

## IT SEAMS TO ME

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Never underestimate the power of a press—a press of your garment with an iron. Proper pressing can add the final professional touch; poor pressing can give a “home-made” look to even the best sewing. An iron should be as much a part of your sewing equipment as your sewing machine. Pressing and sewing are inseparable.

One of the most important pressing rules is — press as you sew. If seams, darts and other construction details are pressed as you go, only a minor press job is needed upon completion of the garment.

Always test a scrap of fabric before pressing the garment. Know how much heat it will take, how much steam it needs, the amount of iron pressure it takes, whether you should press from the right or wrong side, and if special treatment is required.

This is especially important for blends of different fibers in a fabric. Manmade fibers require low heat. Use less heat on fabric blends that have a high percentage of synthetic fibers.

Steam usually does a better job. If the steam from a steam iron is not enough for a sharp crease, use a slightly dampened light weight press cloth in addition. On the other hand, some satins, brocades and some silks can be ruined with too much moisture.

Soft fabrics such as cashmere and mohair require very little pressure. Holding the steam iron above the fabric without touching, and pressing the seam lightly with fingers is often pressure

(Continued on Page 16)

## Correspondence Courses



### KEEP SHEEP ON SPARETIME FARMS

Sheep fit well into sparetime farming. Their food and shelter needs are readily met. Little equipment is needed.

According to a Pennsylvania State University correspondence course on sheep husbandry, about ninety percent of sheep's food are forages — pasture in summer, hay and silage in winter — all homegrown.

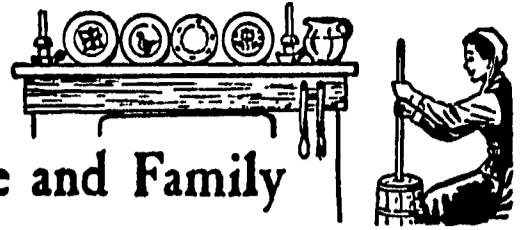
Buildings of rough construction give sheep adequate shelter. The feed storages need to be more weathertight than for the animals. Provide dry floors and have the barns face east or south with ready access to pasture and exercise lots.

Equipment needs are feed racks for ewes, creep feeders for lambs, and watering troughs for both. Your biggest initial expense may be for fences.

Study the Penn State correspondence course to learn more about sheep. Send your name and address with Two dollars and twenty-five cents to Sheep, Box 5000, University Park, Pennsylvania 16802.

If you want to puzzle most any city youngster today, get a piece of coal somehow and ask him what it is.

## For the Farm Wife and Family



### Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

#### Tips On Selecting Summer Squash

Summer squash fresh from the garden or fields adds interest to your meals.

Crookneck and straightneck squash are light yellow, 6 to 8 inches long

Pattypan or white bush scallop is white with a scalloped edge.

Zucchini is green, nearly cylindrical, and straight. The flesh is firm and delicate in flavor.

When you select a squash, look for one that looks fresh, is free from blemishes, firm, and fairly heavy for its size.

One squash will serve two or three persons

Squash combines well with onion, bacon, or sharp cheese, and the salt, pepper, and butter seasoning combination is always good.

Care for White Fashion Accents

Stiff white collars and neat white cuffs or frilly bibs and fill-ins are all part of today's feminine look.

These white accents add zest to dresses and suits only if they are kept sparkling white.

Use of new manmade fibers and finishes makes these lacy items easier to care for. You can

wash them after each wearing and let drip dry overnight. For most, ironing isn't necessary.

These fabrics remain fresh looking during wear but it's best not to let them get too soiled.

Buying T-Bones

Kansas City steak, New York steak, loin strip steak, and top loin steak are other names for T-bone.

If you buy T-bone with the bone left in, look for some meat on both sides of the bone.

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THOMAS

## NIAGARA SPRAY MATERIALS

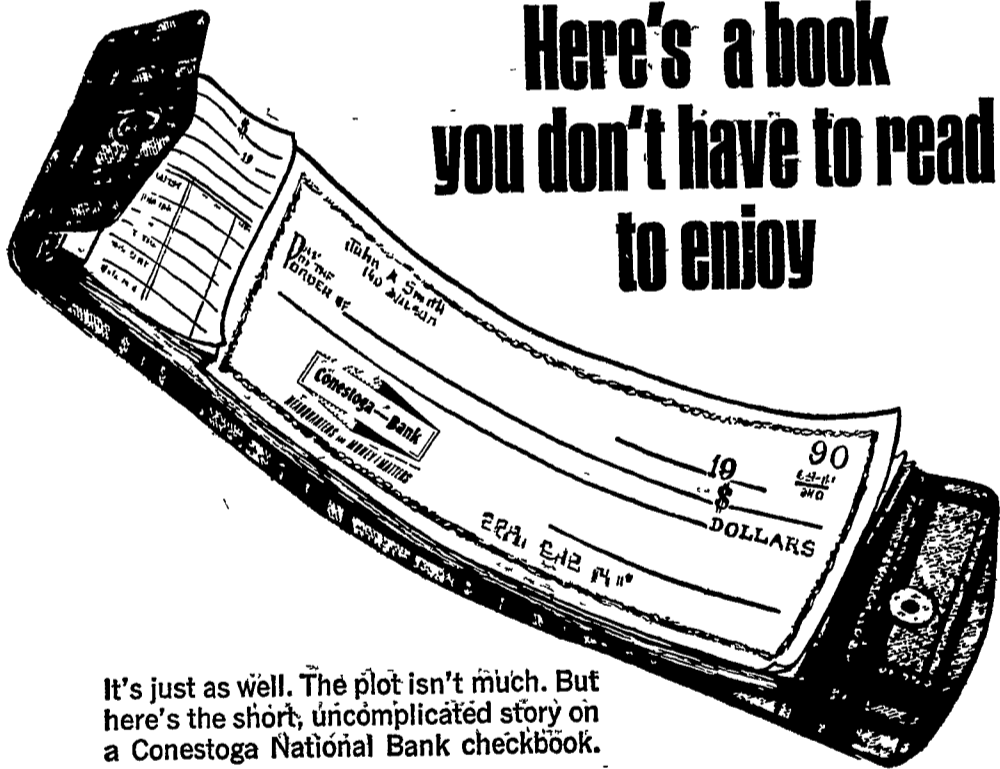


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