottom.
4. Bring side corners together, tucking one into the other.
5. Turn tucked-in side to back, gently pull side pieces down, then stand napkin on base.



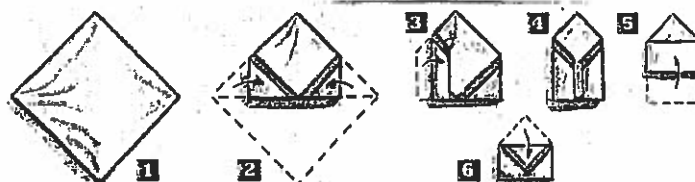
## CLOWN'S HAT

1. Starting with wrong side up, fold in half, bottom to top.
2. Hold at center of bottom; loosely roll lower right corner to center.
3. Continue rolling in same direction until top corners match.
4. Keep rolling; cone will form.
5. Turn cone upside down; fold up bottom edge; stand on base.



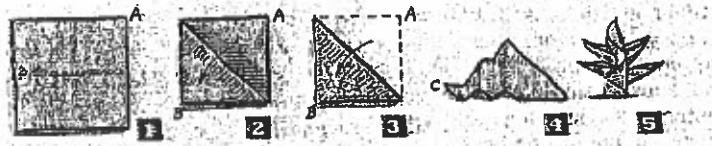
## ENVELOPE

1. Position napkin with one point at top; if not reversible make sure wrong side is facing up.
2. Bring bottom point to top; then fold lower corners to middle.
3. Fold sides in to middle again.
4. Napkin should look like this after completing steps 2 and 3.
5. Fold lower portion of napkin up to invisible line that would be the base of the triangle.
6. To finish, fold top triangle down to make flap. Position on plate with a "special" message inside.



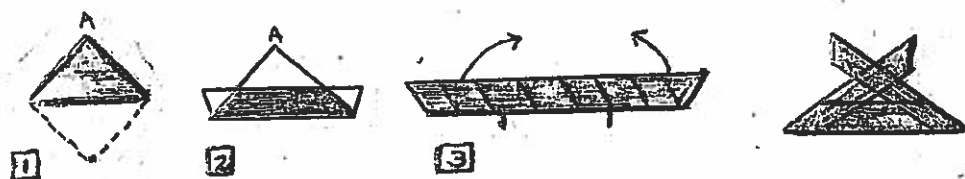
## LILY IN A GLASS

1. Fold open napkin in half, then in half again to form a square; position the four open points at the top right corner (A).
2. Fold 2 points from (A) on the diagonal down to point (B).
3. Turn napkin over and repeat, folding remaining two open points at (A) down to point (B).
4. Turn napkin so that folded edges face you. Pleat, accordion style, starting at point (C).
5. Place in glass and pull points to form petals.



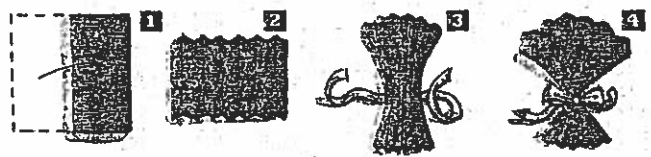
## ASCOT TIE

1. Fold napkin into a triangle.
2. Start folding large side or base toward the point on the top of the napkin.
3. When the folding has been completed, leave approximately 4 inches in the center and overlap the ends to form the tie.



## PINWHEEL or FAN

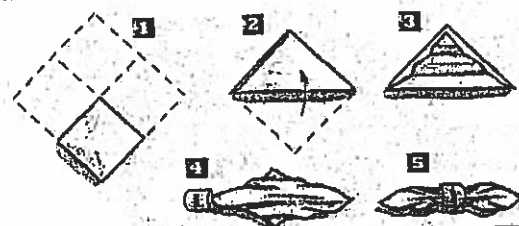
1. Fold napkin in half lengthwise.
2. Beginning at one end start to fold napkin in 1 inch alternating folds.
3. Place napkin ring in center or a piece of ribbon if you prefer just below the center.
4. Spread to make a pinwheel or fan.





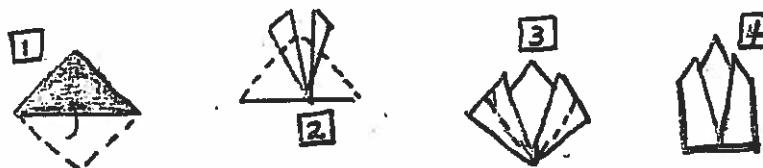
## FARFALLE

1. Lay napkin with wrong side up and with one point at the top. Fold in half, then in half again.
2. Bring bottom corner up to top.
3. Pleat top layer from top point toward center fold. Holding pleats in place with fingers, flip; repeat process with remaining layer.
4. Slip napkin ring to center.
5. If needed, adjust pleats.



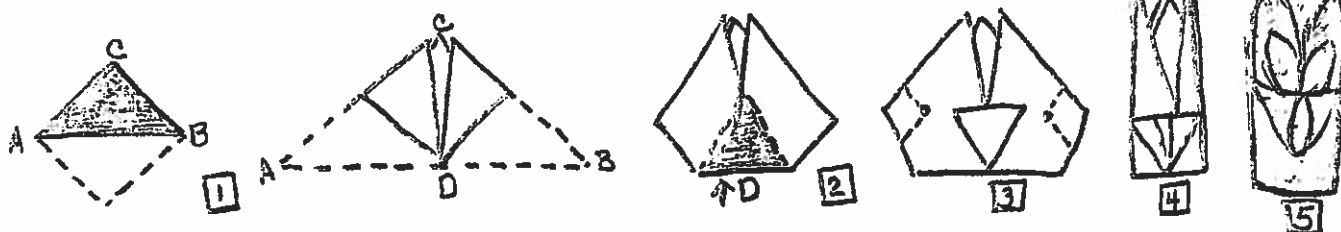
## SPIRE

1. Fold napkin into a triangle.
2. Fold up the corners from the base toward the third corner.
3. Fold the bottom point and two side points toward the back side.
4. Step 3 forms a stand so that the napkin stands up slightly.
5. Napkin needs to be starched fairly stiff for this type of folding so that it will stand up. It also looks attractive ironed flat if it will lay down on the table or plate.



## FLEUR de LYS

1. Fold the napkin into a triangle. Turn up the corners from the base towards the third corner.
2. Fold up the lower corner to about 1/2 of the height of the napkin.
3. Fold back the corners to the lower edge and the top and left corners backwards.
4. Turn the napkin. Secure it together by placing the corners into each other.
5. Stand it up and fold down the flaps to complete the fold.



## *It is TIME to SET the TABLE . . . For DINNER TONIGHT!!!*

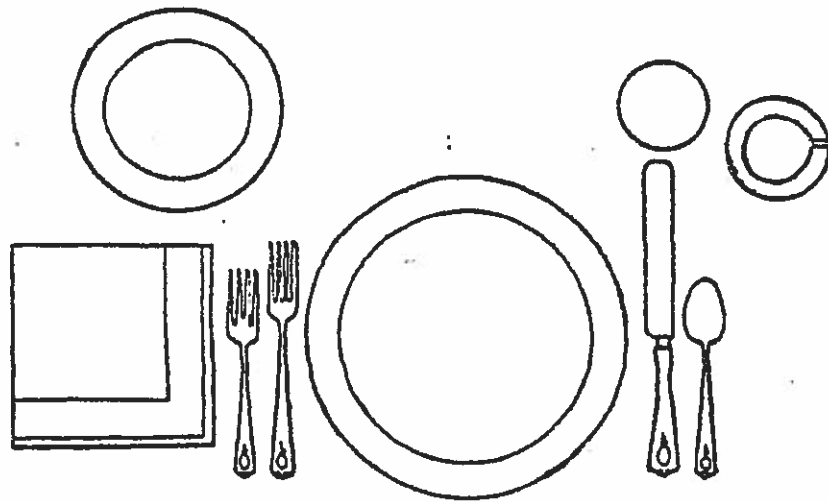
With the rapid changes affecting our society today, it is increasingly important that families share a regular tie each day in a relaxed, pleasant atmosphere. Mealtime can provide this atmosphere for sharing thoughts, individual experiences and a general feeling of good will.

Mealtime can be enhanced with attractive table settings. These need not be expensive or elaborate. Inexpensive and well planned table settings contribute to the overall pleasantness of the meal if creative and interesting.

Rules for the table setting are based on common sense and convenience and contribute to the neat, orderly appearance of the table. It takes little time to set the table correctly for each meal.

Perhaps this could be a "special" opportunity for the children in the family to have a part of the meal time preparation and serve as a great learning experience.

The dinnerware, glassware, flatware and linens to be used by each person is called a cover. Allow 20 to 30 inches for each cover. This is a basic cover:



Place the napkin, flatware and rim of the plate about one inch from the edge of the table or place mat. Make sure the plate pattern is turned toward the person seated at the place.

The knife is placed to the right of the plate with the cutting edge toward the plate. The spoon is placed to the right of the knife with the bowl turned up.

The water glass is placed at the tip of the knife. Fruit juice or other beverage glass is to the right and a little below the water glass.

The coffee cup and saucer are placed to the right and just below the water glass. The cup handle is turned to the right.

The fork is placed to the left of the plate with the tines up. When used, the salad fork is placed to the left of the dinner fork.

The napkin is placed to the left of the forks with the open edge turned toward the plate and the edge of the table. If used, the separate salad plate is set at the top of the napkin.

The dessert flatware would be placed just above the plate and could consist of a small fork or spoon. In some cases both a small fork and spoon would be placed going in opposite directions for the dessert and the beverage following the main course of the meal.

The table covering is the background for the dinnerware, glassware, and flatware and should complement them. The table covering may be a tablecloth, a luncheon cloth, place mats or runners.

A simple table decoration adds to the pleasure of mealtime. It may be cut flowers, potted plants, or an arrangement of fruits and vegetables. With a little imagination, attractive and interesting table decorations can be made.

An attractively set table has balance, harmony and distinction. The overall appearance of the table setting affects the atmosphere at mealtime. A pleasant atmosphere helps to make mealtime a happy family time!

Here are a few quick questions to ask yourself about "What Your Table Is Wearing" . . .

#### **TABLE COVERING:**

- ✓ Are linens freshly laundered and carefully pressed?
- ✓ Are the napkins neatly folded?
- ✓ Is the tablecloth hanging evenly on all sides?
- ✓ Is the silence pad arranged so it won't hang below the tablecloth?
- ✓ Are glasses and dishes sparkling clean and without chips?
- ✓ Is flatware freshly polished and without water spots?
- ✓ Is the centerpiece fresh and neatly arranged?

#### **TABLEWARE:**

- ✓ Is there enough room between places?
- ✓ Is the flatware arranged as it will be used, and about an inch from the table edge?
- ✓ Are glasses arranged to the right of the plate and so they will be convenient to the diner?
- ✓ Are dinner or service plates centered between knives and forks?
- ✓ Are napkins placed either at the left of the forks or on the service plates?
- ✓ Are accessories placed where they won't be in the way of diners, but will add something to the table setting?

## **OVERALL LOOK OF PATTERNS, COLORS, SIZES, & SHAPES:**

- ✓ Is the centerpiece large enough so it doesn't look dwarfed, yet not so large that it dominates the table?
- ✓ Does the pattern of the dishes go well with the colors and patterns of linens, glassware, and flatware?
- ✓ Is there too much pattern or color on the table?
- ✓ Do the textures of tableware go together – for instance, rough-textured linens with heavy dishes and glassware?
- ✓ Is there a pleasing variety of shapes on the table?

As long as the tableware is well chosen and sparkling, the finished table setting should be an attractive and complete one. Remember, you don't have to add stress to your dinner plans, just start with the basic table setting and work toward dressing up your dinner tables to set the mood for your dinner party, everyday meal times, or your special gatherings. Most of all **HAVE FUN** and make memories as you enjoy special touches during your mealtime with your friends and family.

## *Special note to YOU . . .*

As you use any or all of this information, may you enjoy being creative and providing a very **SPECIAL** setting for the meals you prepare and serve for your friends and family!!!

## *ACKNOWLEDGEMENTS*

**Family Circle Magazine**

**The Taste of Home Cookbook**

**Better Homes & Gardens - New Cook Book**

**Betty Crocker Cookbook - Heart Health Edition**

**Topic Information from Personal Files & Previous Programs**



# "Jeans for Joy"



## SUPPLIES:

- ▣ Little "jeans" or "britches" (Infant to Toddler)
- ▣ Liquid Starch
- ▣ Large Bowl
- ▣ Table coverings to protect surface
- ▣ Cooling racks or jar lid rings
- ▣ Newspapers, plastic shopping bags, balloons or flower pots for stuffing
- ▣ Outside decorations such as ribbons, scarves, bandanas, rick rack, sequins, jewels, glitter, paints, lace, embroidered patches, etc.
- ▣ Inside Decorations such as silk/fresh flowers, plants, gift basket items, tissue paper, signs, party favors, etc.
- ▣ Glue gun
- ▣ Scissors



## PROCEDURE:

- ▣ Cover table and pour starch in large bowl
- ▣ Cut legs of jeans approximately 2" above knees
- ▣ Dip and saturate jeans thoroughly in liquid starch
- ▣ Place on large inverted bowl for easier handling
- ▣ Pull legs up through to the inside center of jeans
- ▣ Begin to form centerpiece by stuffing with above materials
- ▣ Completely form centerpiece before drying
- ▣ Place on cooling racks and plastic table covering
- ▣ Dry thoroughly and decorate as desired on outside and inside
- ▣ Enjoy!!!!!!

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# 8 Gifts That Don't Cost a Cent

Author Unknown



## **THE GIFT OF LISTENING:**

But you must really listen. No interrupting, no daydreaming, no planning your response. Just listening.

## **THE GIFT OF AFFECTION:**

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

## **THE GIFT OF LAUGHTER:**

Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you".

## **THE GIFT OF A WRITTEN NOTE:**

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

## **THE GIFT OF A COMPLIMENT:**

A simple and sincere, "You look great in red", "You did a super job" or "That was a wonderful meal" can make someone's day.

## **THE GIFT OF A FAVOR:**

Every day, go out of your way to do something kind.

## **THE GIFT OF SOLITUDE:**

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

## **THE GIFT OF A CHEERFUL DISPOSITION:**

The easiest way to feel good is to make others feel good.

# The Laughing Oath

To be stated while wearing a great big grin:

I, \_\_\_\_\_,

*Do solemnly swear from this day forward  
To grease my giggling gears each day  
And to wear a grin on my face for no reason at all!  
I promise to tap my funny bone often,  
With my students and colleagues,  
And to laugh at least fifteen times per day.  
I believe that frequent belly laughter  
Cures terminal tightness, cerebral stiffness,  
And hardening of the attitudes,  
And that HA HA often leads to AHA!  
Therefore, I vow, from this day forth,  
To brighten the day of everyone I meet,  
And to laugh long and prosper!*



*This*  
**ROUND**

**TUIT**

*Belongs To:*

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*Quits are hard to come by....  
Especially round ones.*

*After years of searching, — you  
now have me — No longer will  
you have to wait to do ~~those~~ tasks  
that you have put off —*



To guard this the and never lose it.  
Don't let anyone take it away from you.  
Now that you have it,  
There should be fantastic results.

I have heard people say -  
I'll do ..... when I get  
around to it!  
I'll visit ..... when I get  
around to it!  
or I'll read ..... when I get  
around to it!

Perhaps you have used one of these,  
I'll go  
I'll help  
I'll .....  
I'll visit  
if I get a round trip -

These are all in the past.  
Great new things will be in  
store for you in the future -

For now you have a Round Trip