


## FANILY PAGE Fashion Fabrics citiva


 HOME RUN BURGERS
total cooking time: 9 minutes 1otaund ground beef
1 cup chopped onion taplespoon all-purpose flour
teaspoon salt 1 10Y-ounce can condensed
veetabte soup
teaspoon Worcestershire tauspoon cup dairy sour cream
hamburger bums, split
and toasted
 Cook, uncovered, at HIGH for 5 minutes, stirring 3 times. Drain
off excess fat. Blend in flour and salt. Add soup and Worcestershire
Cook, uncovered, at HIGH for 4 minutes, stirring after every MICRO TIP. Turn ordinary scrambled egss into fancy omelet,
great for quick suppers or elegant brunches. Begin with fluff scrambled eggs, with a 2 -egg scramble per person. Add 2 tbsp. butter/margarine and 2 tbsp. milk to beaten eggs. Then add the
filling of your choice and cook, covered, at MEDIUM HIGH for 2 $021 /$ minutes, stirring often. Turn onto plate and add topping
nd garnish. FILINGS: shrimp, ham, crumbled pork sausage cot lage cheese, green peppers, artichoke hearts, bananasas. TOPPINGS warmed tomato sauce, hollandaise sauce, shredded cheese, sour
cream, whipped cream cheese, syrup, honey. GARNISHES: snipped
chives, parsley, crumbled cooked bacon, toasted almonds, shaved

SECRET OF SEWING COTTON KNITS Home sewers haven't taken full advantage of cotton a zigzag stitch machine believe knits can't be sewe whrinkage is easily remedied. Machine wash the full Shrinkage is easily remedied. Machine wash the full
length of fabric using cold water detergent and
lukewarm water. Dry in dryer or draped over line or rod. Secondly, you can satisfacto
stretch knits with a straight stitch
The T-top illustrated with its att
fashion improvement over the stretch scoops and round openings. The torso of the topper is gently curved at
the sides. The wrap skirt is woven fabric, which is also There's a n eat trick here. The woven fabric automatically stabil-
izes the curved neckline. The front opening is designed for plenty of
head room, doesn't need to stretch. To keep the trim neat and crisp,
use an iron-on interfacing. use an iron-on interfacing.
Lengthwise seams need streth--.
not stability. Work enough "give" into seams by using 12 to 15
stitches per inch. Also, use a fairly
lose
loose fabric to avoid puckering the
fabric.
When using a straight stitch,
stretch fabric slightly from back to stretch fabric slightly from back to
front as you sew. A very short
zigzag stitch will also provide a zigzag stitch will also provide a
modest amount of stretch to the seam, if it's available.
Most knits don't ras. Most knits don't ravel, so you won't need a seam
finish for that purpose. However. if cut edges of the seam allowance curl, stitch one-fourth inch from th
edge with a straight stitch or use a zigzag stitch righ on the edge. When pressing seams open, use a low temperature
steam setting and apply light pressure. To touch up the body of the garment, use a pressing, not ironing
motion in the direction of the lengthwise ribs. This avoids stretching the fabric. Press on the wrong side avoid shine.
ILLUSTRATION:

Butterick no. 5325

New Liquid Brown Sugar Great Flavor Companion


 The rich brown sugar flavor of Liquid Brown Sugar combines
deliciously with chocolate to produce a moist silken-textured cake
lavishly frosted with tich ich Chocolate Frosting. A lovely way to
celebrate BUtTERMLL
(Makes two 8 -inch colate layers)



## CALORIE COUNITDOWN BY susan ouff mastro

##  IN YOUTH WE WANT TO CHANGE TAE WORLD IN OID AGE WE WANT TO CHANGE YOUTH KIDS KORNER

OFFTHEWTALL



## $\Leftrightarrow$ TIVTSAUTUTPSEFO. If you smoke cigarettes, you should clean the inside of your windshield every three weeks. This will prevent that bothersome glare during nighttime driving. <br> 

 Three-wattled bell birds of costa Rica have a call that
. Misses Top and Skirt. Sizes 8

*CROSSWORD PUZZLE *

| across <br> 4. King of the Huns <br> 8. God of love <br> 12. Fortune 13. Diana's <br> 14. Mount - in <br> the Bible <br> 15. United 16. A drawbridge <br> 18. Kayak, e.g. 20. Above (Contr. <br> 21. Mild expletive <br> 28. Mere nonsense <br> 32. Coin of <br> Nationalist <br> China <br> 34. Wooden shoe <br> 36. Disencumber <br> 39. Coal and <br> pitch blende, <br> 41. Automobile <br> 43. Far off (Comb. <br> form) |  |  | Spoil <br> Anesthetic <br> Affirms <br> anecdotes <br> Capable <br> Needle case <br> Roman 5 Small: <br> Small, <br> secluded valley <br> Permits <br> Danish island <br> OWN <br> Political group <br> - gun <br> Electrical units <br> Overly <br> Masc. name <br> Toward <br> - up <br> accelerate <br> Broad sash of <br> Japan <br> (Abbr.) <br> Measure of <br> yarn |  |  | ular ent Syria of the rypha ible nation met lly has one pletions mes tired ey as at en ned res rass manner ese money percent udge t story by gham se idential name posed ve of it's partne |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $7^{2}{ }^{3}$ | $4^{4}{ }^{5}$ | $\left.5^{5}\right]^{6}$ |  |  | $1{ }^{10}$ |
| 12 |  | 13 |  |  |  |  |
| 15 |  | 16 | ${ }^{17}$ |  |  |  |
| ${ }^{18}$ | - ${ }^{19}$ |  | 20 |  |  |  |
|  | ${ }^{2}$ |  | ${ }^{3}$ |  |  | ${ }^{26}$ |
|  | ${ }^{29} 130$ |  |  | 3 |  |  |
| 33. |  | 3 | 5 |  | 3 |  |
| 37 |  |  | 39 |  |  |  |
|  |  |  | ${ }^{4}$ |  |  |  |
|  | $\cdots$ |  | ${ }^{15} .46$ |  |  | 48 |
|  | $7^{51}{ }^{52}$ |  | ${ }^{53}{ }^{54}$ |  | ${ }^{55}$ |  |
| 56 |  |  | 57 |  | 58 |  |
|  |  |  |  |  |  |  |

LAFFS


If they're so busy all day,

## GlamourTTals aytay:





## Court Okays

 Jail Plans DUE COMPLETE OCT. 1979| couTheBootedfacifandlandownsouMuSts.newimmoldbecitsstruThprofeetprecomrequplanfornstateGotoelenphyfing |
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U. S. Roprosontativo Bob Brueger NECESSARY
the people they represent is the foundation of American
Democracy. When it is lacking, our economy suffers. our people suffer and our nation becomes confused and
directionless. eroded many Americans' faith in the honesty and integ.
rity of their elected officials, and this country has suffered Inflation has hit double-digit figures. interest
have climbed. pay checks are being whittled away by electorate is trying to reclaim its decision-making powers If trust is to be restored, if our economic problems are
of combatted if we are to work together effectively
instead of divisively, the voters must retain their faith in in public office. They must be assured that their represen-
tatives are not only capable of making wise decisions.
but are making those decisions not for personal gain, but
 tere cuan be no question of either his motives or fines.
or public rust.
The means must disclose fully his tar returns. per-
nal holdings and any other recordi of financial interes. rom which he might benefit.
If he is not willing to do so, he should not run for In my judgement. the day a person stands betore th
people and asks for thecir confidence and trust as a
elected official is the day that person should be willing t That is why I have released my complete tax return
The my tax returns or the past seven years avaliable to the
press. That is why, when filing personal property dis.
closure statements. I have qone beyond the letter of the
law and submitted not only those records required, hut law and submitted not only those records required.
also those not mandated by law.
It is time that all elected officials take renewed note of the responsibilities which elected posts carry, and of the
meaning of the words, "public servant." For that is what A recent study of American opinion conducted by
U.S. News and World Report indicates that less than
10 per cent of those questioned give any elected federal officials a
dependability and integrity No one citizen, congressman or even a President can
change that attitude. Trust in government is slow in
building. But every person can contribute to rebuilding the
shores of corfidence that sustain this great nation. With careful attention to prosperity, ethics and the intent of
the law, by all those in or seeking public office, this country's foundation of trust can be made strong again
and our democracy will stand strong


## Right-to-work an asset

| A rule is a rule and a contract | $\mathrm{fi}-$ |
| :---: | :---: |
| is a contract; yet is anyone ever | al aid, signed a petition |
| prepared for a case like that of | seeking her reinstatement. |
| Miss Anne Parks? | The petition will look nice in |
| No one questioned her abilit | her scrapbook. |
| her qualifications or her | A school official meantime |
| tion; yet she has been fired | ined the union require- |
| , 40 years with Detroit | is "in the contract...She is |
| s. | regular contract teach- |
| Her | defy the (age |
| e refused to | ep) clause.' |
| ederation of Teachers | Michigan is one of 17 states |
| equivalent | public employees can b |
| es | d to join a union or pa |
| I'm not against unions or nizations but I don't think a | agency fees as a condition of employment. |
| on should be forced to join | Texas is not among them. |
| one," Miss Parks said. She sac | That is what the right-to-work |
| rificed her job rather than pay | law is all about. It guarantees a |
| the estimated \$136 per year | qualified person may not be de- |
| dues equivalent. | nied employment on such |
| It is comforting that more | seless grounds. Right-to- |
| the 4,000 s | work is a principle worth |
| school, where she was in |  |



KRUEGER'S ATTENTION FOCUSED ON FLOOD-U.S. Congressman. Bob
Krueger listens as Bandera County Judge W. O. Hatfield recounts the tremendous losses
 ened by flod waters below Canyon Dam, canccled his campaign schedule so that his
full attention could beplaced on helping floodstricken areas. Kureerer saff members from
San Antonio San San Antonio, San Angelo and Washington were dispatched to fill the gap before federal
assistance oculd be guaranteed. Besides Bandera, Krueger also visited Kerrville, Comfort,
Albany Graham and Abilene.

The first white man known
to have set foot on what is
now the Pacific coast of the now the Pacific coast of the
U.S. was Spanish explorer Juan
Roderiguez Cabrillo in 1542.


Ways To Deal With Weeds
Weed killcrs act in various
ways. A selective weed killer will affect some winds of
plants but plants but not others. Non-
selectives kill all or neary all
plants with which they come in contact.
Pre-emergence chemicals
prevent the weed seed from prevent the weed seed from
sprouting for four to six
weeks and are safe to use
around many other plants.
 WEEDS LIKE THESE don't
like weed killers or rakes. Post-emergence weed killers,
the most widely used type,
may be selective or nonselec tive. A wide-spectrum weed
killer can be used to clear an
entire area that has no desirentire area that has no desir-
able plants. After the weeds
are killed, destroy all dead are killed, destroy all dead
material, then use a residual
control to keep the site frea contreds. keep the site free
of weew authority on garden
care, the 672 -page Reader's care, the 672 -page Reader's
Digest-llustrated Guide to
Gardening an easy-to-read Gardening an easy-to-read
book available at bookstores,
points out that modern weed points out that modern weed
killers can control most gar-
den weeds but can also harm nearby plants. A few minute's
work with a hoe or a rake on a dry day, repeated as often
as new weeds appear is often a safer way of dealing with
weeds growing near ornamen-
tal plants. Close mowing of grass for two consecutive
seasons will usually eliminate
most perennial weds seasons will usually elim
most perennial weeds.
By and large wheth use chemical or cultural
methods, where there are
weeds, there are usually ways
Ioget rich them FOR

Have A Soda Fountain Treat
 sugar-sweetened soft drink mix, milk and ice cream are
blended for a thick and creamy refresher. And for other CHERRY FLAVOR MILK SHAKE $1 / 4$ cup cherry flavor sugar-sweeten
3 cups milk
1 cup ( $1 / 2$ pt.) vanilla ice cream
Combine all ingredients in electric blender container
Blend about 1 minute or until smoth and frothy Make ต®ำ

containe sap of the plan
called urushiol. Thish oil
cal
oil

## eaves ordinarily, but when ever the plant is cut


ly ourct the poison
plat. ote the oilery?
A. No. The oily sap
be transmitted to people
from the fur of animple
garden tools and clothing
tagious?
A. Not really, but when
the sap gets on the skin it
the sap gets on the ekin it
can andity be passe by
touch ffrom perpon to peri
son, or oro example, prom
the hands to the face.
IMMUNTTY:
Q. Arent some people
totill immune to poison
iny allergy?
A. Some people seem to
be, but the immunity
poison ivy is not necessaril
lifetime. Those seemingly
imune
an become allergic the from inititil contact with the the the




often the reverse is true. hours, but sometimes mosquitoses can be reilieved
semmploms take just a few with Rhuli products. Take





LAFFS

## MAGICWORE

dison Electric Institute



Would You Beifive. Mead is the
drink of Poland.
$\# *$ There are about 98,000
postmen in Britain. Of these, about 3,000 wer
bitten by dogs in 1968 . The Toucan's bill
which is bigger than i body, is thin-walled and
lightweight and easy to carry.
King Richard of Eng-
land was so careless with royal funds he once had to
pawn his crown to make

Bicycle Safety: A Must For Everyone


IS ONE OF THE HARDEST THINGS TO REFUTE

Inflation-Fighting

| HELPFUL |
| :--- |
| TIPS |

$\square$ IRS
AVEL

 from your flight than a few
hours of slep, choose a seat that's far forward or one
that's near the wing. Because wings act as stabilizers as the
aircraft moves up and down, aircraft moves up and down
the steadiest seats are those



## achaybum

## DIET MOTIVATION

## All the calorie-counting in the world won't help

 in the world won't helpyou lose an ounce if you're not sincerely committed to really take off weight.
Many psychologists say that the motivation to iet may be the single termining the success or failure of your efforts to
become slimmer. To find just how motivated ou are, make a list of at want to lose. If you can't sons, this may explain the
difficulties you have trying to take off pounds. and it's important to your notivation before you go on. Here are some dieting
motivations I have ga. mered to help get you started on your own list:
I must lose weight because:

1. Clothes do not look good on me at my present
weight and my physical appearance is an import.
ant aspect of the impres. in my lif
body size and that it is
unhealthful for me to be carrying ar"
2. I am embarrassed
that others can hat others can see by
looking at me that my eating is out of control. 6. I feel my weight d
tracts from my tracts from my physical
appearance to the extent that it might be holding me back on the job. 7. I don't like to engage
in activities which require in activities which require
that I wear revealing clo. hing because of my over-
weight and this limits my experiences.
3. My weight makes me reluctant to meet new
people and this holds me back socially. 9. I feel that my over-
weight might make my relatives, children, hus. and or friends ashamed 10. I know that I feel
more attractive, happier, and more comfortable when I weigh less. ss. motiva. tions are specifically
mine, but they are all
reasons I have heard diet reasons I have heard diet-
ers give at one time ers give at one time or
another for why they want another for why they want
to be thinner. Anyone
who is overweight can probably relate to most of luggish uncomfortable sluggish, and "dumpy"
when I am overweight. 3. I wish to become
more attractive to my husband, boyfriend or
members of the opposite members of the
sex in general. 4. I feel my weight is
them, if not all. Motiva.
tions are really important to dieting and if you keep
them in mind when you are resisting fattening
foods, it will be a big help to your efforts to talk help
eight.


MIDS RORNER by Facte Jacdor




## Fashion o n Fabrics cinturn

STRAIGHT FACTS ABOUT SEWING ON BIAS It's the year for skirts and shawls and soft, drapy
things. The skirts get their shape from bias-cut fabric, things. The skirts get their shape from bias-cut fabric,
such as the one illustrated, or from gathers at the such as the one
The shawl is dramatic as well as comfortable. The
scoop neck T-shirt completes the outfit scoop neck T-shirt completes the oulft.
with a difference et the steeves are cuffed. the skirt and shawl.
The secret of sewing woven bias fabric is a light
touch: as little handling as possible in order to avoid stretching the diagonal yarns. Also, when laying the pattern on the fabric, be sure each
section faces in the same direction section faces in the same direction
so that the grainlines will slant so that the grain lines will slant take on different shading. After basting, pin waistband on
a padded hanger and allow skirt to hang overnight. Next day check for puckers. If any appear, snip
basting stitches in the puckered basting stitches in the puckere
area. Smooth out seam and re
baste. When machine stitching, use
shorter stitch than ordinarily use shorter stitch than ordinarily used
for woven fabric. Make a practice run on two layers of bias-cut fab
During permanent stitching, gently. with fabric yarns when seam is
stitches will respond wear. Stitch from bottom to top: from widest part to Now the zipper. First, preshrink the closed zipper by
dunking it in hot water and allowing it to air dry. Meanwhile, to keep the bias seam from strecthing
stabilize it by centering and stitching seam binding on stabilize it by centering and stitching seam binding on
the seamline of each side of the zipper opening. the seamine of each side of the zipper opening
Machine-baste the opening. Clip basting e inches. Press seam open. Pin and baste zipper in place urn to the outside and use a hand-p the final step. Use a single strand of thread and a \#8 or 49 hand-sewing needle. Bring needle through to surface
from underneath. Take a stitch back one yarn of fabric from underneath. Take a stitch back one yarn of fabric
and bring needle forward about $1 / 16 t h$ of an inch to $1 / 8$
inch. Continue for both sides and end of zipper opening ILLUSTRATION: McCall's \#5296 $\quad$.-Misses skirt.
shawl and skirt.


