

GET YOUR \$ WORTH
BY SALLY AND JIM ADAMS

HOT DOGS - TRICK OR TREAT? - II
Last week we reported that the protein content of a hot dog is about 12 percent. This is considerably below that of many other meats and fish. Two hot dogs and rolls will provide about 10 grams of protein whereas a 2.5 ounce serving of poultry will provide 26 grams of protein, and frozen or fresh fish, 25 grams. Thus, as a source of protein, hot dogs are expensive, but if you consider only the bulk, franks provide a cheap and filling meal, averaging at the supermarket about 9 cents per frank. A dollar, therefore, will buy a meal for a family of five.

Like other ground meats, hot dogs are susceptible to bacterial attack. There is little agreement among food experts as to what constitutes an unacceptable level of bacteria. One scientist suggests a maximum allowable count of 10,000 bacteria per gram, while New York City law allows 100,000 per gram. Even this higher count is considered safe - the bacteria count would probably have to reach one to five million per gram before you'd suffer from gastric distress. Bear in mind that the growth of bacteria is slowed to some extent by vacuum packing, and if the vacuum is broken the bacteria proliferate.

Always check your package of franks for bulge, which indicates that the package has been punctured and gas has formed from excessive bacterial action. Experts also advise you not to store franks in your refrigerator longer than a month. Two weeks is even safer.

About additives. Almost all franks contain sodium nitrate or sodium nitrite, which helps to inhibit bacterial action and also serves as a color fixer to keep the product from turning gray or brown. In large quantities, nitrite is poisonous, but the USDA says there's nothing to worry about - the legal limit of .02 grams per 100 grams of hot dog is far below the danger level.

Nevertheless, many food scientists wonder why nitrite is used in food at all; they point out that the substance is banned in many countries as potentially dangerous, and Vitamin B substituted as a color fixer.

To sum up: The USDA regards the hot dog as a tasty, nutritious and wholesome food. As a source of protein it's expensive, by the pound it's inexpensive.

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FASHION 'N' FABRICS
BY FANNIE GLEESON

HOW MUCH EASE IN A DRESS?
Many women are confused about what "ease" is in a dress pattern. Ease is the extra amount of fabric allowed over the standard body measurements. It prevents a dress from being skin-tight and restricting the motion of the body. Without ease, seams would split.

There are two kinds of ease: basic, wearing, ease, just described. The other is styling ease, purposely built into only the bulk franks provide a cheap and filling meal, averaging at the supermarket about 9 cents per frank. A dollar, therefore, will buy a meal for a family of five.

When styling ease is part of a dress design, do not alter the dress to remove what you may think of as "fullness." If you prefer a tighter-fitting dress, it would be better to buy a pattern that provides only the normal amount of ease.

In most Misses' and Miss Petite dresses, a three-inch ease allowance over standard bust measurements is used. Three-quarters of an inch allowance is allowed at waist of dress, and one-half inch at waist of a skirt.

A semifitted dress looks best in a fluid fabric. Crepe is a good example. This crepe is made of rayon, silk, cotton or wool. These fibers can be made into yarn which takes a hard twist. When the fabric is woven and a damp finish applied, the lively fibers crinkle to provide the crepe effect.

Man-made fibers are used in crepe-like fabric, usually called crepon. These fibers are given a crimp, then made into yarns which provide a crepe effect. Or, the finished fabric can be treated in a way which gives a crepe appearance on the surface.

Working with crepe can present a few problems, but the finished product is worth the effort. Work on a surface that is large enough to accommodate the largest pattern pieces and the remainder of the fabric. If your working area is not this big, keep part of the fabric rolled up, while you are pinning and cutting the remainder. It should not be allowed to hang over the edge of the cutting surface.

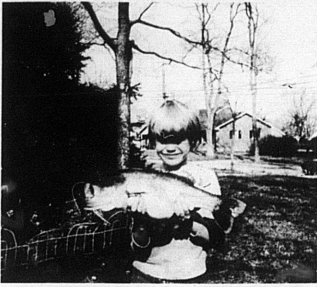
In dress construction, use preclarked woven seam binding as a "stay" at shoulder seams and at the "waistline."

It is important to press as you sew as always, but be especially careful with crepe. It has a tendency to shrink with steam. Press on the wrong side with a dry press cloth over the fabric and a slightly dampened press cloth over the dry one. This prevents water spotting, puckering or flattening the surface. It is also an assurance against surface shine. Press seams over a seam roll. Or, use heavy paper under the seams.

Are you selecting the right pattern for your figure? Here for the free magazine, "Fit to Fundamental" To Fashion" by Vogue/Butterick, which provides guidelines for pattern selection. Send "long" self-addressed and stamped envelope to Fannie Gleeson, c/o this paper.

Illustration: Vogue Paris Original No. 2729-Misses' front-view.

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Beh he's proud

EKU will award 5 honorary degrees

RICHMOND, Ky. - Gov. Wendell Ford and Colonel Harland Sanders will be among five persons awarded honorary doctoral degrees during spring and summer commencement programs at Eastern Kentucky University, Dr. Robert R. Martin, EKU president, announced this week.

The honorary doctor of laws degree will be awarded at spring commencement May 13 to Ford, who will be the

historian, and author, who has served on the EKU Board of Regents and as a trustee of Berea College.

The award of the honorary degrees was appreciated recently by the Board of Regents.

Say you Saw It In The Carlisle Mercury

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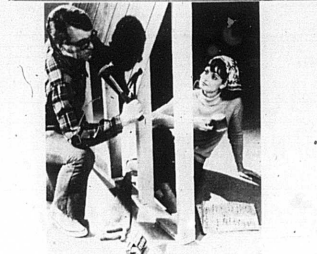
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South Central Bell Keeping you in touch

Teenagers - to drink or not to drink...

(This is the fifth in a series of articles dealing with the problem of alcohol. It is prepared by Nicholas County Comprehensive Care Center, located at the Court House, Carlisle, phone 283-5056.) To drink or not to drink is a decision



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Everyone must make for himself. The decision will be influenced by many factors which may include: friends, family, and religion.

Some teenagers may choose not to drink for reasons such as: they don't like the taste; don't desire the effect; or other personal reasons. You may be going along with your family's wishes, a girl friend's or boy friend's preference, a coach's training rules. If you choose not to drink, it may be hard to say "no" at times, but if you are firm in your beliefs and have thought through the situation, you should be able to stand behind your decision.

Other teenagers may choose to drink for any number of reasons. They like the taste; the effect; the "crowd" is doing it; rebellion against family, school, the establishment, and even some are following the family custom.

As far as the teenage drug scene is concerned, alcohol is ranked at least as much of a problem, if not more, than the abuse of any of the other drugs hitting the headlines today. The 16-20 age group comprises only 10 percent of the driving population, yet it is involved in 13 percent of fatal and 17 percent of all accidents. A shocking high proportion of the youthful

drivers were found to have been drinking moderate to high levels of blood-alcohol.

Quoted in Safety Education, the education director of the Michigan State Board of Alcoholism, George Stewart, says alcohol's assault on the teenager is far more dramatic and deadly than on an older person. The teenager is both an inexperienced driver and an inexperienced drinker.

When alcohol, drugs, or medicines are taken in combination, the effects of each are not merely added, but multiplied. The blood-alcohol-gasoline combination produces one of the most explosive mixtures known. One of alcohol's effects is increasing self-confidence while

diminishing the justification for it. This is the so-called "deadly delusion."

The Nicholas County Comprehensive Care Center has set up a 24-hour emergency toll free phone system for those persons who need help or have questions. The number is 1-800-372-2869.

2-Billion Hungry Every Night

Do you know how many people go "hungry" each night? One million? Two million? Colorado State University's "Pesticide People" reports one billion people - that's two-thirds of the world's population - have an empty stomach. The hunger toll is composed of students who have completed a B or better standing scholastically.

10,000 deaths from starvation every day. Under-nourished children and adults become victims of disease, the average person probably has never seen or heard of, or even from illnesses which our well-nourished bodies fight off with ease.

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The Carlisle-Nicholas County Chamber of Commerce wishes to express appreciation to our local industries, which have helped to make our city a more prosperous and a better place in which to live. They have provided jobs and income to a large number of our people. Our industries are good neighbors, good friends, and good citizens.

Industry last year expressed confidence in our state by investing over \$195 million in new or expanded manufacturing facilities which will employ over 12,000 people.

Let us express to them -- these 75 new firms and 125 expanding companies -- and to all of our approximately 3,000 Kentucky manufacturers, our appreciation for their confidence. Let us set aside this week of April 2-7 as Industry Appreciation Week in Kentucky.

Stanley A. ... Governor Commonwealth of Kentucky

THE CARLISLE-NICHOLAS COUNTY CHAMBER OF COMMERCE
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