



Ladies Have You Heard?

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Lancaster
Home Economist

ABOUT ENRICHMENT AND FORTIFICATION OF FOODS

The terms "enrichment" and fortification" have been part of the food industry for a long time. But these terms still create confusion among many consumers.

The enrichment process replaces nutrients lost during the processing and refining of food. Enrichment of flour, bread, rice, cereal, cornmeal, spaghetti and macaroni products refers to the addition of the B vitamins (thiamine, riboflavin and niacin) and the mineral iron. There is no need to enrich whole-grain foods such as whole wheat bread and flour since they contain their original nutrients naturally.

Fortification goes a step beyond enrichment. In this process, a nutrient is added that was not originally present in the food or that was present in a smaller amount, such as vitamin D milk, vitamin A fortified margarine, iodized salt and fruit drinks with vitamin C added. Certain bread and cereal products are fortified with extra vitamins and minerals. Better quality protein sources are obtained by fortifying some products with certain amino acids. In some communities, the drinking water is fortified with fluoride. In short, fortification helps to supply

nutrients that would otherwise be hard for some people to get in their regular diets.

Enrichment and fortification have both played an important role in improving nutrition in the United States. However, the federal Food and Drug Administration does limit the amount of nutrients that can be added to foods. Without limits, food companies might compete with

each other to see who could come up with the most nutritionally complete super-food. Such all-purpose super-foods are not necessary for people who eat a variety of nutritious foods.

Be in the know. Read the label to determine whether a food is enriched or fortified and what nutrients have been added.

ECONOMICAL HOME SEWING

Sewing your own garments can save you money. Here are some suggestions for cutting costs even more.

Use uncomplicated patterns. These usually require less fabric and fewer extras such as trims and notions. And they require less cutting and sewing time.

Select fabrics in wider widths when possible. Usually it will allow more efficient use of fabric and you'll waste less in cutting. Fabrics without nap or one-way designs are also more economical.

Select fashions and fabrics that do not require lining or underlining. If the fabric

does require lining or underlining, select a less expensive fashion fabric which has the same properties regular lining fabrics do. Often you can find a surah or woven polyester or rayon in last season's colors on sale. These will add color to your garment as well as cut cost.

Don't sacrifice interfacings to save money. But if the fabric is not too heavy or too translucent, use it as interfacing. If you can't use it, buy a yard or so of the interfacing you use most

frequently. This will cut down on waste and you'll have it on hand for your next project.

Eliminate special trims which add cost. Substitute self-fabric trims cut from leftover fabric or from leftovers from other projects. Bias bands, piping, ruffles, appliques, pleating and inserts all add a fashionable touch to a garment.

Other methods of trimming involve more time, but add a high fashion look.

Crochet your own edging for collars, pockets and hemlines or create an original design and embroider it on a yoke, pocket, collar or around the hemline

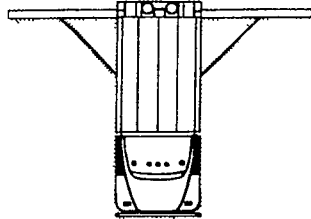


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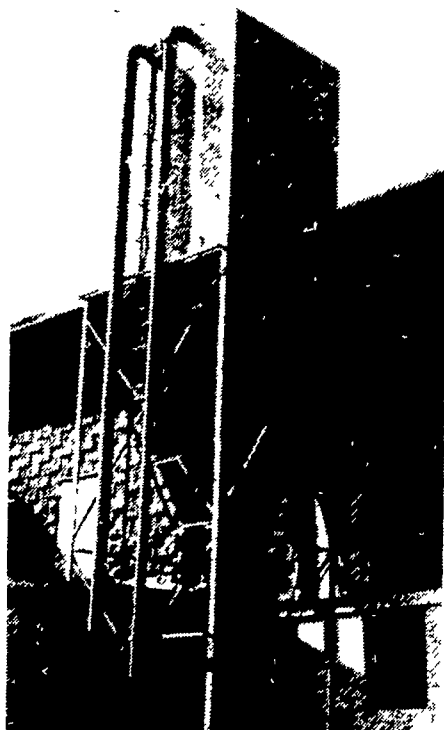


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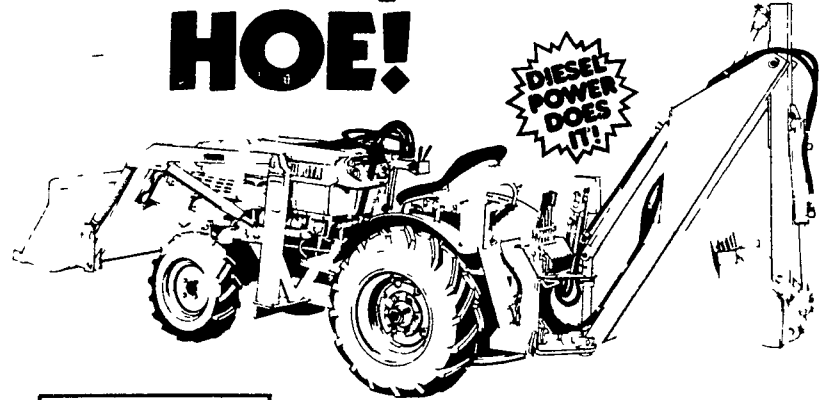
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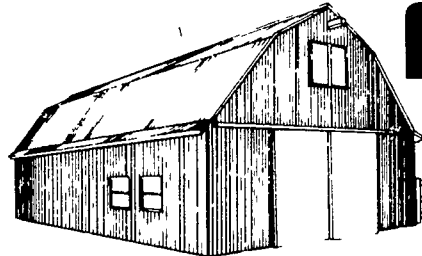
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