

**Family Living
Focus**

by
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On Pins & Needles

Tips on sewing "equipment" usually refer to new technology in fabrics or machines and their component parts. But, let's not forget some of the basic "equipment" needed whenever you sew. Fran Kozen textiles and apparel engineering, Cornell Cooperative Extension, shared some interesting information on pins and needles in the publication "Textiles & Apparel News."

There are many different types of needles. General purpose hand-sewing needles are called *sharps*. Quilters and tailors use shorter needles called *betweens*. *Embroidery/crewel* needles have long eyes to take multiple strands of embroidery threads, while *tapestry* needles have blunt ends to slide through spaces between yarns as well as large eyes to hold thicker yarns. *Ballpoint* needles have rounded tips, designed to prevent snags on knit and stretch fabrics. Sewing on leather, fur, vinyl, and plastic requires use of a *leather* needle, which has a triangular point. At least two types of *easy-threading* needles exist: the *calyx* needle with a slot eye to slide thread into, and the new *Diamond Eye* needle, which has a very fine diamond-shaped wire

eye, larger than conventional eyes, at the end.

A great variety of pins are available for sewing. Packages are labeled with a pin's size and sometimes shaft diameter. Size refers to pin length in sixteenths of an inch. So, a size 16 pin is 1" long, and a size 8 pin is 1/2" long. Some pins are plain metal, and some have pretty colored heads. Medium-length *dressmaker* pins with flat metal heads are economical, general-purpose pins. *Silk* pins are all-purpose pins with a finer shaft. *Fine pleating* pins are appropriate for light to medium weight fabrics. There are *extra-fine* pins available, suitable for microfibers and other finely woven, fine fabrics. *Ballpoint* pins are designed for knits, while *long dressmaker* pins (sizes 20 to 24) are designed for heavyweight fabrics. *Large-head* pins are favored by quilters and home decorating sewers. These are often labeled "extra strong" or "needle strength" to show that harder metal wire was used to manufacture them. Large-head pins generally have colorful plastic, pearlized metal, or even glass heads, making them easy to grasp and easy to find if they fall on the floor. Some have flat flowerheads that can be pressed over

What's New At The Supermarket

SPRINGFIELD (Delaware Co.) - Been to the grocery store lately and noticed all of the "greens" in the produce department? Wondered how to cook bok choy, broccoli rabe or the new aspiration (excellent sources of beta carotene and calcium)? How about irradiated or organic food? And those Wow potato chips with olestra?

"What's New at the Supermarket" is an interactive class for food enthusiasts offered by Penn State Cooperative Extension at their Springfield office in Smedley Park. On May 18 from 1:00 p.m. - 3:00 p.m. and repeated from 7:00 - 9:00 p.m.,

without leaving a distinct imprint on the fabric. *Sequin* pins are very short pins useful for applique and other intricate, detailed needlework. And, for really heavy jobs such as upholstery or canvas, *T-pins* are very strong, heavy pins.

Like needles, pins are manufactured from metal wire, although not always steel. Traditional pins were brass, which is susceptible to rust and corrosion and is not attracted to magnetic pincushions. Stainless steel pins offer the best resistance to rust and corrosion, but they are not magnetic either. Nickel-plating provides brass and steel pins with magnetic properties and also increases rust and corrosion resistance.

And remember —
"See a pin, pick it up
All the day you'll have good luck.
See a pin and let it lay,
Bad luck you'll have all the day."

Fran Alloway, family living agent and registered dietitian will provide a cooking class that will explore new and unusual foods found in your grocery store. This is an opportunity for adventuresome cooks with picky eaters at home to share some

new taste experiences.

A preregistration fee of \$5 will hold your spot and should be sent to Delaware Co. Cooperative Extension by May 15. Participants should come hungry. Questions and directions: (610)690-2655.

**Walk In
Great-Grandmother's
Shoes**

MUMFORD, N.Y. - The life of 19th-century women may seem alien, even mysterious, in today's environment. Sometimes, however, just walking in their shoes can clarify so much.

You will get that opportunity when Genesee Country Village & Museum is the setting for a special weekend experience, "Women of the Genesee: Issues of the 19th Century," a three-day workshop May 22 to 24.

A series of discussion workshops focusing on education, politics, medicine, religion and other concerns will explore 19th-century issues, focusing on their historical context and the relevance to women today. Each will take place within the historic Village in several of the 57 restored buildings and will include an opportunity for hands-on activities.

Like women of the time, workshop participants will be encouraged to keep a journal reflecting on their experience. Immersed in the 19th-century environment, they have the opportunity to gain some insight

into the issues of the day and their importance today as women prepare to enter the 21st-century.

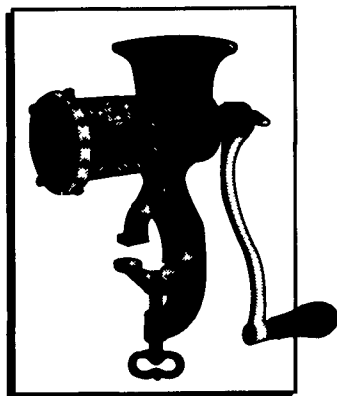
Fee for the workshop is \$40 and includes Saturday dinner. For more information or to register, call the museum at (716) 538-6822.

The workshop is the first John L. Wehle Learning Weekend, a series of educational studies that will focus on topics of historical and contemporary interest to the Genesee Valley. It honors the museum founder for his contribution to retaining the history and culture of the region.

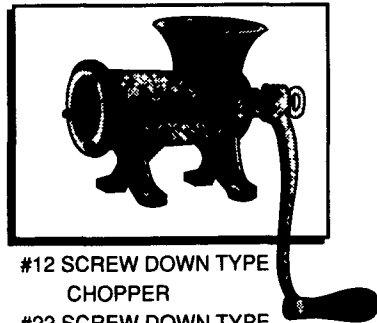
Genesee Country Village & Museum, which opens for its 23rd season on May 9, is the nation's third-largest collection of historic buildings. Located 20 miles southwest of Rochester and 45 miles east of Buffalo in Mumford, N.Y., the museum's fully furnished and restored buildings are populated with costumed villagers and craftspeople.

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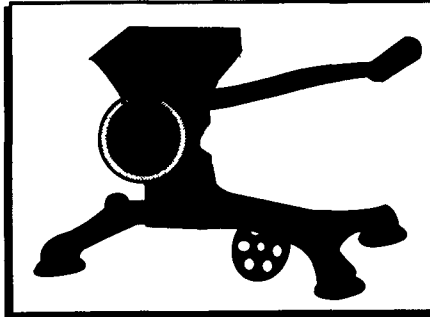
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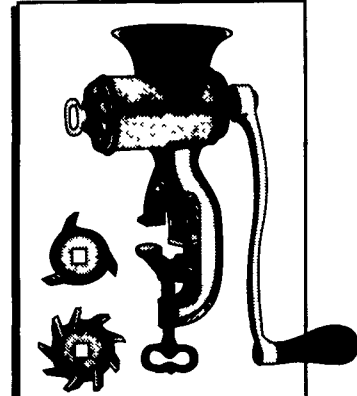
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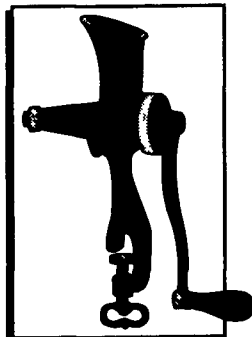
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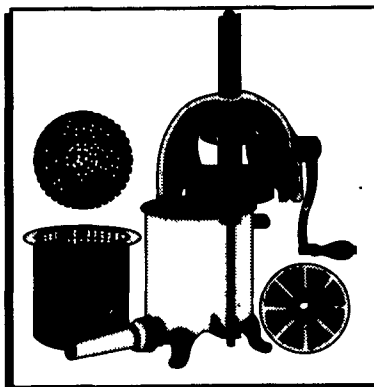
#3 FOOD CHOPPER

* Plates available in 3/16" (standard), 1/8", 1/4", 3/8", 1/2", 3/4" and 1".

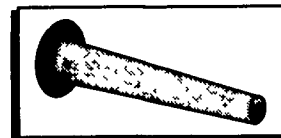
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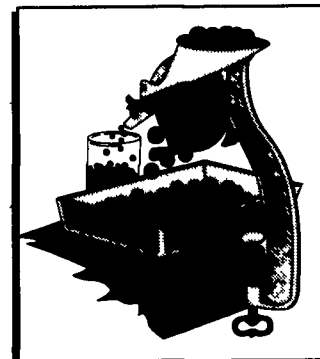
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