Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist

RIGHT DESIGN OF CLOTHES CAN MAKE YOU LOOK SLIMMER

Use clothes to help you look and feel better while you're trying to lose weight. Line, especially, is important.

The lines in the clothes you wear are a powerful tool to make you look your best. A person's eye follows these lines when they look at you. By directing their eyes, you can lenghthen or shorten your figure, broaden or slim it. Besides, lines are particularly important for 1976 because stripes are in. Whether it's pin, chalk, cluster or other stripes, it's fashionable this year!

So use lines to help you look slimmer. First, try to make yourself look taller rather than wider. This is true even for people who are rather tall to begin with. If you're carrying extra weight, this tends to make you lose a few pounds in looks even before you send them on your diet.

To look taller, choose lines that make the eyes look up and down. The vertical look helps give that impression. This might be done with a plain color suit that gives a solid top to bottom line. Or it might be done with a dress that has a line of contrasting buttons down the front.

Avoid clothes that give you a split across the middle. For example, a light top and dark pants do that. This kind of outfit gives the impression that you're wider than you are.

In the case of the vertical line, it's even better when you double the effect. That is, two lines together that run from top to bottom of your figure emphasize that up-and-down look.

For example, a band of contrasting trim on a dress that runs from neckline to hem does this. It gives a line at each edge of the trim which form a double line. The eye can't resist traveling up and down and gives a picture that's taller and slimmer than you are.

But beware having the lines too far apart. Then the yey jumps sideways from one line to another rather than up and down. The effect is to make you look wider.

If you want a fashionably striped outfit this year, don't be afraid to choose one. Just make sure the stripes give vertical eye direction. Check them yourself to see if your eye tends to run up and down the garment or from side to side. Avoid stripes that make your eyes move from one side to the other.

But many up and down stripes on a short garment won't make you look as slim as the single line from top to bottom. That vertical look is also possible if you use a diagonal line. Just make sure the diagonal is a long one. That is, the closer it gets to being straight up and down, the longer it is and slimmer look. If it's a diagonal line that gets close to lying down on it's side, it will tend to make you look wider.

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A real energy-saving tip is to drive an aluminum spike through the center of a potato when baking. This will save about half the usual baking time. Aluminum spikes or nails usually measure about four and one-half inches long and can be found in hardware or department stores.

Lancaster Co. Society 19

The Society of Farm Women 19 will celebrate their 30th anniversary on Saturday, October 9 at the Landisville Church of God social room. Husbands and guests are invited to join the members in a covered dish dinner at 6:30 p.m. Former members and their husbands have been invited to join in the festivities also.

Amos Herr, a retired teacher from Hempfield, will be the speaker. A quartette of women from the Lancaster Church of God, Four Aglow, will provide music.

Lancaster Co. Society 15

The September meeting of Farm Women Society 15 was a luncheon at the Joe Myers Restaurant on Route 30 East. The meeting was held Saturday, September 25, and was conducted by Mrs. Kathryn Horner, president.

Some members have been sewing bedpads on Wednesdays for sick in the community. Kathryn Wagner, chairman of the trip committee, reported on a trip to Hawaii held in August.

The next meeting of the group will be held at the Union Church social room on October 21 at 7:30 p.m. All members will wear a homemade paper bag Halloween mask, and families are invited.

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Gas and electric ovens are insulated to hold heat in-everytime the door is opened 10 per cent of the heat is lost. So don't peek! Not only does this cost you more, but it can cause cakes to fall and account for other baking failures.

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Heating an oven to bake one pie or a few muffings is a waste of energy. Small baking tasks can be done quite successfully on top of the range in a sturdy utensil with a tight-fitting lid, or in a portable electric oven.

Travelogue scheduled

LITITZ — The 14th Annual Travel and Adventure Series of Travelogues will begin this year on October 16th at Warwick High School Auditorium, it was announced recently by the Lititz Rotary Club.

Narrated by the photographers who have filmed them, these travelogue features have been one of Lititz' most popular entertainments.

The shows this year will include:

October 16, 1976 Robert Brouwer - "Canada's Many Faces"

November 27, 1976 Bob Ditta - "France"

January 15, 1977 Romain Wilhelmsen - "Adventure in Colombia"

February 12, 1977 Joe Adair - "All About England"

March 19, 1977 Bill Kennedy - "Motoring Through Germany"

April 30, 1977 Dennis Cooper - "Montana Adventure"

Season tickets are $7.00 for adults, and $3.50 for students and children. General admission tickets are $2.00 for adults and $1.00 for children or students.

Season tickets may be purchased from any Rotary Club member, at Landis's Meat Market, 53 North Broad Street, Lititz, or from George Ketterman, 231 Landis Valley Road, Lititz (phone 626-5333). Checks can be made payable to the Lititz Rotary Club.

It is suggested that persons with season tickets be seated early, since no seats are reserved.

The net proceeds from this series go into the community service work to which Rotary is dedicated. Through the Travel and Adventure Series you can not only enjoy travelling through the travelogues but can also help support such projects as: Lititz Springs Park, Lititz Recreation Center, Lititz Public Library, American Field Service, Rotary Leader's Camp and many other groups.

The Rotary Club also offers free admission to the afternoon shows to guest groups from local retirement homes.

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