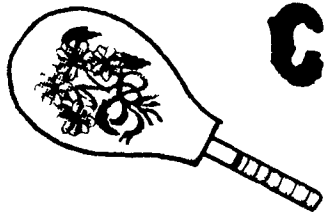


CRAFT CORNER



cotton/linen yarn imported from France. Cotton gives the yarn softness and color, while linen adds an elegant, natural look. Yarns are complete instructions are available in a kit in natural with black, pink, soft yellow or a pastel mixture.

To order kig AM-84, including postage and handling, send \$30 for small (6-8); \$35 for medium (10-12), or \$35 for large (14) to Ellen Appel Crafts, Box 1144, Laguna Beach, CA 92652. (California residents, please add 6 percent sales tax.)

Working with a natural, textured yarn gives a sweater a rich surface, even without difficult pattern stitches. In the sweater shown, the stockinette stitch predominates. The texture provides all the pattern you need.

No matter which linen or cotton yarn you use, however, it's even more important than usual to keep a careful check on your gauge as you work. Also, because these natural fibers are not as elastic as wool, you can literally add elastic to the sweater to prevent stret-



Elastic works wonders in ribbing

Linen-and-cotton sweaters are rich looking, wearable all year round and a pleasure to knit. Because the yarns have limited elasticity, however, a few tricks can make the difference between a sweater that will last for years and one that will eventually stretch out of shape.

The classic cotton-and-linen-blend sweater shown here, for example, has elastic knit into the ribbing. The elastic doesn't show on the outside, but it helps keep the ribbing in place at the neckline, cuffs and waistband.

The sweater is knit of Tahki "Amigo" yarn, a rich-textured,

SPECIAL - SPECIAL - SPECIAL PERMA BUILDINGS

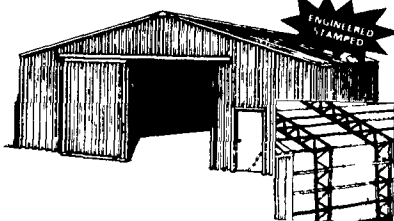
40x80
\$8945

2 WEEKS ONLY
YOUR CHOICE

40x80
\$8945



OR



Perma Dome

Perma Web Straight Wall

Includes:
1 - 14x20' Sliding Doors
1 - service door
10 yr. guarantee. Available engineered stamp

Don't Wait - Call Today
(215) 593-2511

Perma Building Systems
Box 35, Christiana, Pa. 17509



Name _____
Address _____
City _____ State _____
Phone _____

ching at the neckline, cuffs and waistband.

To work elastic into the ribbing of any linen or cotton sweater, you may either knit it into the ribbing or stitch it through after the sweater is completed. Ordinary elastic thread from a sewing or variety shop is all you need.

To knit elastic into the ribbing, knot end of elastic thread. Hold elastic thread beside your yarn as you work, working it into the ribbing as though it is yarn. end off by knotting elastic into side edge.

As an easy alternative, stitch elastic thread through the ribbing after the sweater is completed. To do so, thread a blunt tapestry

needle with elastic thread. Then, starting at top edge of the ribbing, knot elastic into the seam.

Stitch elastic through the ribbing on the wrong side of sweater. Stitch through one back loop of each rib, periodically checking that elastic doesn't show on right side of sweater. End off by knotting elastic into the seam.

With either technique, don't pull elastic tight. Instead, simply hold elastic taut enough to help the ribbing keep its shape.

For most sweaters, it is enough to elasticize only the top and bottom rows of the ribbing. The number of rows you elasticize, however, is up to you.

Bucks Seeing Eye Puppy Club

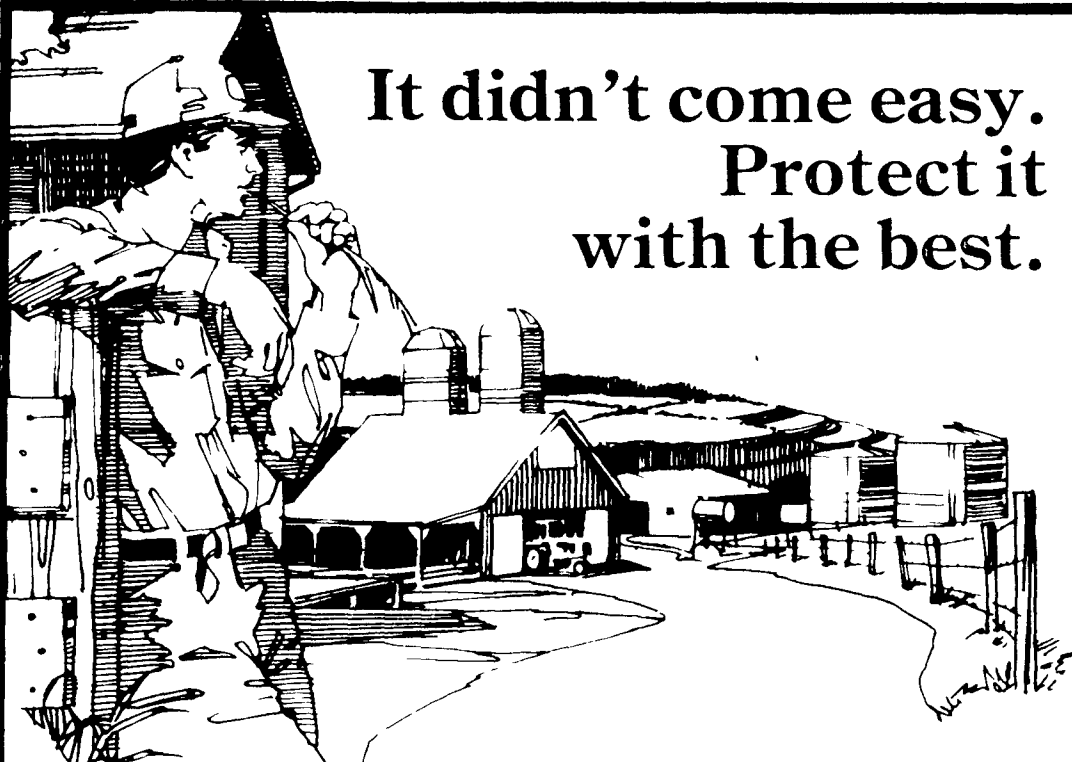
Bucks County 4-H Seeing Eye Puppy Club won third place in the annual 4-H Seeing Eye Puppy Bowl competition recently held at Rutgers University.

In competition against 12 other teams, the group answered questions correctly in the elimination tournament. The bowl

is fashioned after the old "college bowl" TV shows.

Team members were Arlene Miller, Richboro; Sue Schofield, Morrisville; Kim McHugh, Holland; and Adam Angerman, Bristol. Alternates were Ira Kerns, Chalfont; and Karen Scarborough, Doylestown.

It didn't come easy.
Protect it
with the best.



You've worked hard to make your farm thrive. Protect it and yourself from the unforeseen events that could literally wipe out your investment. Let us tailor an insurance package for you with the kinds of protection you need.

We're the insurance professionals, working for you.

Representing:
EVERETT CASH
MUTUAL INSURANCE
COMPANY
Everett, PA 15537

STRICKLER AGENCY, INC.
P.O. Box 307
Chambersburg, PA. 17201
(717) 263-4179

Representing:
INA/AETNA
"The Combine"
Lemoyne, PA 17043

FREE HERBALIFE HEALTH, NUTRITION AND WEIGHT LOSS MEETINGS

Everyone Welcome!
• Tuesday, May 8th 7:30 P.M.
Landis Valley Resort Inn, 2363 Oregon Pk., Lancaster
• Monday, May 14th 7:30 P.M.
Treadway Resort Inn, 222 Eden Rd., Lancaster

FREE - 30 DAY SUPPLY

I LOST 170 POUNDS

in about 6 months, and I am still losing. nothing ever worked for me like Herbal Weight Loss Program does. I feel great."

You Lose 10-20 Lbs. Excess Weight
In The First 30 Days With The
\$2.95 Herbal Slim-Line Program
or your money back

This unique all natural weight loss program with herbs is the safest totally balanced plan ever offered. It curbs the appetite, cleanses the system and supplies all the nutrition the body needs to maintain vitality and energy while you lose weight. It contains NO salt, sugar, drugs, manmade chemicals or preservatives. Costs only 50¢ per meal.

For information concerning a FREE 30 day supply, or other Herbal programs and testimonies

Contact The Following:

To have the complete herbal Slim-Line kit delivered to your door, send \$32.70 (29.95 & 2.75 delivery charges) to
CALL JOHN OR GINNY FULLER (J&G FOODS)
93 W. Main St., Leola, Pa 17540
Phone 1-717-656-6408
Located on Rt. 23 - 6 Mi. E. of Lanc. same bldg. as Leola Fireplace



R. Smith
Myerstown, PA

GINNY FULLER
Co-Owner of Leola
Fireplace & Stove
Shop Says
"I Lost 8 Lbs. In
8 Days!"