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**Timely Tips For Women**

by Doris W. Thomas

**Fall Fabrics Feature Plaids**

Plaids, in knits and wovens are the biggest news in fall fashions. Prints and denim look fabrics will be stylish, too since the "homespun" look will still be popular.

In woven fabrics, cotton denims, printed corduroys, and cotton flannelette are good fabrics to use for fall sewing. Seersuckers will be around, too, in several fall versions that are blends of two or more fibers in polyester, acrylic, cotton and nylon and wool in both plaids & stripes.

In knits, there's a polyester double knit that looks and feels like wool. This new fabric is made from a combination of short-and-long staple fibers. Some other interesting blends in knits are brushed surfaces. One example is rabbit hair combined with polyester and acrylic for a distinctive look and feel. Mohair with wool is another combination.

Plan is the key word when you're working with plaids—and the planning should begin before you buy the fabric. For example, plaids come in two types—even and uneven. An even, or balanced plaid has the pattern exactly the same on both sides of the outstanding bar of the design—in both the up and down and crosswise directions. An uneven, or unbalanced plaid is one with the pattern or design not the same on both sides of the outstanding bar. Uneven plaids are harder to match.

Patterns should be of simple design when working with plaids. Check the pattern envelope—some will be marked "not suitable for plaid". If you do select an uneven plaid, follow the yardage requirements for napped fabrics. You will also need to buy extra yardage to take care of matching problems for any plaid—even or uneven. The amount of extra yardage depends on the size of the plaid. With a large plaid, you'll need one-half to one yard extra; a small plaid will take one-fourth to one-half yard more. Plaids must be matched on the pattern pieces before you begin cutting. Use the notches on the pattern pieces to make sure the bars of the plaid will meet when the garment is sewn together.

**A Child's Appetite**  
If your child's reluctance to eat certain things are causing you to wonder how to deal with the situation, here is some advice. Remember that the eating habits your child forms in the early years will develop into lifetime practices.  
Plan well-balanced meals for your child and serve his meals at regular times. When he's not hungry, don't force him to eat. Don't worry. His appetite may vary from one meal to another and from one day to the next.  
Keep in mind that very young children copy the eating habits of other family members. If someone in the family turns down some food, you can expect a toddler to do the same. The desire for certain foods is learned by imitation and repetition. Encourage your child to try a variety of foods.  
Because growth patterns among children vary, don't compare your child with others. It's normal for children to have periods of rapid growth followed by a period in which growth is slow. And understandably, his appetite will decrease during the periods of slow growth.

feed himself as soon as he feels ready. By serving suitable "finger" foods when he begins to feed himself, you encourage his independence. When he can handle food ser-

ved in manageable strips, wedges, or cubes, he experiences a feeling of achievement. And don't be concerned about table manners until he is more skilled in using his utensils. Learning to like food is what's important

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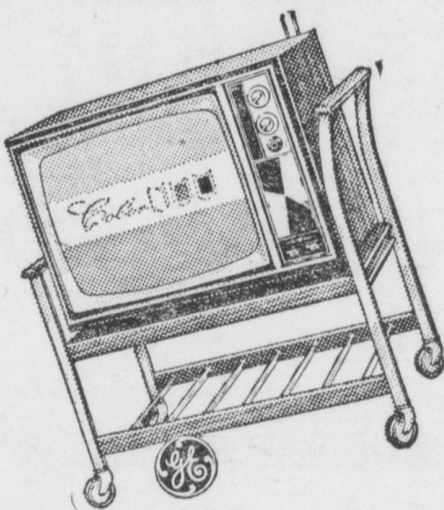
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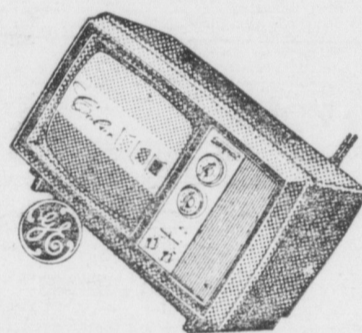


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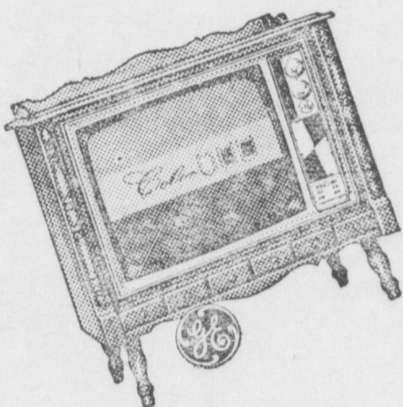
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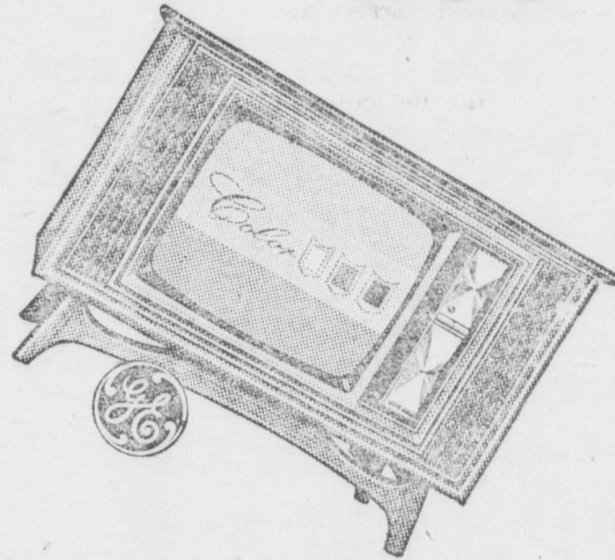
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