

Ladies Have You Heard?

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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 to 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 superfoods 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.

SAVE MONEY BY SEWING
Do you really save money by sewing? There are so many variables it's difficult to make an accurate comparison.

The amount you save is affected by the value you place on being well dressed. You can find many inexpensive ready-to-wear garments and accessories. But if you want to dress with distinction and in a style different from that made for the mass market, that kind of style is likely to be expensive to buy. You may only find it by making your own clothes.

If you sew, it's hardly worth your time to sew on fabric which will not hold up

well. Use your labor to make an expensive garment instead of an inexpensive one. You can often save on fabric by shopping at sales. Most fabric shops have seasonal sales with great deductions. Ask if you can put your name on a mailing list for advance notice of sales.

But, you don't really save at sales if you buy more fabric than you need just because the price is reduced. Fabrics go out of style, too. Fashion silhouettes dictate fabric choices, so some of that stockpile of fabrics you have on hand may have to wait until they come in style again. If your storage space is limited, you can't buy too much. And remember that time deteriorates certain fabrics.

There are many ways you can save by sewing your own clothes. Buy or make fewer items. Do a better job of planning and coordinating your wardrobe. Plan your needs then shop with your needs in mind. Watch style trends. Don't stockpile fabrics that are on their way out.

You save most on making children's clothes and special occasion clothes such as evening wear and high fashion apparel.



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Improve your skill in sewing as well as your creative skill. Dresses with a touch of originality often make the difference between an ordinary and a garment with pizzazz.

One of the bit costs in sewing is for notions. For example, zippers are ex-

pensive, but you can look for unpackaged zippers—they cost less. Or remove zippers that are in good condition from clothes you are discarding. You can also remove buttons for reuse if they are unusual and in good condition.

Save on thread by reducing your errors so you

won't need to rip and restitch.

Whether you really save by making your own clothes is up to you. When you make comparisons of ready-to-wear versus home sewing, don't forget to count your shopping time and the satisfaction you get from sewing.

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