



Ladies,
Have
You
Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

**Fabric Finishes Vary
In Durability,
Care Requirements**

Fabric finishes play an important role in determining the satisfaction you receive from the clothing you make or buy.

A fabric finish is any treatment that is given to the cloth to change the way it looks or performs. Fabric finishing usually starts when the cloth comes from the loom or knitting machine. In that state, the fabric is usually called "gray goods." By using several finishing processes or techniques, the manufacturer can change the gray goods into the beautiful, serviceable fabric awaiting you in dress and fabric shops.

Some finishes such as dyeing or napping can be readily seen or felt. Others, such as water repellency, are difficult to detect. Most often you must rely on labels for information about the finish of a garment fabric.

To understand the information on the label you need to know what to expect from certain finishes. The three general classes of fabric finishes are nondurable, durable and permanent.

Some finishes are removed during the first washing or drycleaning. Sometimes they can be replaced at home or commercially. These finishes are called nondurable or renewable.

Finishes that last through many washings or drycleanings are described as durable. Durable finishes tend to lose some of their effectiveness each time they are cleaned or laun-

dered. Some durable finishes are effective much longer than others. However, by carefully following the manufacturer's instructions for use and care, you can prolong the life of the durable finish.

Permanent finishes are effective and remain unchanged by washing or drycleaning throughout the life of the fabric.

Although the law requires manufacturers to label each textile product according to fiber content, it does not require them to tell the finishes they use. However, manufacturers often provide this information if you know where to look for it. Check labels and hangtags on garments, the printed information on bolts of fabric and the information on the selvage edge of the fabric for facts about the finishes applied to the fabric.

**Getting The Most
From Vegetables**

When you prepare vegetables, make sure you don't throw away the vitamins. Different parts of vegetables differ in nutrient content.

For example, the leafy part of collard greens, turnip greens and kale contain much more vitamin A than the stems. If you remove the fibrous stems you lose few nutrients.

The outer green leaves of lettuce are coarser than the inner leaves, but the coarser leaves have higher calcium, iron and vitamin A value. Use the outer leaves whenever you can.

When you trim cabbage, use the inner core, too. The core is high in Vitamin C.

Broccoli leaves have much higher vitamin A value than the stalks or flower buds. If the broccoli leaves are tender, plan to eat them. Keep them cool and moist until you can prepare them.

Use a sharp blade for trimming, cutting or shredding fresh vegetables to prevent bruising. Bruising vegetables causes loss of vitamins A and C. If you have to work hard to convince your family they should eat their vegetables — make the effort worthwhile.

Donna Bennetch Will

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really that hard." Her other interests include swimming and reading.

Donna graduated from Eastern Lebanon County High School in 1972 with a major in business. She was in the Future Homemakers Club and the Library Club, and was president of the Future Business Leaders of America.

Donna said she helps do the barn work occasionally, and her job is usually washing off cows in preparation for milking. Her father's farm is 148 acres and he milks about 50 Holsteins. He is a member of Lehigh Valley Dairy Cooperative.

The Bennetchs' other children are Marilyn, 21, who is married to Phillip Campbell; Lisa, 10; and Paul, 16.

In the future Donna would like very much to visit Germany where her grandmother, Mrs. Hermann Sauter, still has relatives. Her goal is to go first on a Camp Swatara bicycle tour through Germany, Switzerland and France, and then possibly visit relatives. Her grandmother teases her that she'd better study up on German before she starts her trip.

Donna has been a member of the Fort Zellers 4-H Community Club for seven years. Her projects this year are dish gardens, jellies and cooking. She

wanted to take a Pennsylvania Dutch cooking project, but the club is studying Italian cooking instead. Donna also works as a teen leader in the club and helps out on their baseball team.

Donna praised the Lebanon County Dairy Princess Festival because "it attracts a lot of families and gives everybody a chance to participate. I feel it's a very good way to promote Dairy Month."

And so, Donna Bennetch begins her year of "speaking up" for milk and the dairy industry of Lebanon County. With her bright, positive attitude she's sure to be an outstanding spokesman.

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P.S. — If you're not sure you told us already we don't mind hearing from you again.

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