

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist  
Sewing Shortcuts Save Time

No one seems to have enough time. But you can make better use of your time through organization and planning. This is true for sewing as well as for other tasks.

Each seamstress has developed time-savers which work for her. It may be a matter of thinking through the problem and finding an easier way to solve it. Sometimes it takes a suggestion or an idea to start the thinking process.

The next time you sew, try to analyze your techniques and see if you can develop easier or quicker ways to accomplish the same results. Here are some time-savers you might like to try the next time you sew.

When cutting out a garment that needs no matching, place right sides of the fabric together so that the paper pattern is pinned to the wrong side of the material. Make any necessary markings on the wrong side where needed. Also center back or center front seams will be ready for stitching without extra handling.

Make markings as you cut. Use small snips in the seam allowance to mark center front and center back and stitching lines for darts. Mark dart points with pins and sew as soon as you remove the pattern.

Cut notches out beyond the seam allowance for easier visibility. For a group of two or more notches, cut one long notch. Cut a notch or clip at top of sleeve to indicate shoulder seam.

Vary length of the machine stitch to save time and give professional results. For example, when stitching darts, stitch towards the point of the dart, and shorten machine stitch for the last half-inch of stitching. Continue stitching off the fabric for about an inch. This twists the thread and eliminates the need for tying knots or back stitching. The shortened stitch will keep the stitching from coming out if the thread should become untwisted.

Use the shortened machine stitch for stitching curves, and at corners where you must be very accurate. In both of these places you must

trim away seam allowances close to the stitching line to achieve a professional appearance. The smaller stitch will lessen the danger of the fabric pulling out of the seam.

Stitching "in the ditch" is a time-saver adopted by many seamstresses from ready-to-wear techniques. It simply means stitching on the right side of the garment in the groove or seam line. The most common places where it is used are for the second stitching of bias bindings, waist bands, cuffs and some styles of rolled collars. There are many places where you can adapt this idea and save the time you would spend on hand stitching.

Pressing as you sew gives a more professional appearance and saves time, too. If you press as you sew, you usually eliminate the final pressing job.

Use the unit method of sewing for speed and easier handling. This means that you complete each garment piece or unit before attaching it to another.

### Indoor Outdoor Treat

Lentil casseroles are not just hearty wintertime eating, they are also appetizing — and just as good for you — in the summer. In fact, they are excellent additions to the picnic table.

High in protein and low in fat, lentils store well and cook quickly. If kept in a tightly covered container, lentils will keep for several months. With no coddling at all, they cook to puffed tenderness in a mere half hour. In addition, lentils are versatile substitutes for noodles, potatoes, beans, rice, and meat in many dishes.

When buying lentils, follow these tips from the U.S. Department of Agriculture's Agricultural Marketing Service:

-Look for lentils with a bright, uniform color, generally a greenish-brown. Loss of color usually indicates long storage, lack of freshness, and lentils that will take longer to cook. Eating quality, however, is not affected.

-Look for lentils of uniform size. Mixed sizes will result in uneven cooking, since smaller lentils cook faster than larger ones.

-Avoid lentils with visible defects such as foreign material and pinholes caused by insect damage. These are signs of a low quality product.

To cook, place 2 cups of lentils in a heavy sauce pan

## SEW WHAT?



You must have a jump suit if you want to be "with it" This one comes in two lengths. No 3277 comes in sizes 10, 12, 14, 16, 18. Size 14, short, takes 2 1/2 yards of 44-inch fabric, long, 3 1/2 yards of 44-inch.



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and add 5 cups of cold or warm water and 2 teaspoons of salt. Bring to boiling point, reduce heat, cover tightly, and boil gently for 30 minutes. Yield: about 4 cups of cooked lentils.

Use lentils in your favorite casserole recipe or try this Ranch Style Lentil Casserole. Since it freezes nicely, it's an ideal recipe to make ahead and stow away in the freezer for future enjoyment.

**Lentils Ranch Style**  
4 cups cooked lentils  
1 pound ground beef  
1 package onion soup mix  
1/2 cup cooking oil  
1 cup catsup  
1 teaspoon prepared mustard  
1 teaspoon vinegar  
1 cup water

Brown beef in oil. Stir in remaining ingredients and bake in a casserole at 400 degrees for 30 minutes. Serves 8.

# Clean Household Accessories

To most people, "spring housecleaning" means major cleaning chores such as scrubbing walls and waxing floors. However, small accessories also need to be cleaned and freshened occasionally.

For example, you need to clean throw pillows. How to choose to clean the pillows will depend upon what materials were used to cover and stuff them.

If possible, remove the outer covering of the pillow and wash or dryclean it separately depending on the fabric and trim. If you can't remove the outer fabric, wash your pillow the way which would be the safest for both its stuffing and cover.

If directions for washing are attached to the pillow, follow these instructions. If not, send pillows stuffed with feathers to the drycleaners.

Clean pillows with foam or fiber-fill stuffing by throwing them into a bathtub with lots

of water and a small amount of soap. Squeeze the water and suds through the pillows. Rinse in clear water and hang up to dry. Shake fiber-fill pillows a couple of times during the drying process to fluff up stuffing.

Your pillows will need less washing and will stay fresher if you air them occasionally.

**Nutritious Snack**  
Snack items should be nutritious, since snacking has become a way of life for many U. S. families. Miniature meat balls will fill a variety of snack needs. Combine 1 pound ground beef with 1 teaspoon salt and 1/2 teaspoon pepper. Shape into balls using 1 tablespoon for each ball. Place in a shallow baking dish and bake at 325°F. for 15 to 20 minutes. For fun eating, insert a pretzel stick into each ball and serve with catsup or cocktail sauce.

**Onions Will Behave**  
Onions will behave, even if you have company in the parlor, if you cook them uncovered in a large amount of boiling salted water. The flavor's better, too.

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