



Ida Risser

Thanksgiving has come and gone and what remains are the memories

Thanksgiving was the joy of seeing our son again, as he's been away at college for months. Then there was the anguish of having the scales tell us we gained two pounds. Guess we must take the bitter with the sweet

This year I've kept a small paper bank on my kitchen window sill and whenever I feel especially thankful, I drop in a coin. The money is given as a Thank-Offering at our church in November. Rather than quickly grabbing a bill or two out of my wallet at the last minute, this year's "heavy little box" represented true thankfulness to me

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As an aftermath of my daughter's flower project in the 4-H community club, we have an abundance of herbs in our garden

We harvested several ounces of caraway seeds which are

delicious in Judy's home-baked rye bread.

We don't begin to use all of the lemon verbena. The lemon-scented leaves make a pleasant tasting tea.

One year I grew so much marjoram that I was forced to dry the leaves in order to use all of them. We sprinkle them on fried chicken and pork roasts. Experimenting in cooking is a lot of fun.

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This morning I missed a rabbit with the shotgun. Usually, I hunt with my .22 rifle.

So, my husband had to show me how to get game.

He just came in for the keys to our aluminum boat, as his cock-bird had dropped in the middle of the Conestoga. With the Irish Setter racing madly on the bank, he managed to get it from a willow branch where it had snagged

We all appreciate the good eating which he provides through hunting.

A Good Consumer Helps Stop Fraud

Shopping by mail is easy. Curling up in a nice, comfortable chair and selecting merchandise from a mail-order catalog may be relaxing as well as an efficient way to shop.

But Penn State Extension home management specialists advise you to find out the reputation of the mail-order company. Order carefully from reputable firms or the leisurely buy-by-mail plan may turn into a complicated time-consuming mess.

Unfortunately, failure to receive merchandise is one of the public's leading complaints. Americans are cheated of over 100 million dollars each year through mail fraud.

And again this year, many Americans will order merchandise after reading a newspaper or magazine advertisement or receiving a catalog. But they won't receive the product. Or sometimes the

item they ordered may not live up to the advertiser's claims. When this happens — in your own interest and that of fellow shoppers — tell someone.

Try to solve the problem first with the seller.

If this doesn't produce favorable results, notify the Chamber of Commerce or Better Business Bureau where the firm is located. Send copies of the letter to the postal service inspector in your area, the State Department of Justice's Consumer Protection Agency, or the Federal Office of Consumer Protection. It's also wise to write the newspaper or magazine publisher if you learned of the product through the advertisement in their media. And tell your friends.

You may or may not get the product or your money returned, but you will help prevent further fraud. That, too is part of your responsibility as a consumer.

Pre-Shrink Washable Fabrics

It's a good idea to pre-shrink all washable fabrics — especially knits — before you cut them for sewing.

National standards were arrived at by joint effort and consent of producers, retailers and consumers to serve as a guide for industry and the consumer.

The allowable shrinkage for knits is five per cent. The shrinkage allowed for woven fabrics is two per cent. In fabric with a five per cent shrinkage, it means you would lose nearly two inches of every yard through shrinkage.

So it's better to take the loss before you cut out a garment, rather than afterward.

Mrs. Carol Rothermel, assistant Chester County Extension home economist, says knits shrink because of their tendency to "relax" after the first washing. Here's why: The

loop structure of knits is often stretched when the fabric is finished. When it's washed at home, the knit regains its original shape, and lengthwise shrinkage occurs.

Not every fabric will shrink, of course, since the five and two per cent standards are the maximums allowable.

But when you buy washable fabric, it's a good idea to keep shrinkage in mind. And then preshrink before you cut.

The old saying "better to be safe than sorry" applies to sewing as well as safety.

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To keep up with present food consumption rates farmers must raise 25,400 additional head of dairy cattle for each one million persons added to our population.

Give Yourself in a Gift

Christmas giving can be fun—especially when you're giving yourself with a gift you created. Assistant Chester County Extension Home Economist, Mrs. Carol Rothermel, suggests you begin now to sew gifts of fashion. Pattern books show many

popular gift items for sewing, including ponchos. A colorful poncho would make many people on your Christmas list happy.

Stores are well supplied with fabrics usable for ponchos. Try a bright felt fabric trimmed with long knotted fringe decorated with beads of glass or wood.

Another choice might be heavy wool flannel, tweed, or double knit trimmed around the edge with bright wool felt flowers which you design and applique by hand or machine.

A long or short vest would be a great gift for a man, woman or child on your gift list. Make a long one of self-fringed suede cloth or vinyl patent. A floral print upholstery fabric makes up well in a long or short vest style.

Fashion accessories you've made are a boon to the gift giving dilemma. Fun fake furs made into turbans or beret shapes, accompanied by matching scarves, are delightful. Among the most attractive fabrics for a matching beret and scarf are multi-colored and soft and

tweedy ones with thick and thin textures.

Another good fashion accessory is the maxi shoulder bag which can be made in numerous variations according to the fabric chosen.

For the men on your gift list, fashion a tie in his favorite colors.

Or for a gift that will please people of all ages, try your hand at making Christmas tree ornaments out of felt.

Give a little of yourself in the gifts you give this Christmas. Make them yourself.

The Old Timer



"Anybody who throws his weight around is apt to be rocking the boat."

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