Ladies Have You Heard?

By Doris Thomas Lancaster Extension **Home Economist**

I WAS ONLY **DRIVING TO THE GROCERY STORE**

HOURS

accidents happen within 25 miles of home and at less than 40 mph? Add that to the Did you know that most fact that auto accidents are

10 A.M. - 9 P.M.

SATURDAY

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the number one killer of children, killing more than 1000 under the age of five each year

These statistics stress the importance of buying the proper type of childsafe restraint according to the age and size of each child in your family

Infant car carriers allow the baby to ride backwards in a semi-reclining position. The child is held by a harness built into the carrier which is securely fastened by the car's safety belt. These are designed for babies from birth to approximately nine months of

age. Harness restraints are best for children approximately 9 months to 4 vears The harness comes across both shoulders, the hips, and up through the crotch, with one buckle to fasten all straps The harness with the wraparound seat offers even better

protection The shield seat features a padded surface in front of the child designed to catch and protect him upon impact. These seats should be used in the middle back seat because they don't have wraparound head protection.

At about age four your child can use the conventional seat belt. Make sure he does use it, along with the rest of the family, even if you're only going to the grocery store.

BIGGER AND BETTER Remember when fashion decreed that anyone over a size 12 should wear only dark-colored and loose-fitted clothing? This is no longer true.

I suggest that the larger woman forgets the cliches that say she shouldn't wear fashionable clothing and instead develops a positive attitude about her looks. Looking your best is simply a matter of taste and appropriateness for any sized person.

Many ready-to-wear companies are producing more styles and more style in the clothing they manufacture for bigger women. Larger models, looking great, are also in evidence in a growing number of print ads and fashion shows.

Here are some additional suggestions for the larger woman who wants to look her best.

Try to avoid heavy bulky fabrics. Ideal fabrics for the larger woman are smooth natural fabrics, linen-like weaves, gabardine, twills such as denim, poplin, and smooth durable press fabrics. Prints and plaids are no longer off limits for the larger woman. Avoid the extremes of small and fussy

or large and bold. Prints and plaids in subtle harmonizing colors are the most flattering.

Lancaster Farming, Saturday, July 12, 1980–C5

Choose fabric colors that enhance your personal coloring and use texture and color to create an illusion of slenderness. The rich jeweltone colors now on the market are flattering, but stark all-white and all-black can make you appear larger.

Create a slimming illusion by choosing garments with vertical lines. These may include front openings, tabfront bands, and princess seaming. If the dress does not have vertical lines, create them with a long scarf, a long string of beads or a jacket worn open to show the blouse or sweater.

Choose simple loose-fitting styles that suggest the body rather than tight-fitting styles that define it. Layered clothes are ideal on the tall woman, if they float loosely over the figure without adding a feeling of bulk. However, keep clothes welldefined - even if loose-fitting. Uncontrolled fullness always exaggerates size.

If you have a larger figure, don't feel that you can't wear fashionable clothes. Instead dress simply, and play up your assets. Wear clothes with well-placed design lines that lead the eye where you want it.

Tips on will preparation

MEDIA — If you are of sound mind and over 18, you can write a will in Pennsylvania, and should, says Greta Vairo, home economist.

Write separate wills as husband and wife. For example, if one spouse dies and there is only one will, the suvivor is bound by that will. This can be particularly difficult if there are young children and the family -situation is changing It may be difficult for the survivor to change the will. Husband and wife should

death clause in their wills. It ensures that property 1s passed onto the survivor (either spouse) if he or she lives past a specified period, say 30 days, then the survivor gets the property. If the survivor dies within the specified period, the estate goes directly to the children or other heirs named in the will.

include a simultaneous

Single persons should state below they want their estate (savings account, jewelry, etc.) distributed in a will.

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