

For And About Women



A DINING TENT — Masses of orange and white tiger lilies on black spray the fabric that turns the dining alcove into a tent. The glistening white furniture and white draperies provide interesting contrast.

Fabric Tent Creates Elegance While Hiding Cracked Walls

As any do-it-yourself decorator will agree, the path to success lies in deciding on a theme and, then, ferreting out the right pieces at the right prices. Often, the latter will dictate the former — especially when economical elegance is the goal. One of the most economical buys today — and one of the most potentially elegant — can be fabric. Handled with flair, it can even become the theme.

Nearly every city has one or two shops that specialize in yardage at bargain prices. Designer Jerome Hanauer's suggestion is unique and practical: the tent. Yards of ceiling-to-floor fabric, richly shirred and swathed, is an elegant effect that has always been popular in European fashion.

And it has its practical value as well, as the perfect cover-up for the cracked walls and ceilings that are as common to older dwellings here as they are to castles in Spain — and just as difficult and expensive to fix.

Hanauer's interpretation of "the tent" is a romantic dining alcove fitted with

lightly gathered floral fabric. A profusion of peach and white lilies with pale green vines on an ebony background creates a lush environment for the pure white furniture. For this type of decor, he believes it is wise to stay with clean-lined furniture that won't compete with the fabric. The hexagonal dining table with chrometrimmed pedestal base and fretwork design, and the coordinating mobile server, are ethereal touches in a dramatic decor.

Bearing in mind that simplicity is the clue to the successful tent, Mr. Hanauer feels it is well to keep accessories to a minimum or, at least, very basic. Needless to say, the lack of a need for paintings and elaborate accessorizing cuts down considerably on the room's decorating expense — always good news.

More good news is the flexibility that the tent scheme gives you with regard to fabric choice. Since it is impossible to know just what will be offered at a fabric sale, it is good to know that, if the price is right, just about any pattern will work, for one very simple

reason: when a fabric is shirred, the impact of the pattern and colors are minimized, leaving only a general impression of forms and shades.

So, there's no need to be wary of a seemingly busy fabric. It will always seem softer when gathered on walls and ceiling than when viewed

flat in the store. The best way to visualize it is to bunch the fabric in your hands — and use your imagination.

From Lawrence of Arabia to P. T. Barnum, tents have been exotic, elegant, even awe-inspiring — but always effective, and, today, it's good to know they can be economical, as well.

Keep Bathroom Accessories Bright

Most bathroom accessories are machine washable, but they require careful laundering to retain their brightness and softness.

To keep towels fluffy, absorbent and bright, add one cup of a bleach substitute to the recommended amount of soap or detergent, wash and dryer dry. Use the regular cycle for washing, but never use hot water or chlorine bleach for deep tones or colored monograms.

Another caution: use fabric softeners sparingly, otherwise the towels will not absorb moisture readily.

Shower curtains, too, are machine washable. Wash on regular cycle with hot water, detergent or soap, and one cup of bleach substitute. Use cool rinse, then dryer dry on no-heat cycle or simply hang on shower rod to dry.

Many shower curtains made of acetate, nylon or polyester

need only a brief wash on the gentle cycle with warm or cool water. Again for freshness and brightness, use the bleach substitute. All but acetate curtains should be pressed with a cool iron while still damp.

MASH CAN
Homemakers can do something about pollution. Next time you open canned goods, pour out the contents, then also open the other end of the container. Step on the remainder of the can to mash it flat. The mashed can and flat ends will take up 90 percent less space in the garbage truck and in the landfill, say extension home economics specialists, North Carolina State University.

STRAUS PTA

The Straus School P. T. A. will meet Tuesday March 11, at 7:30 p.m. Dr. Carol Grahl will speak on "Danger of Drugs". Parents are urged to attend this meeting.

FOAMCRAFTING

One of the big advantages of working with plastic foam is its extreme versatility. The foam can be used to make many different practical, as well as ornamental items.

Here are two more examples taken from a new book — "A World of Designs With Styrofoam" — at most craft and hobby stores.

Children's Growing Guide
This is something that every family with small children can use.

Cut a sheet of Styrofoam 1/2" x 9" x 36" for the base. Glue a piece of paper or fabric the entire length of the plaque, by about 2" wide. Secure a cloth tape measure, by gluing with a tacky type of glue, to the strip of fabric.

Cut flowers from pieces of felt, or construction paper and glue to plaque. Note that the flowers are made in three parts: the center, the inner petals and the outer petals.

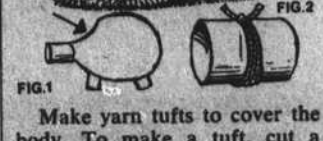
Use a piece of green velvet tubing, 1 1/2 yards long for the flower stems. You can substitute heavy cord or rope painted green, or a piece of ribbon.

Trim the edge of the plaque with a piece of velvet ribbon that is 1/2" wide by 3 yards in length. Pin this ribbon to hold.

Add edge of gold rick rack or a piece of braid.

Hedgehog
The body is a 4" foam egg. The nose is a 1 1/4" long piece of foam pole. Using a 1" piece of chenille stem, stick pole nose onto body (Figure 1). Using your fingers, push in the egg just above the nose (Figure 1).

For legs, cut four 1/2" pieces of pole and secure to body (Figure 1).



Make yarn tufts to cover the body. To make a tuft, cut a piece of cardboard 2" wide x 3" long. Wrap the yarn 20 times around the 2" width. Wrap 2" pieces of chenille stems around yarn as shown in Figure 2. Cut yarn apart on opposite side of chenille stem. Stick the chenille stem of the tuft into the body. When body is covered with tufts, trim yarn with scissors to make the body full and fluffy.

Use a piece of green velvet tubing, 1 1/2 yards long for the flower stems. You can substitute heavy cord or rope painted green, or a piece of ribbon.

Make Casserole From Canned Luncheon Meat

Winter is bound to bring brisk weather that often postpones a shopping trip. When this happens, dinnertime can be carried out smoothly if the cupboards are well stocked.

Canned luncheon meat combines well with foods on hand for a satisfying casserole entree. This recipe couples cubes of canned meat with cabbage in a tasty mustard sauce made with dry milk, says Reba Staggs, National Live Stock and Meat Board home economist.

MEAT AND CABBAGE JUBILEE

- 1 can (12 ounces) luncheon meat, cubed
- 1 small head cabbage
- 1/2 cup water
- 1/4 cup margarine
- 1/4 cup flour
- 1 teaspoon salt
- 1/4 teaspoon pepper

2 cups reconstituted dry milk
2 tablespoons prepared mustard

Coarsely shred cabbage, add water, cover tightly and cook slowly 5 minutes. Drain thoroughly.

Melt margarine in saucepan. Blend in flour, salt and pepper. Gradually add milk and cook, stirring constantly until thickened. Stir in mustard.

Arrange half of cabbage in bottom of a greased 1 1/2 to 2-quart casserole. Arrange half of luncheon meat pieces on top of cabbage. Pour half of mustard sauce over cabbage and luncheon meat. Repeat layers.

Cover and bake in moderate oven, 350 degrees F. 35 to 40 minutes. Makes four to five servings.

Distaff Deeds

\$100 Outfit Possible For \$12, Sewing Time

By JAN CHRISTENSEN
N. C. State University

Sewing skills and an excellent buy on fabric can mean a mix-and-match outfit at relatively low cost.

Mrs. Ann Hewett of Columbus County recently was able to buy enough polyester knit fabric, with a few flaws in it, to make herself a jacket, jacket-blouse, skirt, pants and vest. And with the remaining fabric she made her daughter a jacket-blouse, pants, skirt and long dress.

All these garments cost the homemaker less than \$12 to make, but would have set the family back \$100 or more if purchased ready-made.

After finishing all those garments, Mrs. Hewett still has enough fabric to make another jacket-blouse, says Mrs. Ann B. Hall, assistant home economics extension agent.

WORKSHOP SEWING

Learning to sew and make their own curtains and bedspreads at a fraction of what it costs to buy them in a store, appealed to seven Rowan County homemakers about to move into new houses.

One homemaker, Mrs. Maggie Jeter, Spencer, Rt. 8, made draperies and curtains for her bedroom from seconds in printed

sheets. She also used fabric remnants to make a patchwork bedspread for her son's room. She used similar remnants to add a border to the curtains in her son's room and to cover the top of an old trunk, used for added storage in the boy's room.

The workshop was taught by Edith Hinshaw, home economics extension agent.

IN A STEW

More than 300 gallons of stew were recently made and sold by Rockingham County's 4-H members and leaders.

Profits from the sale went to the State 4-H Development Fund, adds Jane K. Stuart, home economics extension agent.

Extension Homemakers Club members also donated \$1,000 to the Fund, turning over money made through the sale of their Extension Homemakers cookbook.

RE-CYCLED CRAFTS

Four-H members in Rockingham County used the idea of "Re-cycled Crafts" in a club week promotion at Pennrose Mall in Reidsville.

The 4-Hers used old bottles, tin cans, plastic jugs, magazines, egg shells, records and many other used items to make their crafts, says Jane Stuart, home economics extension agent.

Hearty Ranch Style Baked Beans



Individual bean pots hold a savory meal of Idaho dried beans combined with tomatoes, bacon, green pepper, onion and robust seasonings. Complete the Ranch Style Baked Bean menu with a crisp green salad or cabbage slaw and hot tender cornbread.

Sunny bean growing areas of Idaho produce several varieties of dried beans, all recognized for their excellent appearance, flavor and cooking qualities. The most popular are Great Northern, Pinto, Pink and Red.

Idaho dried beans are a valuable source of nutrients. Rich in protein, they need only a small amount of animal or complementary plant protein to provide all the essential amino acids. They also contain substantial amounts of calcium, iron and the B vitamins, especially thiamine.

Ranch Style Baked Beans

- 2 cups Idaho dried red beans
- 6 slices bacon, cut in thirds
- 1 (16 oz.) can tomatoes
- 1 green pepper, chopped
- 1 onion, chopped
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/2 teaspoon chili powder
- 2 tablespoons Worcestershire sauce
- 1/4 teaspoon pepper
- 1/2 cup bean liquid

Place beans in 6 cups water and soak overnight; or for quick soak method, boil 2 minutes and let stand 1 hour. Add 2 teaspoons salt. Cover beans and simmer 1 1/2 to 2 hours or until tender. Drain, reserving bean liquid. Add remaining ingredients to beans, reserving 2 slices bacon for garnish. Place in individual pots or large casserole and top with reserved bacon. Cover and bake at 325 degrees 1 hour for individual casseroles or 1 1/2 hours for large casserole, adding more bean liquid if needed. Makes 6 to 8 servings.

Card Party Planned By Ladies Guild

The Ladies Guild of Sacred Heart Catholic Church will hold a St. Patrick's Day Party March 17 in the church hall.

Play will begin at 8 p.m. Reservations are \$1.25 per person and may be made by calling Anita Hillman, 883-8482. In addition to table prizes, door prizes will be awarded, including a hand-made pillow quilt.

INFLATION FIGHTERS

Resist impulse buying. Although the price may seem small at the time — 79 cents here, 39 cents there — these costs add up and can total hundreds of dollars in a year.

Save money on cheese and cold cuts. Buy them in chunks and do the slicing at home.

Save energy while dishwashing. Turn off the machine during the drying cycle.

Don't preheat an oven more than 10 minutes, and don't open the oven door often to peek inside. Doing this can cause the temperature to drop by 25 degrees.

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