How's your work ethic?

Everyone insists on the highest quality of service and workmanship, everyone wants safety, everyone wants to get as much as they can for their money in the marketplace. All of this is fine. But how many exert themselves to do the extra bit that means their own efforts are producing quality either in service or product for the other fellow?

The fault with many products, the defects in our homes and a good share of the hazards we encounter are attributable to laziness and lack of interest in doing a job right. Who cares about the fast buck of skilled troubleshooting in everything from autos to vacuum cleaners threatens to make a shambles of technological marvels? Most of the troubles of today are traceable to a massive rejection of the work ethic or whatever you wish to call it.

Most people expect the other fellow to be the expert, the producer and the fall guy when something goes wrong. We forget that when the work ethic dies the experts and the workers of a more energetic age gradually disappear, leaving the nonworkers to stew in their own juice and a maze of meaningless health, safety and consumer protection laws.

However, the concern of one Senator here and one Congressman there, no matter how laudable their efforts will not be enough to enable the President to achieve his objective to curb excessive government. Unfortunately, the record shows that a majority of the members of both the Congress and the Senate have consistently passed legislation to spend more and more money, and to add government bureaus on top of government bureau, far beyond our ability to pay. And while the "plum" job holders in the Postal Service pick up from $300.00 to $1,000.00 per week (plus fringe benefits), the hard-working taxpayer is gouged for a larger and larger chunk of his income every year.

Clearly, it is time to call a halt.—U.S. Press Service.

Living high on the hog

A measure of the difficulty facing President Nixon in his attempts to curb government spending can be seen in the pay scales now being offered by the U.S. Postal Service compared to the old Post Office Department.

The differences are rather dramatically illustrated in the official "Policy and Supporting Positions" government catalog, published every four years, which lists plush jobs to be found in government service.

When the latest edition recently appeared, an alert reporter—Mike Causey of the Washington Post—noted that while the old P.O.D. offered 84 non-career jobs above $15,000, the new USPS features 1,846 such positions, many of them ranging above $50,000 a year.

Among these, Causey found, were such intriguing new titles and pay scales as:

–Manager of Creative Services, $25,183 to $33,493.

–Civil Defense Coordinator, $18,634 to $24,783.

–Scheimes Routing Specialist, $16,772 to $22,440.

–Psychologists, $18,634 to $33,493.

–Environmental Officer, $16,872 to $22,440.

–Fringe Benefit Specialist, $18,634 to $24,783.

–Suggestions Award Administrator, $22,676 to $30,280.

One Senator who has already expressed concern is Jennings Randolf of West Virginia, who has charged that the USPA has taken a "public be damned" policy that is more interested in "importing high-priced bureaucrats" than in getting mail delivered. As senior member of the Post Office-Civil service Committee, the West Virginia Senator has demanded full-scale hearings on the status of the mail service.

However, the concern of one Senator here and one Congressman there, no matter how laudable their efforts will not be enough to enable the President to achieve his objective to curb excessive government. Unfortunately, the record shows that a majority of the members of both the Congress and the Senate have consistently passed legislation to spend more and more money, and to add government bureaus on top of government bureau, far beyond our ability to pay. And while the "plum" job holders in the Postal Service pick up from $300.00 to $1,000.00 per week (plus fringe benefits), the hard-working taxpayer is gouged for a larger and larger chunk of his income every year.

Clearly, it is time to call a halt.—U.S. Press Service.

DOWN MEMORY LANE

20 and 40 years ago

Thursday, February 26, 1953

Thieves entered the Nicholas County Hospital early last Thursday morning, pried open a locked cash drawer and took $100 in cash and $700 in checks. The robbery was discovered by Mrs. James Lawrence, a nurse' aid.

J. Patrick Conley, master commissioner of Nicholas Circuit Court, announced this week that he has accepted a legal advisor position with the Panama Canal Co. in the Canal Zone. His brother, Joe Frank Conley of St. Louis, Mo., will move to Carlisle in April to assume the law offices of his younger brother.

1952-53 officers of the Nicholas County Chapter of Future Farmers of America elected recently are: Bobby Shrout, president; Gerald Watkins, vice president; Billy Lynam, secretary; Ronnie Ratliff, treasurer; Harold Hamm, reporter; and Billy Scott, sentinel.

BORN—To Rev. and Mrs. Roy Blakemore, Flora, Ill., a son, Thursday. —To Mr. and Mrs. Reynolds Jolly, a son, Reynolds Jr., Feb. 23.

MARRIED—Miss Catherine Capps, to Robert Huffman, Lancaster, Feb. 12 in Lexington.

DIED—Ira O. Green, 68, Wednesday at his home.—Fred Huffstetter, 66, last Wednesday.—Sam Stanfield, 82, at his home, Monday.—Mrs. Deborah Cameron Frederick, 77, Sunday in Cincinnati. —Elva Wilford Wagoner, 50, Greendale, Monday in Lexington.—Mrs. Sallie Norton Jacobs, 88, Monday.—Albert Luther Bell, 76, Paris, Monday.

Thursday, February 23, 1933

Llewellyn Holmes, daughter of Mr. and Mrs. L.B. Holmes of Moorefield, won the annual county spelling bee here Saturday. Albert Dorton was second.

Dr. O.H. Lambert, chiropractor, well-known Carlisle young man, has leased the office rooms of Miss Jane Tilton on Maple Street, and will open an office for the practice of chiropractic next Saturday.

The Carlisle Mercury

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Warren R. Fisher, Publisher; (Mrs.) Katherine T. Fisher, Managing Editor; Mrs. Joseph H. Conley, Editor.

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NATIONAL NEWSPAPER ASSOCIATION — Founded 1885 — Free Press 4 Key — NNA SUSTAINING MEMBER

AGREE or NOT

I Say What I Think

by S. C. VanCuron

FRANKFORT—Kentuckians owe just $760,514,000 in bonds on its parkways and toll road bonds built since 1954, but most of the debt is owed on toll roads built since 1960.

The state will pay out $18,063 this year on general obligation bonds for interest and another $42,420,000 rental payments to the Turnpike Authority for rental on the toll roads. This rent goes toward retirement of the bonds.

Reason for the rental arrangement is that the roads do not produce enough in tolls to meet the bond payments, and the funds must come from the Highway Department's general fund.

Not all of the two figures mentioned above is for the toll roads since some of it is to retire general obligation bonds voted as matching funds on the Interstate roads.

The Kentucky Turnpike from Louisville do Elizabethtown was build during Gov. Lawrence Wetherby's administration at a cost of $43,500,000 and only $12,096,000 remains outstanding. Retirement of bonds on this road is far ahead of schedule, and will be made from, under present plans, when the debt is paid. This is part of I-65 that runs from Louisville to Nashville.

However, there was some discussion for Kentucky to persuade the U.S. Government to let Kentucky keep collecting tolls and apply the revenue to other toll roads in the state. The result is to become free as part of I-65 when the bonds are retired.

The feasibility studies on the parkways built since 1960 have all pointed out that the toll revenue would not be sufficient for several years to meet the debt service (bond payments and interest), but pointed out the benefits for developing the area and bringing more jobs and industry into the state. The roads also increase gas tax revenue and the tourist revenue for the state, as well as other revenue the increased land value generates within the state.

Gov. Bert T. Combs built the Mountain Parkway ($42,500,000), the Western Kentucky Parkway ($118,000,000), Mountain Parkway extension ($29,000,000), and started the Blue Grass Parkway ($70,000,000).

Gov. Edward T. Breathitt started the Purchase, Pennyrile and Western Extension ($137,000,000). Gov. Louie B. Nunn started the four segments of Parkway from Henderson to Hazard ($425,000,000).

Only $30,810,000 of the first issue of $40,500,000 on the first Mountain Parkway bonds are still outstanding. They were all 40 year bonds.

The rise in construction costs may be seen by comparing the bond issues of the Kentucky Turnpike in 1954 with the latest bond issues. Interest cost on the Kentucky Turnpike averaged 3.5 per cent while the second issue sold during the Nunn administration was capitalized through 1974. This is when the roads are expected to be completed and toll collections will be started.

Capitalizing means enough money was borrowed through bonds to meet the debt service during the first years until the roads get into use.

Some of the work still remains on the Western Kentucky Parkway extension where it will join I-24 coming in from Illinois.

Combs issued the first Parkway bonds in 1960, with the final ones due in the year 2,000. Nunn's latest issue will run to 2011.

The traffic problems around Louisville, Lexington and Northern Kentucky makes a lot of people wonder how traffic can be moved before the toll roads are added.

However, Highway Commissioner Charles Pryor said recently the state cannot issue any more bonds for additional toll roads because the state simply doesn't have the financial capacity and maintenance costs continue to increase.

WISH I'D SAID THAT

"There are few people who are fast enough to keep up with their good intentions."—Clarin D. Ashby, Uintah Basin (Utah) Standard.

"To bear fruit, most grapevines, trees and speeches need pruning."—J. D. Eldridge, Overton (Tenn.) County News.

MERCURY Memories

by Myron F. Fisher

It happened in Morganfield according to the Union County Advocate's column by J. Earle Bell, About Most Anything; ME WALK?

A local organization had an applicant for a job who said he was desperate for work and was invited to report for duty the other morning at eight o'clock. He called a few minutes before eight and said he couldn't make it.

"Why?" asked the puzzled prospective employers.

"I don't have a ride!" was the unexpected reply from the fellow anxious for a job and who lived only across town.

—MV—

Fun-loving Larry Stone of Central City has this item in his mulebergers column: NUT-LOVING YANKEE

Cake-peddling H.P. Risley of Central City was in a Muhlenberg county store recently when some nut-loving yankee asked for some peecans. The owner said: "We don't have any pee cans but we have some mighty good skip jars."

—MV—

The life of every man is a dairy in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he vowed to make it.—James Matthew Barrie

• • •

Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the gray twilight that knows not victory nor defeat.—Theodore Roosevelt

FARM & HOME

County extension Agents
Basil J. Noffsinger,
Sara Swango, Mrs. Margie Wilson

SUGGESTIONS FOR CUTTING FOOD COSTS

Plan your menus first around the specials offered from the grocery store, or what you have canned or have frozen in your deep freeze.

Make a shopping list.

Check fresh, canned, dehydrated or frozen food to see which is the best buy.

Take advantage of foods that are plentiful.

Limit foods that don't keep well to the amount you can use while they are good.

Watch for specials on canned and frozen foods. Buy the amount you can store properly.

Try lower priced brands. You may like them as well as more expensive ones.

Season frozen and canned vegetables yourself.

Buy bread, macaroni, spaghetti and noodles in packages marked "enriched."

Buy day-old bread for greater savings.

Baked goods made at home often cost less than ready-baked products.

Take advantage of the lower cost of nonfat dry milk for cooking and drinking.

Cracked or soiled eggs may contain harmful bacteria. They should be used only in foods that are to be thoroughly cooked, such as baked goods or foods cooked for a long time on a low range, according to U.S. Department of Agriculture home economists.

Freezing will neatly fit back them in tightly closed containers or in plastic bags. Wrap chunks of fresh cocoanut tightly to expel the air from around them. Remember you can substitute any common nuts (except chestnuts and coconuts which we don't consider common) for another kind of nut in a recipe.

CHANGING IN EATING PATTERNS

Our changing life style has a definite effect on our eating habits. Some of these changes are: the increasing # number of women working, increasing knowledge in food technology, advances in science, foods developed for outer space; the number of small appliances; the constant communication we have through t.v., radio, newspapers, magazines and the mobility of our society have influenced the family's eating habits.

One-thirds of our meals are still eaten at home. We use time-saving and quickly prepared foods and have more frequent eating with coffee breaks and snacks. This may bring about lowered nutritive value with an iron deficiency, low calcium, low vitamin A and vitamin C content.

Teenagers like to eat what other teenagers eat. They all have one thing in common—a dislike of time or effort.

Some counties have programs for the elderly which include group feeding & meal a day.

NEXT WEEK'S HOROSCOPE

By Clay R. Pollan

Note planetary ruler of your birth symbol

FOR WEEK BEGINNING MONDAY, FEB. 26, 1973

★ If your birthday occurs this week . . .

. . . you are introspective and knowledgeable. You are highly sensitive and have a ability for expressing yourself frankly and forcibly. What you started last month should bear good fruit now. Financial prospects are better than they have been for months. Guard against being misguided.

♈ Aries | Mar. 21 - Apr. 19 | Pluto ♇

You will find this week a pleasantly varied and amusing period. Friends can be easily swayed by an appeal to their loyalties. They will want to play along for clubs or meetings, to have you share their interests. It's a good policy to mingle mostly with your own sex. Try to please.

♉ Taurus | Apr. 20 - May 20 | Venus ♀

Socialize more in the right spots and try to be seen in the company of prosperous individuals. You will delight others with your natural charm and it would be a fine time to sell your original ideas. If affairs seem to lag, force the pace and lead the parade. Money dealings especially favored.

♊ Gemini | May 21 - June 20 | Mercury ☿

Your magnetic qualities are at their best now. People observe your appearance sharply; so freshen up your wardrobe and be discriminating in buying cosmetics. Time down dreariness to buy useless things and clean out cluttered closets. Some discord is likely. Be smart and compromise.

♋ Cancer | June 21 - July 22 | Moon ☽

A good time to attend to private affairs, which you have a tendency to neglect. First things should be tackled first and you should consider yourself No. 1 where money is involved. Play your cards close to your chest and you'll win personal victories. Relax as much as you can. Enjoy yourself!

♌ Leo | July 23 - Aug. 22 | Sun ☉

A promising week! There'll be money to spare for little extras to brighten home life and entertain without stinting. Cherish and hold your precious friendships. You can surprise others by doing things charmingly. A great kindness may be shown you. Accent'r on mutual endeavors and partnerships.

♍ Virgo | Aug. 23 - Sept. 22 | Mercury ☿

A journey under discussion may not materialize until early April, or early May. You should allow for delays, probably due to the stubbornness of others. You can settle something important this week. Look out for arguments or chance for loss. Don't overload yourself with more chores.

♎ Libra | Sept. 23 - Oct. 22 | Venus ♀

The first part of the week is best for attending to career and business issues. Go ahead and get plans for improving your home front. Your friends and associates are in the mood to help. Possible discontent must be mastered. Discretion, please, or you will probably regret it.

♏ Scorpio | Oct. 23 - Nov. 21 | Mars ♂

It will be easy to cash in on someone else's good luck and generosity. Males would be more successful as partners, socially. It may be slightly difficult in getting plans OK'd. Good fortune attends romantic matters. "Love conquers all," should be your slogan. A big surprise from an unpredictable friend indicated.

♐ Sagittarius | Nov. 22 - Dec. 21 | Jupiter ♃

Your "other half" is in a dreamy mood now, responsive to kindness and affection. Leave serious issues well alone for now. Attempts to discuss money could lead to arguments. Sidestep anxieties that you can't help. Strive always for harmony. It'll pay to take a liberal attitude.

♑ Capricorn | Dec. 22 - Jan. 19 | Saturn ♄

A good period for tackling do-it-yourself jobs. You'll be surprised at your ingenuity and creative ideas. Make only promises that you can keep and maintain your reputation for honesty and sincerity. There may be conflict between your desires and actual needs. Best to be thrifty, conservative.

♒ Aquarius | Jan. 20 - Feb. 18 | Uranus ♅

Business, professional conferences and get-togethers turn out well. A fortunate ending to some issue is indicated. Show your appreciation and give credit where it's due. People welcome your help and won't forget. Money matters at a distance are well-aspected. Reply promptly to letters.

♓ Pisces | Feb. 19 - Mar. 20 | Neptune ♆

Patient discussions will get you a long way. Keep faith in your own ideas. A concerned relative or friend awaits an assuring letter. You may change your mind in a jiffy this week and it will be for the best. The right moves now will put you ahead. If practical, don't delay in making them.

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Russ Metz

Cannon squints and waddles
good like a real dick would

Mannix poised on a high scaffold above the villain searching for him with a smoking automatic. He eased over to the edge and made a swan dive back on the back of the baddie.

"Aw, come on now," our young son said and left to raid the refrigerator for the fifth time that evening. He finally came back mumbling "they expect us to believe that kind of stuff . . ?" through the bologna and peanut butter in his teeth.

TV viewers are seeing a lot of mind-boggling action on c o p s-a n d-robbers shows these days. And some of the cops are not too happy with all that fantacy.

Indianapolis Police Chief Winston Churchill was complaining the other day in a column in the Indianapolis News. He says when television shows how many fingerprints are taken from guns and presented as hard evidence to jurys, then real people expect to see this when they serve on jurys in real life. The fact is, it is practically impossible to dust a gun and pick up decent fingerprints.

They also expect to see a defendant break down on the witness stand and spill it all. Like Perry Mason makes them do.

"I've never seen that happen. Not once . . ." Churchill says. I'm inclined to believe him. I can't get my son to confess he was the one who put the water bottle back in the refrigerator–empty.

"No patrolman ever follows a case through from start to finish," Churchill says. Who's covering his beat or district while he is roaming all over town shooting up hoods and loving in with beautiful suspects? "A policeman doesn't have the time, energy, or freedom to get involved even in their off hours. If they did, they might begin using their badge for something other than the service of the community," he says.

A noble thought, Winston, sir. Too bad this idea hasn't reached New York's finest, where it is estimated 40 percent of all the cops are on the take. They should be told it's not nice to fool around with outside business interests.

Shoot a lock out of a door? Chief Churchill doesn't believe in it. "Doesn't everyone know ricocheting bullets are dangerous," he says. "Or that a bullet can jam a lock and you'll never get it open?"

I have always doubted that you could actually shoot a lock off a door. Even by splattering the mechanism with a bullet, the lock should stay in place. But it makes for great action in the movies so I'm for keeping it in the script.

This kicking down a door is the trick I don't buy. Try it sometime for effect. A leg full of splinters makes a good conversation piece at the annual police smoker.

The tube shoot-outs irk Churchill, too. "People are always being shot from great distances with pistols. We tell our men that when a shoot-out begins, they'll probably be the width of a sidewalk or the length of a car away from the man shooting at them," he says.

At this close range, it is wise for the policeman to pull the sidewalk or car up around himself for protection, if he can't find a handy open manhole to dive in.

What Chief Churchill doesn't seem to realize is the police on the television are better shots than his Hoosier gumshoes. They have to be. Misses call for retakes and film is expensive these days. But it keeps the real cops on their toes. When they see a thug winged at 200 yards with a snub-nosed .38, it gives them something to shoot for at the police range.

I don't care for Mannix. He gets beat up too much. He's a sucker for a judo chop to the neck. The only decent shamus on teevee is Frank Cannon. You don't see him diving off buildings onto the backside of hoods. He faces right up to them, gives them a squinty-eyed glare and when they charge, throws out his great belly and knocks them a country mile. Cannon has class.

One minute he can stir up a gourmet banquet and then waddle up a steep mountain in the next breath. Besides, he looks like a lawman. Pleasingly plump and persuasive. He makes you believe that fat is beautiful, which some of us already knew.

You wouldn't grant television cops to set the same as some of the real ones I have known. It wouldn't look good for their image. The same plot would get pretty dull. When real cops have no leads on a case, they can't afford the luxury of psychiatrists, scientific theories and fancy footwork to find a suspect. They simply look up a few reliable stoolies, who owe them a favor, and lean on them until one blabs. Then they unceremoniously march out and snap the cuffs on the rascal. They might even buy him a hamburger on the way back to the station.

Once I was in a restaurant when it was stuck up. Someone slipped out and called the cops. A detective came in the front door with drawn revolver and found himself facing the stockup artist's gun. Both yelled, "Drop that gun!"

One did. The cop dropped his in a hurry and ducked out the door. After flushing the joint with tear gas and the robber was in irons, the dick told newspaper reporters someone had knocked the gun from his hand.

He could have pinned it on me. And he might have been right. The way my knees were knocking, I could have been arrested for assault with deadly sneakers.

Up, up and away.

North Americans to get $4 billion driving lesson this Winter

North Americans are in for a $4-billion driving lesson this winter.

That will be the bill for the more than 3,700,000 highway accidents that are expected between the start of winter—and mid-March when spring begins.

To make matters especially perilous, the U.S. National Weather Service has forecast below normal temperatures for the Northeastern states, the Middle-West and the Northern Pacific states through March.

Meanwhile, motorists will speed and slide and lurch and skid their way to disasters, from minor mishaps to fatal crashes.

If last winter is any guide, more than 11,500 men, women and children will die on wintry highways and more than one million persons will be injured.

After studying these statistics, the Department of Safety and Research of an insurance company sent a staff member out to take a lesson in winter driving in the hope of saving lives.

The first thing the student learned was that skidding on snow or ice—or rain-slicked roads—is one of the chief hazards at this time of year.

He found that in snow, hail, sleet or rain one must drive much slower than he would on a dry surface in clear weather. It may even be advisable to cut your speed in half.

Here are some other pointers about skidding gleaned in the research:

1. Any sudden change in speed or movement is the most likely cause of skidding, so maintain a steady, slow speed, avoiding swerves or the sharp application of brakes.

2. Never shift gears on a slippery surface unless you are moving at a slow pace, and always make the change as gradually as possible.

3. When you feel the need to slow down on a slippery road, gently pump the brakes. Ease your foot onto the pedal until the brakes begin to take hold; then quickly remove your foot. Repeat this pumping process until the car slows down.

4. Don't hug the edge of the road, which may be particularly treacherous and don't speed up on curves or at hilltops or on bridges where ice accumulations tend to be especially hazardous.

What should you do if you failed to heed your instructor's warnings and have gone into a skid?

First, do not slam on the brakes, which increases the skid and decreases your control of the car.

Second, turn the steering wheel in the direction in which the rear of the car is skidding. Be careful not to turn too sharply or you will slip into a skid in the opposite direction. Once the car straightens out, straighten the front wheels.

While executing this maneuver leave the gear in the normal drive position. Don't lift your foot from the accelerator.

While skidding is a serious winter hazard, there are other dangers on the roads at this time of year. Getting stuck in ice or slush is one of them.

What do you do when you've been spin on ice? Start your car gently in high gear, accelerating only enough to keep the, engine from stalling. Move forward slowly as far as you can. When the wheels become stuck again, creep into reverse. Keep moving back and forth—gently rocking—until you are free and on your way.

If this doesn't work, you may have to use some of the tools it is wise to carry in the car trunk—a snow shovel, a small spade, a length of burlap or a bag of sand.

To restore traction, dig out some of the ice spinning your rear wheels and put sand or bit/ap into the hole. Then slowly ease out of your predicament, backward or forward, whichever seems the easiest.

A spokesman for the insurance company's research team had a few additional words of advice for the

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GET YOUR $ WORTH

BY SALLY AND JIM ADAMS

NEW SOCIAL SECURITY BLANKET !

No matter what your age or occupation, you're certainly aware by this time of the whopping increase in your Social Security payments that began January 1, 1973. It's a sizable chunk of your paycheck, and you should know the total amount you'll be paying this year and in future years, and what additional benefits you'll be getting.

The hardest hit are those of you with the higher incomes. If you're making $10,800 or more a year you'll pay $631.80 in payroll taxes in 1973. That's $163.80 more than you paid in 1972. And in 1974 anyone earning $12,000 or more will pay $702. Your employer, by the way, pays a matching amount.

Furthermore, the tax rate itself jumped from 5.2 per cent in 1972 to 5.85 this year, and it will go on jumping – to 6.05 per cent by 1978. Actually, the payments will go even higher than scheduled, because the new law provides that pensions will rise automatically whenever the cost of living rises, and taxes will have to go up to pay for the bigger pensions.

Well, that's a big bite out of your income, and you naturally expect an increase in benefits. Here's a look at some of the things you'll get for your money.

If you're a retired person, the amount you can earn without your monthly pension payment being cut has gone up from $1680 to $2100 a year. (This doesn't count investment income.) If you earn more than $2100 in 1973 your benefits will be cut $1 for every $2 you earn. Over 72, there's no ceiling on your earnings.

If you reach 65 and elect to keep on working, you'll get a bonus – your pension will go up 1 per cent for each year you work between the ages of 65 and 72.

There's good news for low-paid workers. The pension for a person retiring at 65 has jumped from $84.50 to a maximum of $170 a month. For a couple, the amount has been boosted from $126.80 to a maximum of $255.

Next week Additional Social Security benefits in 1973.

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FASHION 'N FABRICS

By FANNIE GLEESON

DETAILS MAKE THE DIFFERENCE

A young friend, who is studying fashion design, spent a semester in a couture school in Paris, France, where she was impressed with the internationality of the class. Students represented countries in all parts of the world. However, when they worked on an assignment, they often arrived at similar solutions to a design problem. Her observation #points up the universality of today's clothing – its simplicity; comfort.

Certain details of the students' designs demonstrated their cultural differences. That's what makes fashion exciting, the "certain something." Today's illustration is loungewear with an Oriental influence in the collar. Not illustrated is a version,

which incorporates a great oblong mandarin sleeve, which transforms it from loungewear to an exotic at-home dress. The same pattern may be used for a knee-length, short-sleeve coffee coat.

To get a collar that doesn't twist or wilt, use an interlining of bias polyester fleece. This not only adds body, but does it with an attractive softness, rather than a crisp, hard look. Polyester fleece is available by the yard. It serves the same purpose as lamb's wool, which is almost impossible to find. It has a flat, even surface, but a loft, which provides subtle shaping in a great many fashion uses.

This is a great sewing aid to keep in mind, as it can be "used effectively with every fabric. For example, it adds body to lightweight tricot, and provides subtle shaping to heavier fabric.

Today's pattern can be made in a variety of different fabrics, each of which would give it individuality. In keeping with the Oriental theme you might like to try a printed fabric and create it yourself with polyester.

The fleece is washable and drycleanable. Be sure to use face and backing fabrics that will be compatible to one another – both #washable or both drycleanable.

Do the quilting before cutting out the pattern pieces, as quilting reduces the overall size of the fabric. Use one layer of fleece, or two layers for a heavier garment.

To prevent shifting of the fabric during quilting, baste with long diagonal stitches at intervals of approximately six inches. Start at the center of the fabric section in basting and machine-stitching and work toward one side, stitching in one direction only, i.e., from top to bottom. Use thread which is a combination of polyester and cotton, for strong and suitable for practically every fabric.

To avoid bulky seam allowance facing. Seam edges may be straight-stitched ¼-inch from the edge; or, finished with a zig-zag stitch.

Write for free pamphlet, THE INSIDE STORY OF FASHION, which answers your questions about when to use linings, underlinings and interfacings, and what type of fabric to use. Send long, self-addressed and stamped envelope to Fannie Gleeson, in care of this newspaper.

ILLUSTRATION:

Simplicity No. 5366, loungewear in Oriental manner.

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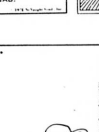
TiPS to DIETERS

By ANDREW SPRAGUE



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NEW DODGE CLUB CAB.

Dodge Trucks

BUNTIN'S GARAGE
Elm & Market Sts. Carlisle

THE DODGE BOYS

The Courier-Journal BARGAIN OFFER ends MARCH 3 1973

LOSE UGLY FAT

Start losing weight today. OR MONEY BACK. MONADEX is a tiny tablet that will help curb your desire for excess food. Eat less-weigh less. Contains no dangerous drugs or chemicals. Absolutely safe. Not a strenuous exercise. Change your life start today. MONADEX costs $3.00 for a 30 day supply and $5.05 for twice the amount. Lose ugly fat or your money will be refunded with no questions asked by:

Hopkins Drug Store, Carlisle-Mail orders Filled

Service your TV or Radios
Contract Wiring—Call
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DUNCAN'S
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weather harried motorist:

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