

Christmas season is in full bloom with bright red roses

Q: What's red and green, with the fragrance of roses?

A: Christmas in full bloom.

Your home will be rosy through the holiday season with ideas from the Rose Information Bureau for holiday gifts and decorations.

• "Planting" a rose on a holiday gift package will not only add to the festivities, but will be a reminder of the beautiful gifts under the tree days after they have been unwrapped.

• Top off each Christmas stocking with a bright, red rose—and let the family

"sniff" out their gifts. Later, use the roses as a window sill bouquet that neighbors and passersby can also enjoy. Always remember to use a florist tube to keep the rose fresh when it's out of water.

• Gift certificates from your local florist for one, two or six roses are perfect grab bag gifts that anyone in the office, bridge club or PTA will love.

• A single rose in a small glass bowl or bud vase makes a unique gift for an "overhanked" teacher.

• Groups of two or three roses tied with festive ribbons

and arranged near the front door make perfect last minute gifts for someone who arrives with an unexpected "surprise."

• Make your house come alive with beautiful red and green holiday colors by adding red roses to garlands and Christmas wreaths.

• Roses in every color make dramatically different ornaments for a traditional Christmas tree.

• Be creative! Prepare a lovely yuletide floral arrangement using holly and red roses. Include candles and tiny Christmas tree lights to add a special glow to your holiday centerpiece.

• Tuck a rose into each napkin at the dinner table, and tie with a ribbon and bit of greenery. If you're having company, each guest can take home a rose as a remembrance of the good time.

• Brighten your guest room with a bouquet of roses. Your holiday visitors will be thrilled with your thoughtfulness.

• Give a really rosy rose gift—a bottle of rose-essence perfume along with a real rose, rose-red mittens with a rose, designer rose sheets with a rose (no thorns, please!), a book of Robert Burns' poetry with a rose, a crystal bud vase with a rose.

• After all of the work you did, why not let your turkey double as the centerpiece for Christmas dinner. Surround the turkey with rosebuds and float a few petals in finger-bowls at each place setting.



WRAP UP YOUR CHRISTMAS GIFTS with style by topping each package off with a single red rose. A sprig of evergreen or holly will provide an appropriately green touch.

• After the holidays are over, put together a memory box for your family and friends. Include family photographs, special Christmas cards and a pressed rose to chronicle the Christmas season.

EAT RIGHT BEFORE AND DURING HOLIDAYS

With all the shopping and preparing for the upcoming holiday season, you may be inclined to eat improperly.

Catching a quick bite on the go while searching for that "perfect gift" may leave you ravenous, causing you to overeat at dinner time.

You may also be tempted to snack on high calorie goodies for a quick lift.

Take time to eat a balanced diet. Try to include something from each of the four food groups: meat, dairy, fruits and vegetables in every meal.

Complex carbohydrates, such as rice, pasta, and whole grained breads and cereal, are not fattening when eaten in small amounts, and they will supply you with the energy you need to get those happy holiday tasks done without gaining preholiday pounds.

Take a break from your hectic schedule, put the shopping list away and relax.

A cup of tea with lemon or perhaps a piece of fruit will ward away that hungry feeling you may get at mid-day.

Then, when the holiday festivities begin, you'll fit perfectly into that new Christmas dress and you can enjoy a little overindulging, knowing you look and feel great!

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