

Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



Sewing Shortcuts

Everyone likes shortcuts, especially people who construct their own garments. Here are some sewing shortcuts you may not have tried. I hope you will try them. They do not mean that you will be sacrificing quality.

Set the sleeve in a garment before sewing side seams or

sleeve seams. In this way you can work with the garment flat and it is easier to handle. To finish, sew up side seam and underarm sleeve seam all in one operation.

Fusibles can really shorten work when used for interfacings, hems, applying trims, backing pockets,

mending, reinforcement and many other shortcuts.

Avoid snagging terrycloth with the presser foot on the sewing machine by wrapping cellophane tape around the prongs of the presser foot.

To make it easier to run elastic through a drawstring casing, machine baste both seam allowances in the

casing area to the garment before sewing the casing. Bastings can be moved later if they show.

Another trick for a drawstring casing to keep the elastic from rolling is to distribute the fullness evenly or as needed. Then "stitch in the ditch" of each seam, through elastic and fabric.

One of the biggest shortcuts is having a pattern that fits. Use it over and over and vary necklines, pockets and other details. No one but you will know it is the same pattern. It will always fit well and can be sewn quickly.

As you plan your sewing, plan to color coordinate your clothes so that each garment can be worn in many ways. It will save you lots of sewing time and money, too,

because you will not need as many items in your wardrobe.

Freeze Sandwiches To Save Time

Because much of the work of making sandwiches is getting out all the equipment and ingredients, making several at one time can be a time-saver. Since lunches often have to be packed during the early morning rush, the shifting of sandwich making to a different time of day can also be helpful. Freezing sandwiches in quantity can help with both time saving and rescheduling the job.

Here are some tips on freezing sandwiches that will give you satisfactory results.

Some foods are just as good after freezing as before while others are not. A-1 breads keep good quality in a home freezer. Fillings that freeze well are cheddar or cream cheese, sliced or ground red meat or poultry, fish, cooked egg yolks, peanut butter, nut pastes, olives and pickles. Pimento cheese sandwiches are ideal for freezing. Raw vegetables, whites of hard cooked eggs, fruit jellies and mayonnaise do not keep good quality when frozen. Vegetables lose their crispness, cooked egg whites become tough, mayonnaise and jellies soak into the bread and make it soggy.

To prepare sandwiches for freezing, spread inside of each piece of day-old bread from edge-to-edge with soft butter or margarine. This helps to keep bread from absorbing moisture from the filling. Fill the sandwiches and wrap in moisture-vapor resistant material. Seal and label as to kind of filling and freeze at once.

Thaw frozen sandwiches in

their sealed wrappings to keep them from absorbing moisture from the air. A package of two frozen sandwiches thaws at normal room temperature in three to four hours; in hot weather thawing time is shorter. When you take frozen sandwiches on a long trip, you may need to pack them in an insulated bag; but if they won't be out of the freezer for more than two or three hours before mealtime, a cardboard box makes an acceptable carrying case.

Carry lettuce, and mayonnaise separately and add them to frozen sandwiches at serving time. They may be packed in same container with the frozen sandwiches where they will stay cold until eating time.

CONSUMER GUIDELINES

Pension Insurance

If the company you work for has established pension or profit-sharing programs for your retirement, a new Federal Government corporation has been established to protect you if the fund goes broke Pension Benefit



Guaranty Corporation insures the pensions of approximately 23 million workers by guaranteeing certain normal retirement age benefits, early retirement benefits, disability benefits and death benefits according to guidelines it has established



VOTE - BILL GREEN FOR U.S. SENATE

No United States Senator from Pennsylvania has served on the Senate Agriculture Committee since 1904. Our rural population, the largest of any state in the nation, has been badly neglected by this lack of representation for the past 72 years.

If Bill Green is elected, he will seek a seat on that important committee to see that our farmers and rural population get the services they need and a strong voice on matters that effect their future.

In 1973, after President Nixon had impounded rural water and sewer funds, Bill Green voted to override the impoundment. Only three Pennsylvania Congressmen voted to sustain Nixon's illegal impoundment. One of these was Green's Republican opponent for the Senate.

In 1975, when Congress considered a bill to encourage direct marketing - from farmers to consumers - Bill Green joined the majority in support of that measure. Only 95 Congressmen voted no, including the Republican candidate for Senate.

Bill Green has achieved an outstanding agriculture and environmental record in his 12 years in the House of Representatives. He averaged a 96 per cent voting rating while his opponent received only an average 70 per cent.

**ELECT A U.S. SENATOR WITH A PROGRAM
FOR RURAL PENNSYLVANIA.**

ELECT BILL GREEN

Pd. for by the Lancaster County Democratic Committee, Paul Bernard, Treasurer.

Junior Cooking

[Continued from Page 46]

- 2 tablespoons vanilla
- 4 cups sugar
- 2 quarts cream
- 4 or 6 eggs, beaten
- 6 or 7 junket tablets
- Scald milk, add remaining

ingredients but add junket which has been dissolved in one-fourth cup cold water last.

Wilma Wenger
Lititz, Pa.
Age 8



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