

For The Farm Wife

(Continued from Page 14)

ironing board surface. Then place the dart over the cushion and press the material on both sides of the dart and around the point. On a flat board this is difficult to do without wrinkling the fabric.

Sharpening and flattening crease lines is another important underpressing job. Any crease lines or edges like hems, pockets, pleats and collars need a sharp finish. You can do this job by steaming with the iron and then slapping the area with a wooden beater. This forces steam through the fabric leaving flat thin edges or creases.

If underpressing is done as you sew, only a light top pressing will be needed on the finished garment. Top pressing is much like any pressing you do. Press on the right side only using a press cloth on the fabrics that may need it.

INTERFACINGS

Sharp edges, flat zippers and trim buttonholes on the clothes you make will be less of a problem with the new assortment of interfacings available. Interfacings that stretch, shape or iron-on to the fabric will help the home sewer.

The first of the Dacron polyester interfacings is Kyrel. You'll find it in a stretch interfacing an iron-on or in a regular light weight. Right now the product is white and it won't turn yellow. You can either wash or dry clean it.

Kyrel, like other bonded interfacings, performs especially well on flat areas. On areas that require the fabric to roll, such as in a rolled collar, other interfacings may be better.

The stretch interfacing is an

all-bias sheer so that you can use it in any direction. It works exceptionally well when you are sewing on knits or on stretch fabrics. It will be helpful, too, on areas where stress comes such as pockets or a gusset.

For a gusset, waistband, buttonhole or putting in a zipper you may want to use the non-on variety of Kyrel in the construction area only. (Make sure that the interfacing is anchored in the stitching.) The non-on interfacing may loosen on smooth fabrics when you launder the garment but sticks back on when you press the fabric.

On a gusset you can iron a strip on the armhole where the fabric will be slashed. When you stitch the gusset to the waist there will be no pulling out of the fabric.

You will find the regular light-weight Kyrel interfacing especially good for wash-wear fabrics because it too has wash-wear properties. Kyrel has both a wet and a dry wrinkle resistance that helps keep your garment wrinkle-free.

NEW ZIPPER FEATURES

Home sewers will be interested in a new type of zipper now on the market.

One of the features of this zipper is that it doesn't have the usual metal teeth. Where the metal used to be, there are now interlocking synthetic coils. Don't worry about the zipper pulling apart, though. The coils interlock and the greater strain on the closed zippers the greater the holding power.

Although a synthetic zipper is but a fraction of the width and weight of a metal one, it's just as strong and far more flexible.

A unique feature of this zipper makes it snag-proof

and self-healing. It a thread or fabric should become caught in the zipper, the coils can be opened by pinching apart to free the fabric. Then zip up and down; the coils are again back in action.

These synthetic zipper coils are rust-proof and both the tape and the nylon coil are dyed to match. This prevents any contrasting metal color from peeking through from the placket of your finest garments.

A handy feature on some of the zippers is a bar tack at the top which can be left in for dress placket applications or snipped for neck closures.

On the zipper's reverse side the tapes just meet, covering the coils. This protects against ironing damage. It also eliminates any cold metal feeling against the skin and prevents snags on undergarments.

Care must be taken when ironing garments having this type of zipper. Don't put the hot iron directly on the zipper coils — always have a press cloth between. The non temperature should be set for synthetics.

A molasses dessert with which to conclude a meal is Meringue Topped Gingerbread. It combines a traditionally spiced gingerbread, made with whole bran cereal, and a frothy meringue. The meringue is spread on the cake and toasted golden brown during the last 10 minutes of baking. Coconut sprinkled over the meringue gives a final touch of elegance.

MERINGUE TOPPED GINGERBREAD

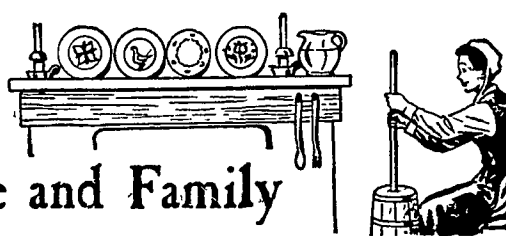
- 1/2 cup whole bran cereal
- 1/2 cup molasses
- 1/4 cup shortening

(Continued on Page 17)

For the Farm Wife and Family

Ladies, Have You Heard? . . .

By: Jane Thurston, Extension Home Economist



A Holiday Eating Reminder
Enjoy those extra holiday foods, but take care to keep well-balanced meal plans. Choose foods from the basic four food groups . . . the recommended allowances of foods you need every day for continuing good health.

Include each day four or more servings of enriched or whole grain breads and cereals . . . two or more servings of a protein-rich food, such as meat, fish, poultry, eggs . . . four or more servings of fruits and vegetables. Make one serving of fruit one rich in ascorbic acid and eat one serving of a dark green or deep yellow vegetable at least every other day.

As for milk, adults need two glasses or its equivalent in other dairy products every day . . . for children it's three to four glasses, and for teenagers it's four glasses every day.

Gift From Your Kitchen

A gift from your kitchen is always a welcome one for special friends or relatives. So bake extra batches of your special holiday yeast breads, cookies and other holiday favorites. Wrap the baked goods attractively, and for a special touch attach the recipe to the package.

Another fine gift is a package of meat. And to make the gift more personal, pick out one or two of your favorite recipes and type or write them on cards, then attach to the package. This might be the solution to the hard-to-buy-for person on your list.

Good To Know Anytime



THURSTON

To get the full-bodied, extra zippy flavor from most cheeses, serve them at room temperature. Remove the amount you need from the refrigerator at least a half hour before serving. This is especially true for the cheddar type cheeses.

Make a festive holiday sundae this way . . . top vanilla ice cream with a big spoonful of hot mince meat.

For a delightful and different flavor, add chopped dried fruits to your basic muffin recipe. Quick and simple, these fruits give holiday breakfast breads extra color and flavor.

This an' That

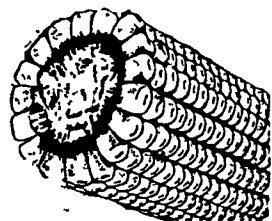
Rapid boiling doesn't cook foods faster. Boiled foods will be done as quickly over moderate heat as over high heat. As long as there's enough heat to keep the water boiling continuously, the food will cook as rapidly as it would over high heat. Water cannot normally be heated above its boiling point. And when this point is reached, all further heat increases the rate at which the water evaporates. So, if you're boiling potatoes over moderate heat, they'll be done just as soon as if you use high heat. And you'll be saving fuel money.

Planning and organization are the key words for a successful holiday buffet? Plan your menu with an eye to dishes you can refrigerate, freeze, or bake just before serving. Plan the preparation of foods with a minimum of last-minute flutter. Know what serving dishes you'll be

(Continued on Page 18)

More farmers each month prefer to buy their

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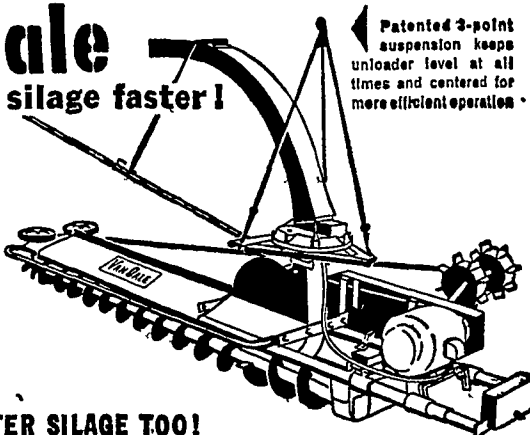
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