

# Understanding YOURSELF

## Beautifying The Home With Fresh Blossoms

(NAPSA)—Even as the weather turns cold, the sunny atmosphere of the warmer months can be kept alive with fresh flowers.

A recent study conducted by Harvard Medical School and Massachusetts General Hospital found that seeing flowers in the home first thing in the morning gave study participants an emotional boost that lasted throughout the workday.

According to Jill Slater, resident designer for the Flower Promotion Organization, any room in the home can be a great place to start spreading the cheer.

“From the kitchen to the living room, from the bathroom to the bedroom, fresh flowers can infuse a room—and the whole house—with beauty and a positive atmosphere,” Slater explains. “So be sure to imagine the possibilities while taking a moment to smell the roses—or the daisies or the lilies—wherever you are.”

Here’s a fabulous suggestion for brightening the home with fresh blossoms. For more ideas, visit [www.flowerpossibilities.com](http://www.flowerpossibilities.com).

### **Tranquil Terrarium**

*Recipe by Jill Slater*

**Large jar or clear glass bowl**

**1 pin frog, approximately 2” to 3” in diameter**

**Floral clay (enough for the bottom of the pin frog)**

**Medium-sized white decorative rocks, enough to fill the bottom of the bowl**

**1 small handful of moss**

**5 to 8 stems sword fern**

**3 stems gaylex leaves**

**3 stems pink miniature carnations**



**A terrarium can be a beautiful way to show off fresh blossoms inside the home.**

**flower food/preservative and clippers**

**1. Adhere floral clay to bottom of pin frog; press frog down onto bottom of jar/bowl.**

**2. Scatter decorative rocks on bottom of jar/bowl.**

**3. Fill bowl with water that has been treated with flower food/preservative. Water level should just meet top of rocks.**

**4. Cover frog with a bit of moss.**

**5. Insert sword fern, cutting stems in varying lengths. However, keep stems slightly lower than jar/bowl. Now insert gaylex leaves cut short around sword fern.**

**6. Cut one stem of miniature carnations about 3” in length; insert it into front of frog. Cut next stem approximately 5” in length and insert it behind first stem. Cut final stem so that top of stem meets rim of jar/bowl and insert it behind other flowers.**