

Lifestyles

On The Front Burner

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Home Economics Extension

Replacing jacket lining

Chances are you've been thinking about your cold weather wardrobe. And you may have discovered a coat or jacket that would be perfect -- if it wasn't for a ragged or tattered lining.

Fortunately all is not lost, for linings are relatively easy to replace. Basically all you need to do is take out the old lining, separate all the pieces, determine how much new fabric you'll need, buy it, cut it out, and sew it in.

That was a bit quick so now let's think about each step in greater detail.

First, carefully remove the old lining. Take it apart at the seams, darts, vents, or pleats. Mark the stitching lines where darts and pleats were.

Next, press the lining free of wrinkles; this allows all the seams to lay flat. Also determine the lining grainline and mark it with chalk. Lay the old lining out on the table and figure out how much fabric you'll need for a new lining.

When you shop, buy a new lining fabric that's similar in weight to the old one. Keep in mind that linings containing polyester and nylon are more durable than those made of acetate. Also remember

that a lightweight, slippery fabric is a good choice for jackets and coats because it makes the garment easy to put on and take off.

Then use the old lining as a pattern. Lay it on the fabric and cut out the new lining, being careful to keep the pieces "on grain."

Last, but not least, construct the new lining just like the old one. Machine or hand stitch it into place and you're ready to go.

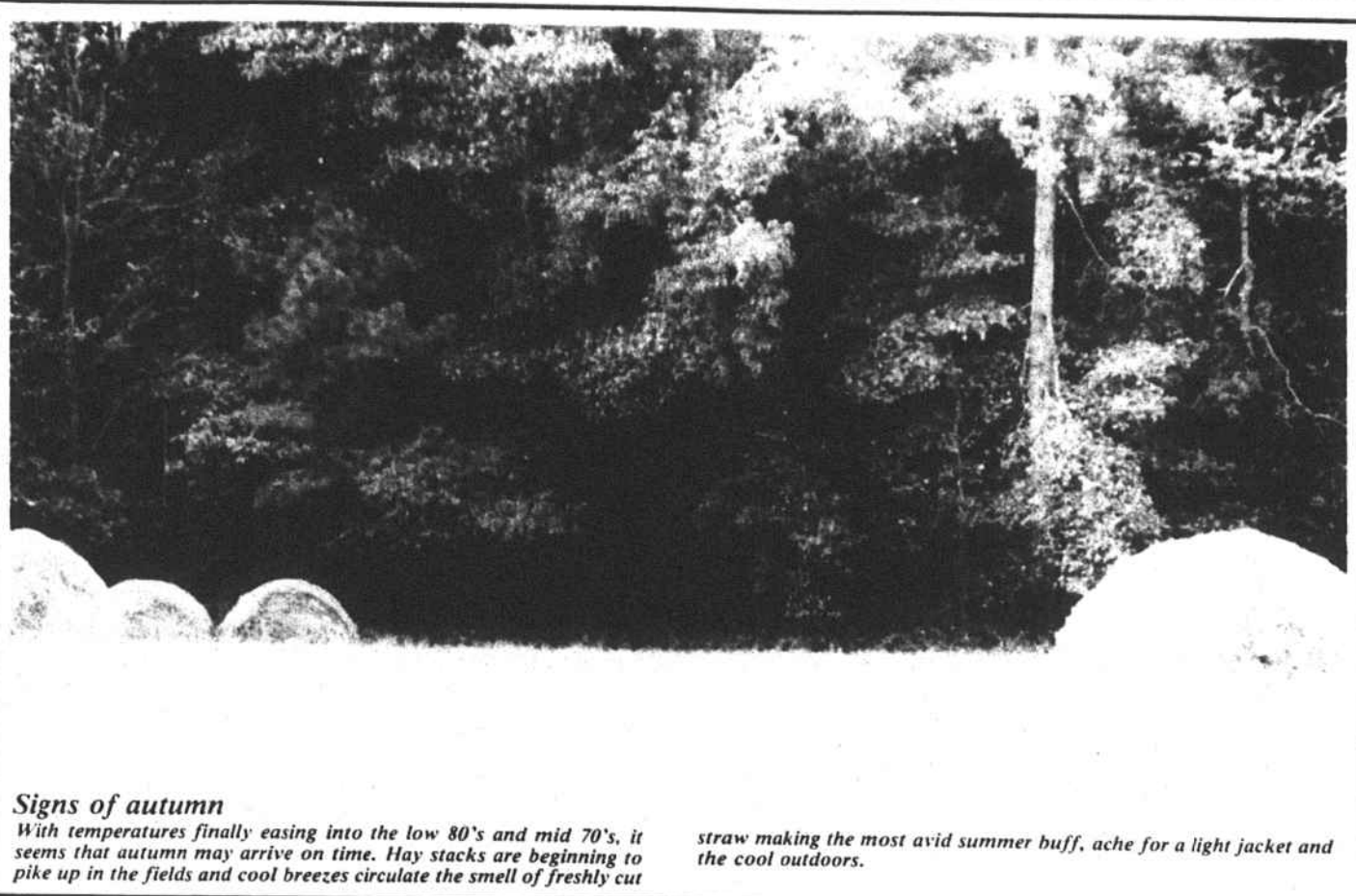
Designer jeans

Designer or "status" jeans may or may not be designed by the person whose name appears on the hip pocket. The label only indicates that the designer has agreed that the company can use his name.

So the reason these jeans cost more is that the manufacturer must pay for the privilege of using the designer's name.

Licensed brandnames or trademarks may be sold like any other merchandise. The company buying the privilege of using the licensed brand or trademark pays a royalty. Designers, cartoon characters, athletes and even football teams may sell the privilege of using their "brands."

Sellers of the brandname may or (Continued on page 5B)



Signs of autumn

With temperatures finally easing into the low 80's and mid 70's, it seems that autumn may arrive on time. Hay stacks are beginning to pike up in the fields and cool breezes circulate the smell of freshly cut

straw making the most avid summer buff, ache for a light jacket and the cool outdoors.

New Procedure Removes Fat Without Stay In The Hospital

By Janet Pierce Fry
Duke University Medical Center
It's probably everyone's dream to get rid of bulges of unwanted fat.

When diet and exercise fail, however, there has been little the average person could do because of the expense and hospitalization involved in plastic surgery.

But a new European technique that removes fat by suction has changed that.

Duke University Medical center is one of the U.S. medical centers performing the procedure, called lipolysis, which removes unsightly bulges that resist dieting and exercise.

The procedure received high recommendation from a panel of 14 American specialists and cosmetic surgeons who went to France and Switzerland to study the operation early this year, according to Chief of Plastic Surgery

Dr. Nicholas Georgiade and his colleagues.

People appropriate for the procedure are generally under 40 years of age with "segmental" excess fat around the thighs, hips, buttocks and abdomen or those who have "saddlebags," Georgiade said.

Carolyn, 29, exercised regularly for two years but couldn't get rid of extra fat in her abdomen and outer thighs. Lipolysis solved her problem.

"I didn't have much pain at all and I was back playing (sports) a week and a half later. And I was real surprised at how small the scars were."

"Generalized obese people are not candidates for the procedure," Georgiade said. And a person over 40 is not as good a candidate because the tissue loses elasticity with age, and the skin won't tighten as easily.

The procedure can be done on

an outpatient basis under local or general anesthetic in an operating room, he added.

In the past, a surgical procedure to remove these fat deposits would have required hospitalization for three to four days, Georgiade said, and long incisions were often necessary.

Because only a small incision is necessary with lipolysis, there is little or no scarring.

The technique has been used in

France for more than four years in 4,000 patients with very good results, he added.

"Because the surgery can now be done on an outpatient basis," he said, "people who couldn't have the surgery before can now afford to have it done."

Georgiade cautioned that the procedure will not improve sagging skin or surface dimpling known as cellulite.

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