


**Ladies,
Have
You
Heard?**

By Doris Thomas,
Extension Home Economist



Doris Thomas

Bartlett Pears -- Pleasant Possibilities

All good things come in pears. This isn't only food for thought. You'll discover all the good things about Bartlett pears when you take advantage of this year's larger than usual supply.

Bartletts are one of the most popular pear varieties and the principal summer pear. What has made this variety so popular is its juicy and scrumptious flavor. And once you incorporate fresh pears into your cooking, you will pleasantly discover that they lend themselves to ample creativity. Here are a few possibilities.

Arrange lengthwise slices of fresh pear, turkey and ham around a mound of cottage cheese on a bed of salad greens. Serve this combination with blue cheese dressing. Complete this

treat by adding a tiny relish cup full of cranberry relish for a colorful accent.

For a dessert dish, fill baked tart shells with lemon pudding. Then chill and top them with fresh pear slices at serving time.

Here's a more filling dish. Center chicken salad on a bed of greens and surround it with a sunburst of fresh pear slices.

For quicker dishes, you can just take fresh Bartletts and combine them in numerous forms with cottage cheese, yogurt and fruits. This is where your imagination will take over and lead you to prepare fresh pear dishes in many different ways.

Sew Your Own Blue Jeans

Making your own blue jeans is one way to expand a jeans wardrobe and provide touches of individuality. The wide variety of

denim fabrics available by the yard, as well as the variety of patterns, makes jean-making fairly easy.

Fabric stores have a large selection of denims for jeans that include stripes, prints, solids and tie-dyed colors. There also is a wide variety in the un-denims -- the fabrics printed to look like denim -- and available in heavy to lightweight fabrics.

Many suitable fabrics are of cotton and polyester blends and have finishes that make the garments easy care. Some also have a "comfort stretch" weave that allows the fabric to expand as you bend, stretch and sit.

Patterns are available for fly-front or button-front jeans. There are hip-hugger jean patterns and those that give straight-legged or flared lines. The biggest challenge in sewing jeans is making a front fly opening. This isn't too difficult if you follow pattern directions step-by-step.

A pattern with a buttoned fly might be easier. Or it's possible to use a regular pants pattern with side or back zipper and create a jeans effect by adding pockets, top-stitching or belt carriers.

You usually need four to six belt carriers. These can be made any width, beginning from about one-quarter inch for narrow ones, up to two inches or more for wider ones. Cut each carrier long enough to fit easily over the belt and waistband with one inch allowed for seams.

Because denim is a heavier fabric, it's best to use a heavy-duty thread of cotton or cotton-covered polyester. A size 16 machine needle and a longer stitch length -- 10 to 12 per inch -- will give better results. Heavier fabrics usually require a heavier machine pressure.

Give jeans a personal touch by trying top-stitching in a contrasting color. For this type stitching use a heavy thread -- size 30 to 40; a size 18 machine needle; and a longer stitch -- about 6 to 8 per inch. To keep the top-stitching straight, baste the layers of fabric together to prevent them from slipping while you stitch. Mark the stitching line with basting and use this as a guide as you stitch. Or use a seam guide or a quilter attachment to insure an even width. Stitch slowly and accurately. If your top-stitching ends at a finished edge, such as the top of a pocket, cut the threads long enough to pull the top thread and tie on the underside.


You can achieve other special touches by making belt loops and

pockets of contrasting colors, using double lines of top-stitching, or making belt loops in an "X" shape. Make a choker or dog collar with the left-over scraps.

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