

**Better Living**

**Shopping for clothes**

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Styles come and go, and some styles are not suitable for all people. These are points that every shopper should bear in mind before investing money in clothing.

Smart shoppers select clothes that do something especially for them. Thrifty shoppers pay strict attention to these tips:

- In shopping, look for clothes that will never lose their appeal. If you select a garment that is smart, that fits well and can be used for many different occasions, you can dress it up or down and use it for work or for casual wear until you get your money's worth. Almost always, simple dresses and suits will save you money in the long run.

- Look for clothes that blend well with your skin tone as well as your personality.

- Consider the number of accessories that can be worn with the clothes you buy. Will the garment blend well with what you already have in your wardrobe? If not, you are really not adding to your wardrobe.

Remember:

- For women, one suit needs four tops (blouses, shirts, sweaters),

- For men, one suit needs five shirts to get the most for your money.

- Before buying, ask yourself how long will this last? To make clothes last longer, look for durable construction features. For example, linings help to prevent stretching and bagging around stretch points

such as the elbows, back, shoulders, knee and seat area. Reinforcement features around stress areas are another sign of longer wearability.

Another tip, is to spend the major portion of your money on tops such as jackets, suits, shirts and blouses. Bottoms can be of lesser cost and are more subdued in fabric and color. The reason is that the focal point of a person's body is the face. This applies to both men and women.

Identify additional clothes needs. Are there any activities which need more clothing? Are there any garments which need replacing? Are there any additions which will really round out your wardrobe?

Pay strict attention to well dressed people you meet from day to day. What is it that makes these people stand out?

Generally speaking, the difference between the dressed and the well-dressed person involves the design of the clothing, the little details that the person added, the choice of accessories and the color blends along with the fit.

You can tell when clothes make the wearer really feel appropriate and comfortable and at ease.

Good dressing includes a sensible choice of shoes. No matter what the styles happens to be, if your feet are hurting severely, this will detract from your appearance. Most observers will concentrate on your feet and your misery.

**Experiment with your crop**

Tons of seeds will be bought by Tar Heel farmers and gardeners this spring, and the purchases will be some of the most important the grower will make. The quality that is in the seed will be a big determinant of what the harvest will be like.

The first and most important consideration when buying seed is the selection of the variety or hybrid to plant, points out Dr. Gary Reusche, extension seed specialist at North Carolina State University.

"Each variety has certain characteristics that make it unique," said Reusche, "and the smart seed buyer should shop among the varieties in order to buy that particular variety that best fits his needs."

Some of the characteristics that are important are, time to maturity, resistance to insects and diseases, growth habits, nutritional value and taste. All of these can vary among varieties of the same crop.

Growers should try to select the variety that grows well under the anticipated growing conditions. That is one precaution that can be taken to head off problems.

Growers shouldn't hesitate to experiment rather than plant the same varieties year after year. New and improved varieties are coming out of research all the time. On the other hand, Reusche cautions, new varieties should be tested in small plantings before they are planted

throughout.

After the variety is selected, the seed in the bag must represent that variety and be of good germinability and free of weed seeds and other contaminants, the NCSU seed specialist said.

The best sources of information on varieties are the bulletins summarizing the results of the N. C. Agricultural Research Service's official variety tests and N. C. Agricultural Extension Service publications, both from NCSU. Check with your county extension office for this information.

Once you have decided which varieties you want to plant, then you try to identify the best and most reliable sources of those seed. This is not a good place to try to find the best bargain at the expense of quality.

Farmers who use professionally grown seed, such as certified seed, usually get good results. "In the world of specialization," said Reusche, "it is usually best to go with the specialist, in this case the seedsman or or specialist-farmer who specializes in growing seed."

Seed buyers should take seriously the selection of the source of their seed. "Not all companies do an equally good job," said Reusche, "and not all seed in a certified seed bag are the same." He added, "The best seed companies with good quality control their seed are the ones that consistently produce the highest quality seed."

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