



Ladies,
Have
You
Heard?



Doris Thomas

By Doris Thomas,
Extension Home Economist

Cutting Equipment for Sewing
If you sew you need proper cutting tools. Sharpness is the most important quality of good cutting equipment.

A minimum set of cutting equipment should include at least a pair of bent handle dressmaker shears and a pair of scissors.

Shears are usually larger than scissors and are used for heavy cutting jobs.

The handle is bent to let the blade lay flat against the cutting surface. The openings in the handle are of unequal size so that two or three fingers can be inserted in the opening of one handle and the thumb in another. Scissors are for lighter cutting tasks. The opening in the handle are small and equal in size.

Later, when you want to add some luxury items to your minimum kit of sewing tools, you may want embroidery scissors, pinking scissors, buttonhole scissors and thread clips. If you like to carry needlework with you, you can get folding scissors

that fit into their case — a case that's not much larger than a small match box.

When you buy good quality cutting tools have them resharpened when necessary. Select shears and scissors with blades connected by a screw that can be adjusted — rather than those connected by a rivet.

Keep the blades in proper adjustment — not too tight and not too loose. And since shears and scissors are expensive, keep your cutting equipment for sewing only. With good sharp shears you can cut out a garment easily. And sharp tools will help make your work more accurate than dull tools.

Use Dried Beans for Economical Meals

Few things are as heartening on a frosty day as a hot and hearty bean soup. The wise — and economical — good shopper will put beans on various varieties on her shopping list and will plan to use them as a regular staple.

Count on beans as a good buy because they're now in exceptionally plentiful supply.

While dry beans are good sources of protein, you should include in your meal some source of animal protein, as well, to get the most value from your bean dishes — some meat, poultry, fish, eggs, cheese or milk.

Most dry beans require soaking before cooking. For a good shortcut, start by boiling them for two minutes in your recipe cooking water. Then remove from heat, soak one hour, and they're ready to cook. Even if you decide to soak them overnight, it's still a good idea to start with the two-minute boil, which will keep them from souring if they're soaked in a warm room.

Cooking time for dry beans varies with the variety. Allow about two hours for black (Turtle soup) beans, cranberry beans, kidney beans, pea and pinto beans. Lima beans require from 45 minutes to an hour. One to 1½ hours is sufficient for Great Northerns. And lentils and blackeye beans need only one-half hour.

Economy Means for Good Eating

Here's a recipe for Bean Chowder for good eating using dry beans and other foods in plentiful supply:

Bean Chowder

- ¾ cup dry beans
- 3 cups water
- 1½ teaspoon salt
- ¾ cup diced potato
- 1 small onion, chopped
- ¾ cup cooked or canned tomatoes
- 1½ teaspoons flour
- 1-3 cup shredded green pepper
- 1 to 2 tablespoons butter, margarine or drippings
- 1½ cups milk

To prepare: Soak beans in the water, add salt and cook until almost done. Add potato and onion; cook 30 minutes. With the longer-cooking beans you may need to add more water. Mix flour with a little of the tomato and add to the beans with rest of tomato, the green pepper, and fat. Cook 10 minutes, stirring constantly to prevent sticking. Stir in the milk and reheat quickly. (4 servings).

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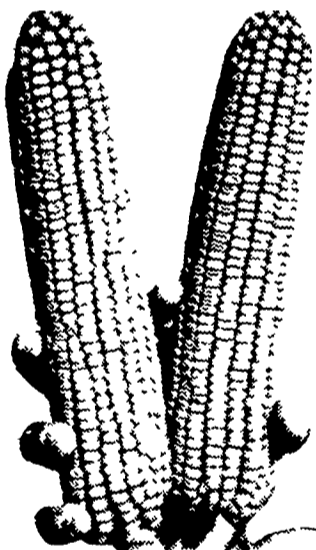
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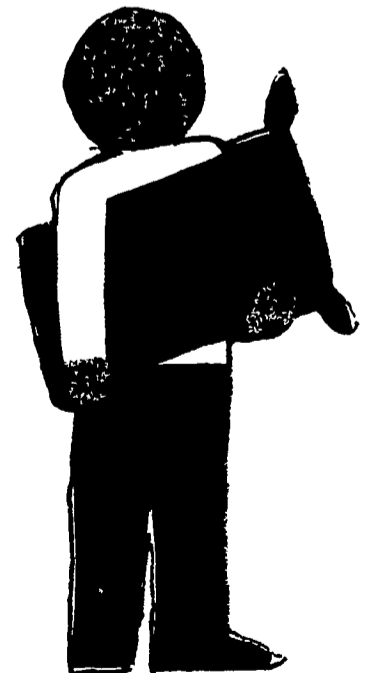


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