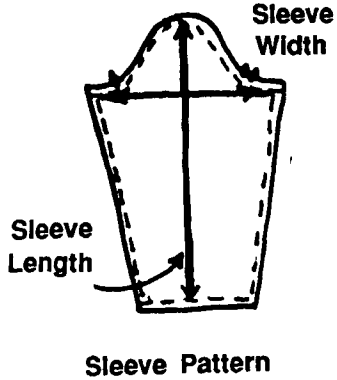


Needle News From Fran

(Continued from Page B22)



the maximum amount one can add to a seam allowance before altering a pattern design.

5. Adequate ease (4" to 6") is given by all pattern companies in coat or jacket patterns, thus ease doesn't need to be closely calculated.

6. If skirts or slacks are the next project, waist and hip measurements must be known in order to buy the pattern. Hips can be measured in one of two places. This can be any place 6 to 12 inches below the waist. Take three measurements if you have a protruding

abdomen. First, measure 4 inches below the waist, second measure 7 inches below waist and a final one should be taken over the fullest part of the body.

7. Select your pattern size by comparing your measurements with those found on the back of the pattern catalogues. Calculate the total amount of fullness needed by adding your measurements plus the basic ease that is provided by the pattern companies.

FLAT PATTERN MEASURING

After you have taken your measurements and purchased your pattern, begin phase number two of fitting. Remove the pattern from the envelope and prepare it by trimming away excess tissue paper and press it with a dry iron to remove packaging creases. A steam iron may shrink the pattern paper.

Place large pattern pieces on a large flat surface. With a yardstick or a plastic see-thru ruler, measure pattern pieces at the key area (illustrated) between seam allowances. Do not include the seam allowances in calculations.

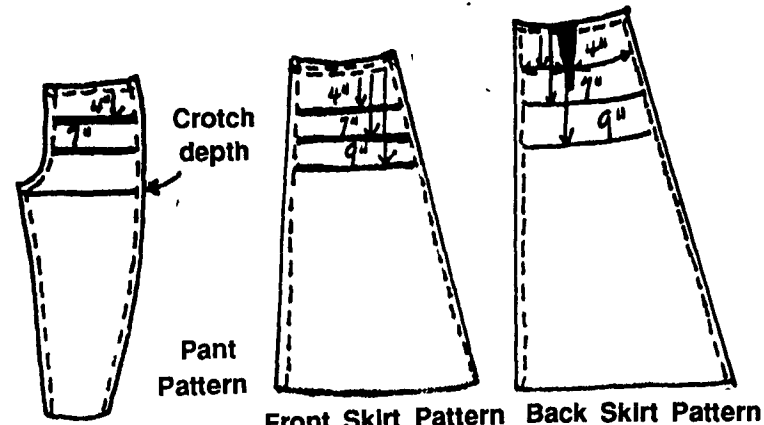
Measure all pattern pieces using the illustrations as guides. Write the measured number directly onto the tissue. Do not measure across

the darts but begin and end before and after each one. Crotch line is almost always drawn on pants patterns. To find your own crotch depth do the following. In a seated position, measure the distance from the waist to the chair bottom over the fullest part of the hip. Be careful to measure the full curvature of the hip to allow for hip spreading.

After pattern measurements are completed, calculate your totals. Example:

Measure the bust area of each (front and back) pattern piece. Front bust width measures 8-inch-

es and back measures 8-inches. Add these two figures and multiply by 2 to calculate the total bust measurement ($8+8=16 \times 2=32$ -inch pattern bust measurement). Record this number on the chart under pattern measurement. Compare this pattern dimension to the total amount needed. If a minus number is recorded, you will have to alter the pattern to fit. A plus number provides enough fullness. Excess fullness can be removed by sewing seams deeper than $\frac{1}{4}$ -inch or by pleating out fullness in pattern pieces.



Front Skirt Pattern Back Skirt Pattern

Measure in a seated position, the distance from waist over hip to chair. Measure full curvature and hip.

Extension Volunteers Needed

VOLUNTEERS NEEDED

LEBANON — Why volunteer?

- Because you have some skills and time to share with others. It makes it possible for others to learn new things very inexpensively.

- Because you will get satisfaction from learning something new as you prepare to teach. We try to arrange for special trainings for

our volunteers and special access to in-depth information.

- Because the program and the 4-H program couldn't happen without you. It's your opportunity to help share the direction of the program.

FAMILY LIVING ADVISORY COMMITTEE MEMBERS NEEDED

Meets 5 times a year in January, March, May, August and October to discuss direction and needs for Family Living program. You represent "the public" in the Extension planning process. We try to have older, younger, families, agencies, working women, and fulltime homemakers represented. We are developing a pool of people who are interested in serving. If you think you might be interested, call (717) 274-2801. Someone from the nominating committee will contact you to find out your interests and what role you might fill. This is an application process.

MASTER CLOTHING & TEXTILE VOLUNTEERS NEEDED

In exchange for 3 days training April 19, 20, & 21, you will be expected to teach clothing related courses or organize clothing and textiles related activities within the following 12 months. Some skills and prior knowledge needed. A good way to be updated. Formal application process and interviews used. Call Extension Office for application.

4-H CLOTHING LEADERS NEEDED TO WORK WITH 4-H

Would you be willing to share your basic sewing knowledge with young girls and boys in your community? There is a need for adult volunteers to serve as 4-H clothing leaders in the Myerstown and North Lebanon Township areas. Helping 4-H members to develop basic skills in planning, buying, caring for, and constructing garments and accessories can be a rewarding experience for adult leaders. Other 4-H project leaders, your county Extension agents, and a variety of resource persons are ready to assist you in sharing your knowledge with young people.

Contact Martha Gregory, 4-H Agent at 274-2801, Ext. 351.

"All I have to say is that Pounce guarantees cutworm and true armyworm control at about half the price of Lorsban. So you can use all this space to figure out how much you're saving."

