



Ladies,
Have
You
Heard?



By Doris Thomas,
Extension Home Economist

Doris Thomas

**How To Have A
Successful
Chicken Barbeque**

Barbeques carry the reputation of being a "fun time" in addition to good food - whether it's associated with a big social event or a small family cookout. A sure way of having a successful barbeque is to serve well-prepared golden brown barbequed chicken.

A good fire is essential for good barbequing. After lighting the fire, allow about 30 minutes for the charcoal to burn down to a bed of hot coals.

Although leaping flames are picturesque, the secret of successful barbequing is a bed of glowing coals. Thirty briquets are usually enough for three broiler chickens, halved or quartered.

When your fire is ready, place the broiler chicken halves or quarters on the grill approximately six inches from the heat with the skin side facing up. Brush the chicken with salad oil, a combination of two parts oil and one part vinegar, or your favorite barbeque sauce. Cook until tender, turning and brushing with sauce every five or ten minutes.

You need to allow one to two hours total cooking time, depending on the distance from the heat and the size of the chicken. Five minutes before the end of the cooking time, sprinkle the chicken with salt, pepper and other seasonings you may want - unless you've been using a seasoned barbeque sauce.

**Sewing Sports Clothes
Is Fun and Practical**
Sports and casual clothes seem to be the official summer garb of most Americans. And many women enjoy sewing sports clothes for themselves and for their families.

Sports clothes are more attractive, practical and versatile every year. You can find a lot of ideas on ready-to-wear clothes that you can adapt for your own use. All you need are a few basic patterns that fit you well.

For example, a good fitting pants pattern can be used for making pants of any length. You can cut them slim or full or flared. If you use an elasticised waistband you won't even need a zipper or have to worry about an exact waistline fit.

A basic shirt pattern can be varied in many ways for a loose-fitting top. It can be sleeveless or have long or short sleeves. Front openings can be changed to back openings. Add a collar if you choose. With the great variety of fabrics available, you can find something to your taste. Even the same style will look different in different fabrics. Several tops to mix and match will give you a wide variety of changes.

The reversible skirt is making a big comeback this year. It's great to slip on over shorts for a quick trip to the supermarket, or for those who prefer a skirt instead of shorts. Ready-to-wear reversible skirts are expensive and you can make one for a fraction of the cost. And you can have colors and fabrics to your own taste.

Combine a plaid seersucker with a plain color. Or use a wild print and pick up one of the colors

for the lining. Or select coordinated prints or two bright colors. You can even combine two unrelated designs such as stripes on one side and polka dots on the other. But be sure there is a color relationship between the two fabrics, or it will appear as though you were just cleaning out your remnant box.

Whatever your choices and tastes in sportswear, there are patterns and fabrics available. You can save money and dress with greater individuality if you make your own

Even though it may be a chore to get out of a bathrobe, changing into a close-fitting, tightly woven garment may save a life, the Council says.

Always use big oven mitts, turn pot handles and lids away from you when sneaking a peek at your cooking.

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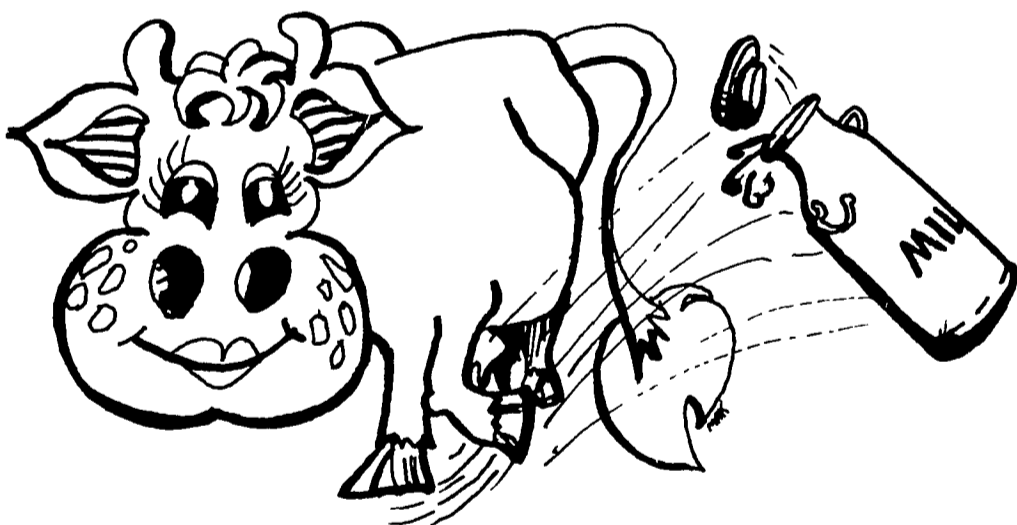
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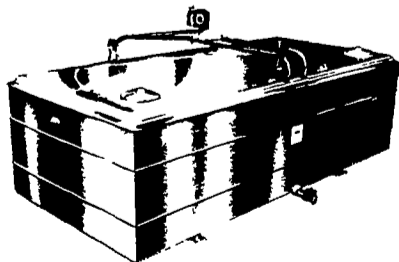
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Home On The Range

The National Safety Council warns that the kitchen is an especially dangerous area of the house.

Food preparation need not turn into a disaster from fires, burns and scalds if a few simple rules are obeyed, according to the Council.

Don't wear trailing sleeves, large floppy neck bows, or flimsy clothes around stoves

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