Buying furniture

The upswing in the economy has resulted in a renewed interest in furniture.

Dr. Wilma hammett, extension interior design specialist at North Carolina State University, reports that a recent survey of furniture retailers shows the following trends.

-- Textured upholstery sells best on contemporary furniture and on sofasleepers. This is the fastestgrowing style category.

-- Velvets are still the best selling fabric, particularly in the mid-price range. Prints are more popular in the upper medium price range.

-- Synthetic fibers outsell other fibers, although most prints are cotton. Nylon is the number one velvet. Fiber blends are gaining in importance in velvets and textureds.

-- Earth tones and neutrals still head the color parade.

-- Florals are the most popular print design.

-- Jacquards are becoming more popular in the middleto-upper price ranges.

STRETCH JEANS

As the bulk of the population grows older, demand for stretch denim grows.

· Five textile mills are now producing stretch denim using a stretch polyester filament yarn from Dupont or Celenese. Each mill has a trade name for its fabric which has 18 to 20 percent stretch and is ordinarily 65 percent cotton and 35 percent polyester, says Dr Harriet Tutterow, extension clothing specialist, North Carolina State University.

"Predictions are that as much as 25 percent of the denim market could belong to stretch denim by 1988," says Dr. Tutterow.

COUNTRY HAM

"Country cured hames are being featured by some stores, but evaluate your family's needs before investing in a whole ham," says Rachel Kinlaw, extension foods specialist, North Carolina State University.

Meat or the meat group takes 25 to 30 percent of the average shopper's food dollar so savings in this area can really add up. "If your family is small, the 12 or 16 ounce packages or a fifth of a ham would be a better buy. You'll pay more per pound, but you won't have the waste or the storage problem," Mrs. Kinlaw says.

If a whole ham is purchased and used a couple of slices at a time, coat the cut surfaces with unsalted shortening to keep it from drying out.

*Also remember not to overcook the meat or it will become hard and tough. If you put slices in the freezer. don't store them more than two months," says the extension specialist.

Thirty-six percent of adult Americans follow a regular program of exercise.

Popcorn was popular for food and decoration among the Indians in San Salvador when Columbus landed.

If some perfectly good kitchen appliances are scratched, touched them up with paint specially formulated for appliances. Most paint and hardware stores carry the touch-up paint.





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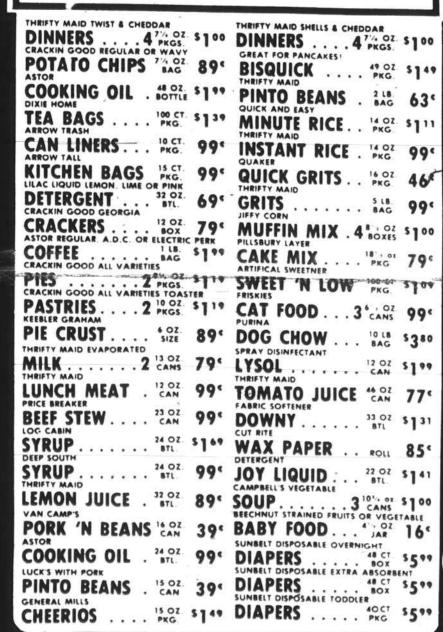
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