

## Fashion revue



Rosalia Smith, textile coordinator at the Pennsylvania Farm Museum was special speaker at the Fashion Revue last Thursday. Rosalia presented a demonstration on "Homespun Textiles-From Start to Finish."

## Ladies Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist



### BROILERS IN THE OVEN

A favorite main dish staple, chicken has earned its popularity by being high in protein, low in calories, and economical. And now is an especially good time to cook broilers in both new and familiar ways because according to marketing specialists with the U.S. Department of Agriculture, they will be in plentiful supply throughout July.

While delicious cooked on an outdoor grill, satisfying results can be achieved by broiling in the oven. So, if you do not feel like using the outdoor grill, or it's raining, the pleasures of broiled chicken can be for you.

For the simplest dish possible, combine lime juice with melted butter or olive oil and brush on chicken. Broil 20 to 25 minutes on each side, basting frequently. Keep chicken 5 to 6 inches from the broiler unit. Serve with baked potatoes or corn on the cob and salad for a lovely summer meal.

Feeling a little adventurous? Try this spicy dish. For 2 broiler halves, crush together 2 tablespoons paprika, 1/2 teaspoon cayenne pepper, 1/4 teaspoon hot red pepper flakes, salt and 5 cloves of garlic. Add just enough melted butter or vegetable oil to make a paste, and spread on chicken.

Again, broil 20 to 25 minutes on each side.

Here is another interesting sauce for broiled chicken. Combine mustard with olive oil, soy sauce and lime juice. Amounts vary according to taste.

However you decide to use them, remember that broilers are delicious whether cooked outdoors or in your own kitchen.

### TIPS ON MAKING SWEATERS

Sweaters are an ideal cover-up for cool summer evenings. Why not make your own to coordinate with your summer wardrobe? Sweater knits are available by the yard in many fashionable colors in soft mohair or acrylic. Find the sweater fabric you prefer and team it with a print or plain color and you have the makings for a handsome, practical summer outfit.

There are plenty of jacket patterns you can adapt for use as a sweater. If you don't want to bother with buttons and buttonholes, plan to eliminate the overlap as you cut. Eliminating a collar, too gives you a very easy garment to construct. Seam allowances at the neckline and center front can also be cut away if you plan to bind the edges.

Your chief concern will be the edge finish. Facings usually are

not used because of all the dangling edges which show when you remove the sweater. You can bind or finish with matching or contrasting braid which can often be bought with the sweater fabric. The braid must stretch to fit smoothly around the curved neck edge.

You can achieve a custom detail by using the dress fabric for binding the edges. Cut it on the bias for maximum stretch in shaping around the neck curve. But this technique will limit the use of the sweater with other summer outfits.

The sweater fabric itself can be used for binding if it's not too bulky. Sometimes, you can use a very narrow facing of a lightweight material such as sheath lining. Turn under all the raw edges and sew in by hand with inconspicuous stitches. The finished facing should be no wider than one-quarter inch.

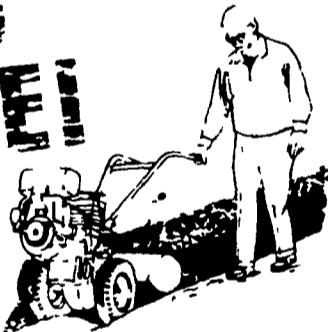
Use a stretch stitch if you have one on your machine. If not, stretch the fabric slightly as it feeds under the presser foot. A polyester-type thread also allows for stretching.

You may prefer a hem in the jacket, rather than binding, since a hem gives more weight to the edge.



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