



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Sew To Save

There are many rewards to be found in home sewing and even with a very busy lifestyle a person can choose to set aside time for this creative activity.

A wide variety of products are available to make sewing easier and more inspirational than ever, including patterns for top designer styles, new and traditional fabrics of easy-care fibers, and sewing machines and notions that help the sewer achieve quick, professional looking results.

Sewing can be a real money saver; however, you must also consider how much time will be spent on the project. Today's patterns feature quick sewing methods that give desirable results for a short expenditure of time.

Also, compare the time you will spend shopping for patterns, fabric and notions versus the time you

will spend shopping ready-to-wear-looking for the perfect garment.

The cost of clothing, just as everything else, has been increasing. However, according to Consumer Price Index figures for the past five years, the average annual increase for all consumer items was about 10 percent while the increase for clothing for the same period has been under 5 percent.

A "Can Do" Vegetable

There is almost nothing you can't do with the versatile carrot!

Serve carrots raw or cooked. String, shred, curl, slice, or dice them. Serve them buttered, glazed, pickled, or creamed. Put them in soups, salads, pot pies or even cakes. Let the teething baby exercise his gums on a cool carrot. And keep carrots on hand for snackers.

Fresh carrots are a very good

source of Vitamin A. Although a small volume of bunched carrots, with tops attached, can be found in some cities, you will usually find carrots topped and sold in packages. Packaged carrots are often labeled U.S. No. 1. The U.S. Department of Agriculture grade means good quality.

U.S. No. 1 carrots are firm and fairly well formed, and few carrots in the package have defects. Their color is orange to orange red, not pale orange or yellow. Most of the carrots in the package must be at least 5 inches long and between 3/4 and 1/2 inches in diameter, unless the package is marked otherwise.

If the grade is not shown, look for well formed, smooth, orange to orange-red carrots. Carrots should be firm. Don't buy flabby or shriveled carrots, or those with large green areas at the top. Also avoid topped carrots that have new top growth or bunched carrots when the tops are yellow.

Carrots can be stored in the hydrator (vegetable bin) of your refrigerator for 3 to 4 weeks. For cooking or shredding, buy the large carrots. Smaller, younger carrots are good for eating raw.



Saturday, Feb. 5
Lancaster Society 6 meets at the

home of Mrs. Bernard Thome for reports of the state convention

Act now and you may be next \$10,000 chicken cook

LANCASTER — Do you look at the winning recipes from the National Chicken Cooking Contest each year and think to yourself, "I wish I had entered. I bet I could have won?"

Well you can't win if you don't enter your favorite chicken recipe. And now's the time to do just that, according to the National Broiler Council, sponsor of the cooking competition which dates back to 1949.

The 1983 National Cook-Off will be held Aug. 3 in Birmingham, Alabama. A finalist from each state and the District of Columbia will be chosen to compete for a total of \$20,000 in prizes.

It's easy to enter. Just write your name, address and telephone number on the front page of your

best chicken recipe and mail it before the April 1 deadline to: Chicken Contest, Box 28158, Central Station, Washington, DC 20005.

Chicken is the only required ingredient — the whole bird or any part or parts. Recipes should be written for 4 to 8 servings, and each recipe must be on a separate sheet of paper. Each of the 51 finalists will receive an expense-paid trip to Birmingham where a panel of national food experts will select the five winners.

The first prize is \$10,000. Four runners-up will share another \$10,000 in prizes, ranging from \$4,000 second to \$1,000 fifth. Judging is based on taste, appearance, appeal and simplicity.



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