

Instant sash

This year, the accent is on the waist. Wide belts and sashes are defining the figure, slimming the waistline, and carving out shapely silhouettes.

You can achieve the new look-at a low budget, however. A wide texample, is wonderfully casual. A sash is so simple to make, you can start in the morning and wear it by afternoon.

You can use a wide sash to update a baggy blouse, add extra color to an outfit, or replace an oldfashioned, skinny tie belt. To make

the contrasting sash more interesting, you can line it in a contrasting shade.

Depending upon your fabric, your sash can have a daytime or evening look. A striped cotton, for silk sash, on the other hand, is perfect for a night out.

When it's finished, you can either wrap it around your waist, twist the top layer, or turn the free ends into a rose. Here are directions for the sash:

MATERIALS: One-half yard fabric for sash front, one-half yard fabric for sash back. Use soft, nonstretch fabrics in silk, cotton or blends. Use the same fabric for sash front and back, or contrasting fabrics as desired.

CUTTING: 1. For sash front, cut three strips of fabric, 5-by-30 inches. 2. For sash back, cut three strips of fabric, 5-by-30 inches.

FINISHING: 1. Trim seams. 2. Turn sash to right side. 3. Turn in raw edges at both seams. 4. Press

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sash. 5. Sew ends closed with hand or machine stitches.

TYING: 1. To wrap: Center sash over waist in front. Cross sash in back. Cross sash in front and tuck in ends. 2. To twist: Center sash over waist in front. Cross sash in

back. Tie sash in front. Twist ends over top layer of sash. 3. Rose tie: Center sash in front. Cross sash in back. Bring ends in front and twist them tightly together. Starting near waist, roll twisted ends around in a circle. Tuck in ends.

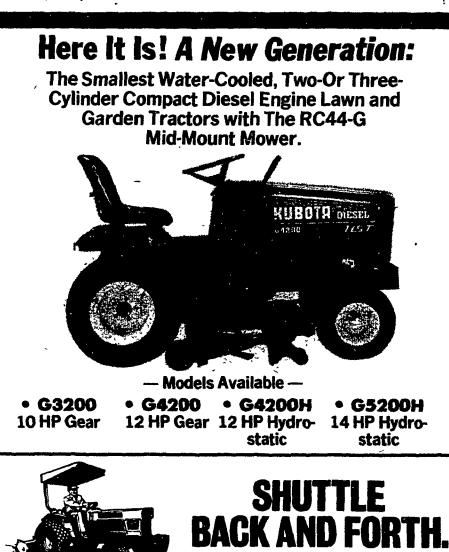
Chester plans horse clinic

GLENMOORE - Helping horses | Equine Council brings Ms. perform better through simple, doit-yourself exercise techniques is the subject of a two-day clinic given by Canadian trainer Linda Tellington-Jones, and sponsored by the Chester County Equine Council. Dates are-Saturday, Aug. 27, and Sunday Aug. 28, The clinic will be held at Journey's End Farm, Glenmoore.

Linda Tellington-Jones, recently acclaimed in several horse magazines, works with pleasure horses and performance horses alike. The exercises she teaches are designed for the average amateur rider as well as the professional. The Chester County

Tellington-Jones to this area as part of a continuing education program for the local horse community. During the past year, the Equine Council has sponsored a two-day symposium, health lectures, rides, and an equine services directory. Registration for the Tellington-Jones clinic will be taken until Monday, Aug. 22. The cost is \$30 per day, or \$50 for both days. Lunch is available at an

addition cost. For information on the Equine Council or the Clinic, call 606-3500, or write to The Chester County Equine Council, Box 543, Exton, Pa. 19341.



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