

No-sweat dress

The sweat shirt dress! I love it. You will love it. What other garment is there that gives you so much comfort, easy care, style and can be whipped up in minutes?

Recently, preparing for a television show, I made a sweat shirt top in 28 minutes and a sweat shirt dress in 46. Think what you could do in just one day!

Look through the pattern books. You will find a dozen or more patterns for the sweat shirt dress. Each will be a rather loose style and will seldom feature any closures or set-in sleeves. Everything is, easy, easy, easy. Do check the "fabric suggestions" list to make sure the pattern you choose is for sweat shirt fabrics.

When selecting your fabric, go for quality. There are several sweat shirt fabrics on the market. Some are "just fair." Look for quality in softness, stretch, recovery, texture and color.

When cutting out your dress, cut

3/8-inch inside the marked cutting line. This trims all seam allowances down to 1/4-inch. Do not cut around notches; mark their locations with chalk.

For construction use a 14-inch seam and overcast all seam allowances together. This gives you a very durable finished seam.

Along shoulder seams stitch in a length of 4-inch twill tape to prevent stretching. For wasitline casing use wide bias tape.

Seldom will you find facings on sweat shirt dress patterns. Most raw edges are turned under and topstitched. Sleeve and skirt hems are turned up and stitched.

wash and dry your fabric! This is not negotiable. The fabric is going to shrink some. Wouldn't you rather that happened before you cut out your garment?

Mrs. Betty Kinser, 1307 Indian Lane, Independence, MO 64056.

Swine and beef programs offered

The Montgomery County 4-H Livestock Club has an active program that they wish to share with boys and girls 8-19 who are interested in learning about swine and beef cattle.

The swine project involves raising a market hog. The member can raise a minimum of one or a maximum of four pigs. Animals are purchased and put on fee m mid-April and are kept until the show and sale scheduled for July 18th at the Quakertown Livestock Sales. Here the animals are shown by the members who compete for ribbons in various classes.

Following the show the pigs are sold at auction. The project is relatively short and minimal equipment is needed.

The market steer project members start with a young steer (approximately 500 lbs.) and raise it for nine months to a year, aiming

at showing and selling the animal at the Eastern Pennsylvania 4-H Beef Show at Allentown or the Farm Show in January.

Leaders can provide assistance in purchasing animals. Members learn to keep records on feed and veterinary costs through maintaining project books. They also experience the responsibility and fun of working with farm animals. No prior experience is necessary.

The club generally meets the second Tuesday of each month at the Montgomery County 4-H Center in Lansdale. Other club activites include tours and trips to farms, livestock judging sessions, picnics, awards banquets and shows

Steer project leaders are Bill and Mary Young of Schwenksville and Jerry McMahon of Green Lane. Swine project leaders are Mark Teaford, Norristown; Gary

Cochran, Collegeville and Richard Jones of Bechtelsville.

For more information on 4-H call County Agent Nancy M. Kadwill at 277-0574. Penn State Extension Service offers programs on a nondiscriminatroy basis to all persons without regard to race, color, sex, creed, National origin or age.

4-H Beef Club

The Penns Valley 4-H Beef Club met on March 25 at the Penns Valley Area High School.

On April 26 officers training will be held at Pleasant Gap Vo-Tech School. The next 4-H County Council meeting will be on April 12 at 7:30 p.m. ın Logan Grange Hall, Pleasant Gap.

The next beef club meeting will be a field trip to Myers Brothers Meats, Spring Mills on April 23 or 30. Club members will receive notification of the final date.



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