

Ladies,
Have
You
Heard?



Doris Thomas

By Doris Thomas,
Extension Home Economist

OATMEAL AS YOU LIKE IT

For many Americans the day doesn't get off to a good start without oatmeal for breakfast. Even in the summertime! They have it most every morning to help fortify themselves for the day's activities. Sometimes, to vary it, fruit such as raisins or apple are added in the cooking, or the oatmeal is served with a pat of butter and brown sugar instead of the traditional milk or cream.

Hearty eating at breakfast, oatmeal is a welcome addition to other meals too, in one form or another. It can be used in main dishes such as meat loaf, meat balls, or patties; soups and soufflee, and even in sweet puddings for desserts. It goes into baked goods - oatmeal bread, light rolls, cakes and the ever-popular oatmeal cookies, to name a few.

One of our food staples for generations, rolled oats - from which oatmeal is made - is plentiful this month, according to the U. S. Department of Agriculture. Rolled oats are fairly inexpensive, since little processing is required. You should find oatmeal in your store now at attractive prices.

Oatmeal is a quick cooking energy food. You'll want to serve it often in various ways this July. Why not try this interesting recipe for **OATMEAL RAISIN MUFFINS!** It yields 12 medium-size muffins (each with about 185 calories).

Take 1 egg, slightly beaten; 1 cup milk; 1-3 cup fat, melted, or oil; 1 1/4 cups of flour unsifted; 1 cup rolled oats, quick-cooking, uncooked; 1-3 cup sugar, baking powder, double-acting; 1 teaspoon salt; 1/2 cup seedless raisins.

Preheat the oven to 400 degrees. (hot), and grease muffin tins. Now combine egg and milk; and add fat. Then, in another bowl, mix the rest of the ingredients thoroughly. Add liquid to dry ingredients. Stir until the dry ingredients are barely moistened - be sure not to over-mix. The batter should be lumpy.

Fill muffin tins half full of batter. Bake 20 to 25 minutes, or until golden brown.

Serve piping hot for any meal of the day!

SEWING TIPS ON POCKETS

Pick a pocket and add it to the

Single Knit Seams

"Bunchy" seams are not in fashion. But the seams of single knit garments tend to roll. And this causes a bulky unpressed look at the seamline. Mrs. Carol Rothermel Chester County assistant Extension home economist, says you should take some preventative measures to keep this from happening to garments you make

One way of preventing bunchy seams is to double stitch the seam and trim to one-quarter inch. Or, double stitch with the zigzag attachment on your sewing machine and then trim. Or try using the overedge stitch followed by trimming the seam to one-quarter inch

Once you have sewn a seam and finished the edges, it may need to be stabilized. To do this, sew horizontal or curved seams, in such places as the waistline or shoulder, with seam tape or cotton twill to keep the garment from stretching out of shape

doesn't show a pocket, you can add one of your own.

If you're trying to add a functional pocket and you don't want to change the design lines of the garment, place the pocket in the side skirt seams. You probably have a pattern for this type of pocket in another dress and it's a simple matter to copy it for the garment you're making.

An ornamental pocket can attract attention to that part of the figure, so be careful where you place it. If you're wider than average at the hipline, two conspicuous pockets will make the hipline even broader.

Consider your size when adding patch pockets. A petite figure can look over-powered with big

pockets, and one pocket might be better than two.

Patch pockets will become almost inconspicuous on a print fabric when you match the design exactly. You should do this on stripes and plaids, too. But if you want a decorative pocket, reverse the stripe direction or cut the plaid on the bias.

Pockets must be made with precision if you expect a professional appearance. If you aren't sure of your skill or don't want to take the time for the detail required, better leave the pockets off. Make a practice pocket first if you're trying intricate pockets such as a welt or bound buttonhole type.

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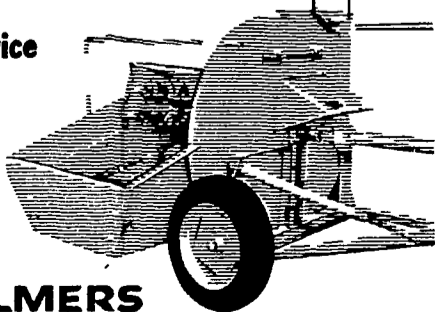
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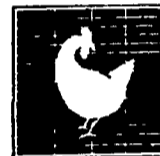
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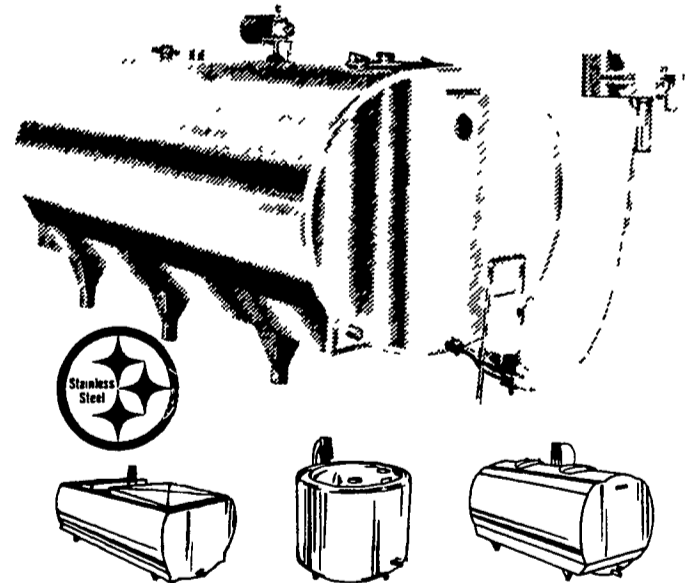
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