Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist

RIGHT DESIGN OF CLOTHES CAN MAKE YOU LOOK STIMMER

Use clothes to help you look and feel better while you're trying to love weight Time especially in inportant

The lines in the clothes you wear are a powerful tool to make you look your best. A person's eve 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.

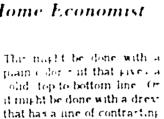
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buttons down the front Avoid clothes that give voi a split across the middle. For example, a light top and dark pants do that. This kind of outfit gives the impression that you're wider than you

In the case of the vertical line, it's even better when you double the effect. That 15, two lines together that run from top to bottom of your figure emphasize that upand-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

one line to another rather than up and down The effect is to make you look wider.

But beware having the lines too far apart. Then the yey jumps sideways from

If you want a fashionably striped outfit this year, don't

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be alread to choose one. Just make ture the stripes give vertical eve direction. Check them yourself to see if your eve tends to run up and down the garment or from side to side. Avoid stripes that make your ever move from one side to the other

But many up and down stripes on a short parment 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

XXX

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 onehalf inches long and can be found in hardware or department stores

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Lancaster Co. Society 19

The Society of Farm Women 19 will celebrate their With anniversary on Saturday October 9 at the Landaville Church of God social room. Husbands and puests are invited to join the members in a covered dishdinner at 6 30 p.m. Former members and their !....bands have been invited to join in the fertivities, also

Amos Herr a retired teacher from Hempfield will be the speaker. A quartette. of women from the Lan caster Church of God Four Aglaw 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 pm 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 ineverytime 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

Travel and Adventure Series or Mudenta of Travelogues will begin this year on October 16th at Warwick High School Auditorium it was an nounced recently by the Little Rotary Clab

Narrated by photographers who have filmed them these travelogue features have been one of latitz most popular entertainments

The shows this year will include

October 16 1976 Robert Brouwer Canada's Many reries for into the com-

November 27, 1976 Bob Ditta France

Wilhelmsen Adventure in Colombia'

February 12, 1977 Joe Adair - All About England ' March 19, 1977 Bill Kennedy - 'Motoring Through

Germany" April 30, 1977 Dennis Montana Ad-(ooper venture'

Season tickets are \$7 00 for adults, and \$3 50 for students and children General admission tickets are \$2.00 for

117777 The 14th Annual adults and \$1 00 for children

Season tickets may be purchased from any I darn City member at Lanck's Meat Market 53 Scrtt liroad Street latity or from George Ketterman 731 Landia Valley Hoad Latitz (phone 626.5333) Checks can be made payable to the Lifstz Retary Club

It is supposted that per sers with season tickets be reated early rince no westare reserved

The net proceeds from this munity service, work, to which Rotary is dedicated Through the Travel and January 15, 1977 Romain Adventure Series you can not only enjoy travelling through the travelogues, but can also help support such project. 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 of fers free admission to the afternoon shows to guest groups from local retirement homes

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⁵89.95



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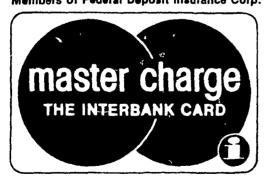
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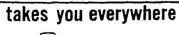
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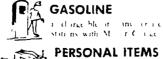


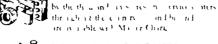




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