



## Have You Heard?

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**Deflect Diet Disasters**  
Does an invitation to lunch or

dinner turn into a diet disaster for you? It does for many who are

### Sewing For Profit Seminar

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into a custom interiors firm that now employs her husband and daughter. Smiley pointed out the advantages of wholesale work in her Chester Springs monogramming operation. Detweiler emphasized the long hours invested in her Souderton custom sewing operation.

Andrews, who also lives in Media, outlined the process of

operating a teddy bear kit business with a partner at the Alabama factory. She cautioned the group about partnerships, saying, "I have the last good partner."

A dozen commercial and educational exhibits displayed sewing machines, fabrics, notions, crafts and accessories during the lunch period. Door prizes were awarded at the end of the day.



Wanda Parks, Lancaster, and Linda Glover, Montgomery County, check out the sewing with leather display.

otherwise conscientious, steadfast, and strict about following their diets.

Here are some tips to help you strengthen your resolve and solve your problems at the restaurant.

Planning ahead is the key because last minute decisions often lead to impulsive eating. Before you go, decide what you're going to eat. A long lingering look at tempting selections inevitably leads to an order of high-calorie foods.

For your entree, select boiled or baked items rather than calorie-laden fried foods. Skip anything served in a sauce or with gravy. Ask for a slice of lemon to give plain food a little zip.

Some restaurants serve mammoth portions. Since you are trying to eat for less than one, keep your serving to three or four ounces and take the rest home for another meal — you'll save both calories and money. Most restaurants are quite used to supplying extra-portion bags, sometimes called "doggie bags."

Salads can be a tasty low-calorie choice. Unless, of course, you get carried away at the salad bar and load up on potato salad, macaroni salad, gelatin with whipped topping or anything else prepared with dressings or toppings. These should be avoided like the plague!

Stick to the basics — raw fruits and vegetables, with a dash of vinegar for flavor — or have marinated vegetables such as a three bean salad. Once you've served yourself these, don't ruin it by adding just a spoon of bacon, cheese or croutons — those are not for you.

You can also cut your calories when you order a beverage. Limit yourself to one drink if you are having alcohol and keep in mind that dry wine has fewer calories than sweet wine. Having a glass of water or dry soda before ordering

a mixed drink helps keep you from wanting another. Even better, why not skip alcohol altogether and have a glass of fresh fruit juice, a vegetable cocktail, skim milk or unsweetened iced tea?

#### A Variety Of Choices In Bed Linens

After a long day, nothing is more relaxing than curling up in a clean, neatly-made bed. A clean bed can always be yours, if you have at least three sets of sheets and pillowcases for every bed: one on the bed, one in the laundry, and one set in the linen closet so a quick change of linens can be made at any time.

Always note the care instructions on the package when you purchase sheets. In general, sheets should be washed on the permanent press cycle in warm or hot water. Follow usage instructions on the package of detergent and bleach or other laundry additives for best results. Wash two sheets at a time, filling out the load with pillowcases and other items that can be washed and dried together. Tumble dry on the permanent press setting. Remove as soon as the cycle is finished. Then fold, since little or no ironing is necessary.

Sheets come in a choice of two basic types: muslin and percale. The fabrics differ in thread count (number of threads per square

inch) and the type and size of yarn used. Muslin sheets have lower thread counts and heavier weights than percales because of their coarser yarns. However, a good muslin is durable and economical. Percale is generally made of combed as well as carded yarns that are finer, smoother and lighter in weight than muslin. Consequently, the sheets have a lighter, more luxurious feel. A percale thread count can vary from 170 to 200.

The majority of bed linens today are blends of cotton and polyester. The combination offers durability, wrinkle resistance and easy maintenance.

Bed sheets, both flat and fitted, come in standard sizes to fit standard-sized mattresses. The most common are twin, double, queen and king sizes. Crib, cot or youth bed sizes may also be available. Mattresses vary in thickness so the size sheet (particularly the fitted type) needed must be determined after measuring the length, width and depth of the mattress.

Pillowcases are sized for regular, queen or king size pillows.

Most manufacturers label sizes by the torn length, before the sheet or pillowcase is hemmed. Top sheets should be approximately ten inches larger than the mattress size so they can be comfortably tucked in on all sides.

### Guys and Gals 4-H Club

The Lampeter Strasburg Guys and Gals 4-H Club met March 10 at the Martin Meylin Middle School.

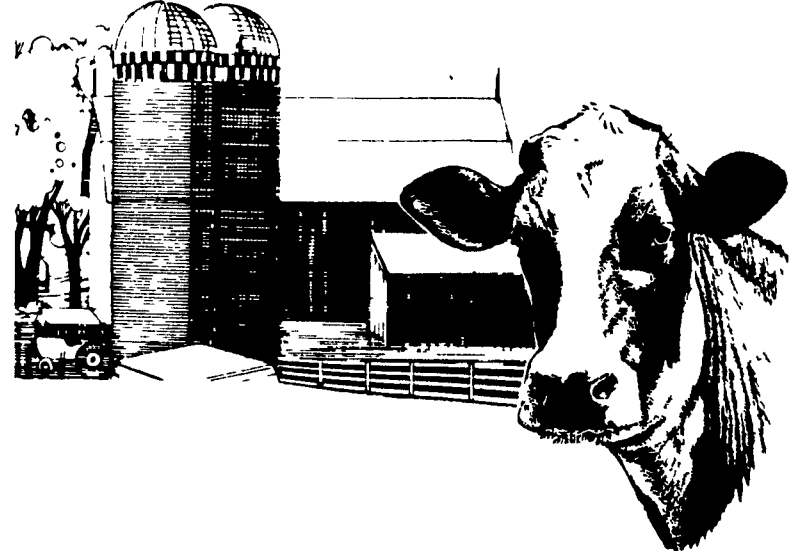
Members elected the following officers: president, Heather Yates; vice president, Minda Denlinger; secretary, Lisa Groff; treasurer, Judy Rohrer; song leaders, Holly Arnold and Darla Good; game leaders, David Arnold and Misty

Fedock; and news reporter, Kristen Martin.

The group will meet every Tuesday evening during April. Anyone interested in joining the club should contact Mrs. Richard Hess at 687-6547. Projects offered include cooking, sewing, candy making, cake decorating and crafts.

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