

DO-IT-YOURSELFERS FIND MANY USES FOR VINYL FABRIC

For "do-it-yourselfers" with more imagination than money, today's vinyl fabrics are a decorating delight.

The "new" vinyls are lighter weight; easier to cut and work with. Sewing them by machine is no problem, but for many projects, you can simply use glue. And vinyl still has its traditional "plus" over woven fabric

of being easy to clean and incredibly durable.

The popular "leather-look" vinyls are more beautiful and convincing than ever. But today you can buy vinyls in whatever kind of look suits your fancy—bright florals, plaids, textured tweeds, wild geometrics, and sophisticated embossed patterns.

Vinyl fabrics can quickly and easily brighten up a window shade, coordinate kitchen canisters and cookbooks, give new life to an old wastebasket. And many of the same Masland Duran vinyls that cover your upholstered furniture can also be purchased by the yard at department stores and decorator and upholstery fabric stores; so, the possibilities of coordination and contrast are endless.

For a beginner's project, try a vinyl tablecloth, perhaps in a bright solid or an Early American print like Duran's Brandywine. Then coordinate the tablecloth with your dining room window shade in the same pattern. Here's how:

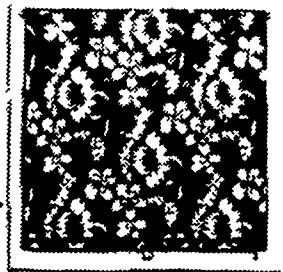
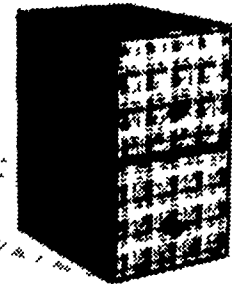
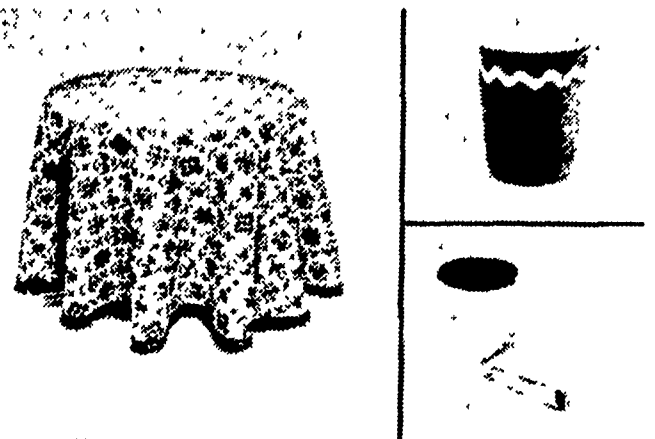
Versatile Round Tablecloth
1. Measure the width of your table top. Measure length from the top to the floor, and double this measurement. Add it to the top

measurement. (For example, a 48" wide table with a 30" drop measures $48 + 30 + 30 = 108$ ".)

2. Cut two widths of Masland Duran vinyl to the desired length (108" long each). Cut one of these 108" long pieces in half lengthwise. Sew the split width pieces to the full-width piece, one on each side, allowing 1/2" seams. Use your heaviest machine needle and a long sewing stitch.

3. Spread vinyl out on floor wrong side up and glue seams open. Divide your total measurement in half ($108 + 2 = 54$ "'). Tie a string to a pencil and cut the string to this measurement (54"'). Find the exact center of the fabric and use a thumbtack to hold the end of the string in place. Draw a circle as shown. Cut out the circle. No hem is necessary.

4. Turn fabric to right side and glue on desired trim—ball fringe, ribbon, rick-rack, cut outs.



Vinyl can be used in a variety of ways to add that personal touch to your home. Shown here (top to bottom, left to right) are a tablecloth made of Brandywine; wastebasket covered in Nomad (Parrot Green); canisters and cookbook covered in Tiffany (Mustard); file cabinet front covered in Burgess; and window shade covered in Gala (red, white, and blue).

Perky Window Shade

1. Measure your window from the frame for width; from top to sill for length. Add 12" to length measurement for slat channel, hem, and safety margin. Cut the length of Duran vinyl needed.

2. Square the fabric. Place shade roller end against top left hand edge of vinyl. Make pencil mark on fabric at opposite end of barrel at top, center, and bottom of fabric. Use a ruler or slat stick to draw a line connecting the marks. Cut the vinyl along the line.

3. Place fabric face down. Measure up about 2" from the bottom and draw a line across the width of the fabric. Fold to this line and sew or glue fabric across width to make slat pocket. Glue or sew on trimming on right side and attach pull. Insert slat in pocket.

4. Align upper edge of fabric with roller center. Staple or tape top of material to roller, using center roller guide line. Be certain your fabric is absolutely straight on the roller.

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The Newest You

BY ANN D ALLEN

One of the questions I'm most often asked is this one: How do I get my children to drink more milk?

That's easy to answer. Just tell me what your child's favorite flavor is. Combine with milk and/or ice cream and it's easy as sippin' through a straw!

Is it peanut butter? Mix 1/2 cup of peanut butter with 1 pint of softened vanilla ice cream, then add 2 cups of milk and 1/2 teaspoon of vanilla extract, and you'll get 4 to 5 cups that will serve two or three children, nicely, and they'll thank you sweetly.

Is it chocolate and peanut butter? That's easy, too. Just substitute 1/4 cup of chocolate syrup for the vanilla and beat all together. You'll then have a chocolate peanut butter shake.

Oh, peppermint is your child's favorite? Whip a pint of peppermint stick ice cream with 1 quart of milk, then top with scoops of peppermint ice cream. If you like, dress it up with crushed peppermint stick candy or give them a stirrer of a peppermint candy cane. They'll go for it.

A rainbow of milk drinks? Use a pint of sherbet for each quart of milk and stir together. You can select from orange, lemon, lime, pineapple or raspberry sherbets if the youngster wants variety.

Don't forget the frozen fruit juice concentrates, as a base for milk drinks, too. You can thaw 1/4 of a cup (or a 6-ounce can of the frozen concentrate), mix with a pint of vanilla ice cream, then add 3 cups of milk and gingerale to fill the glasses.

Food costs continue to spiral up, sad to relate. Economy's still the watchword in most American families.

Fortunately, the summer months make that economy easier because a hearty salad can be the mainstay of the meal. Everyone is familiar with the old favorite, potato salad, when fortified with frankfurters, cold cuts or deviled eggs.

There are others, too. One favorite is a tuna salad which can be made in many ways. Another is poached fish fillets to which is added a bit of shrimp or crab meat; the latter two are fairly expensive, but they are neatly extended with plain fillets, flaked and cooled.

Still another interesting main dish salad calls for noodles, cooked and chilled. Then they're mixed with cottage cheese, dairy sour cream, caraway seeds, grated raw carrots and radishes.

Or, what about mixing cooked, chilled noodles with cubes of Swiss or Muenster cheese and some crunchy foods like chopped celery and green pepper, then ringing the bowl with bright, cheeky cherry tomatoes? If you like, add just a taste of meat with thin-sliced smoked ham from a 3-ounce package or sliced, spunky salami.

Rice in a salad? Yes, it can be delightful when prepared with any of the fish mentioned above. Add chopped celery, green pepper and sour cream.

Let dairy sour cream replace mayonnaise in these salads. Sour cream has 25 to 30 calories per tablespoon; mayonnaise, 65.

TURN ON



WHAT IS CHARM?

SOMETHING MANY OF US HAVE UNTIL WE RELY ON IT TOO MUCH.