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10½, 11, 11½, 12, also 13

WIDTHS: C, D, E, EE, EEE

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#### Woman's Bed Jacket

(Shown in Color on Front Cover)

On a cold night with a good book this soft bed jacket will keep you warm. Directions are given for size 12 with sizes 14 and 16 in parentheses. Materials required are 101/2 ounces Unger's Fluffy, one pair each numbers 5 and 9 standard knitting needles.

#### Abbreviations:

tog (together) inc (increase) psso (pass slip stitch over) dec (decrease) O (yarn over) sl (slip)

Gauge: 9 sts equal 2 inches 6 rows equal 1 inch

Note: When binding off or decreasing on row 2, work the 3 sts of cable twist as 2 sts.

Pattern Stitch: Row 1: P 3 (2, 4), \* k 1, 0, k 1, p 3, repeat from \* ending k 1, 0, k1, p3(2, 4)

Row 2: K 3 (2, 4), \* p 3, k 3, repeat

from \* ending p 3, k 3 (2, 4).

Row 3: P 3 (2, 4), \* sl 1, k 2, psso 2 k sts just worked (cable twist), p 3, repeat from \* ending p 3 (2, 4).

Row 4: K 3 (2, 4), \* p 2, k 3, repeat

from \* ending p 2, k 3 (2, 4).

Repeat these 4 rows for pattern stitch.

BACK: With number 9 needles cast on 78 (81, 85) sts and work row 4 of pattern. Now work row 1 and repeat the 4 rows for pattern until piece measures 9½ (10, 10½) inches, ending with row 4.

Raglan Shaping: At the beginning of next 2 rows bind off 4 (4, 5) sts. KEEP PATTERN EVEN, dec 1 st each end of needle every right side row dec as follows:

Row 1: K 1, k 2 tog, work in pattern as established to last 3 sts, sl 1, k 1, psso k st. k 1.

Row 2: Work in pattern as established p the p sts and k the k sts.

Repeat these two rows until 23 (24, 25) decs have been worked. Sl remaining 24 (25, 25) sts onto a holder for back of neck.

LEFT FRONT: With number 9 needles cast on 38 (41, 45) sts and work row 4 of pattern.

Work row 1 and repeat the 4 rows for pattern until piece measures same as

back, ending with row 4.

Raglan Shaping: At beginning of next row bind off 4 (4, 5) sts. Work row 2 for dec same as on back. On dec row, k 1, k 2 tog and work to end of row KEEP PATTERN EVEN. Work until 19 (20. 21) decs have been made, ending at front edge.

Shape Neck: Bind off 3 (5, 7) sts and work across row. Continue to dec 1 st at arm edge 4 times more, at neck edge bind off 4 sts 2 times more. There will

be no sts left.

RIGHT FRONT: Work same as for left front reversing raglan and neck

shapings.

SLEEVES: With number 5 needles cast on 44 (46, 46) sts. K 1, p 1 in ribbing for 21/2 inches. Inc 14 (15, 18) sts evenly spaced on last row of ribbing. Change to number 9 needles, begin with row 1 of pattern, continue to repeat the 4 pattern rows until sleeve measures 15½ (16, 16½) inches from beginning or desired length to armhole, end with row 4.

Raglan Shaping: Bind off 4 (4, 5) sts at beginning of next 2 rows. Work decs same as on back until 23 (24, 25) decs have been made, sl remaining 4 (5, 4)

sts onto holder.

Finishing: With number 5 needles cast on 6 sts, k 1, p 1 in ribbing until ribbing measures same as one front edge (sl sts to holder). Make one for each front edge and sew to right and left front pieces. Sew sleeves to front and back pieces. Sew underarm and sleeve seams.

Neckband: With number 5 needles pick up and k approximately 76 (81, 85) sts around neck edge including sts from

(Continued on Page 8)

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#### Rainbow Afghan

(Shown in Color on Front Cover)

Directions are given for standard size afghan (641/2 x 38 inches) but can

be made any size desired.

Materials needed are approximately 36 ounces knitting worsted in contrasting colors and one size G crochet hook.

#### Abbreviations:

ch (chain) dc (double crochet) sc (single crochet)

st (stitch) sp (space) sk (skip)

Ch 264 sts for standard size or as

long as desired.

Row 1: On ch 4 from hook, 3 dc. (shell), on the next ch 3 (foundation ch) fasten to foundation ch with sc, ch 3.

In same place as ch 3, 3 dc in next ch. (another shell made), fasten to foundation ch with sc on next ch 3 across. complete row, turn.

Row 2: Ch 3, at base of ch 3 (foundation ch) 2 dc, fasten with sc at top of

last shell of row 1.

\* Ch 3, 3 dc on ch 3 at the back of last shell of row 1, fasten with shell at the top of next shell on row 1, repeat from \* across.

Work desired number of rows for

width of afghan.

When changing colors, fasten at top of first shell of row 1, fasten off.

Next color: Work shell at fastened off place (or work 3 dc in the same place, fasten at top of last shell on previous row) work across as other rows.

Edge: (Optional)-Join yarn anywhere on side, work shell as other shells at ends, spaced evenly on sides. Block. DESIGNED BY VELMA GODWIN

#### **Bed Jacket**

(Continued from Page 6)

holders. Work in k 1, p 1 ribbing for 2 inches. Bind off in ribbing. Fold ribbing double and loosely sew in place to wrong side. Make twisted cord and run through ribbing and if desired make pompon for each end of cord. Work in DESIGNED BY MARY MARTIN 8 . The WORKBASKET

## Tatted Shamrock



Shamrocks are so appropriate in March when St. Patrick's Day rolls around. This delightful design could be made into a pin by using bedspread cotton. If tatting cotton is used a smaller, more delicate shamrock suitable for collars or handkerchiefs would result. To make shamrock pin you will need a ball of green bedspread cotton, a tatting shuttle, a steel crochet hook for joining picots and a small safety pin.

#### Abbreviations:

ds (double stitch) r (ring) cl r (close ring)

p (picot) sep (separate) ch (chain) rw (reverse work)

Cloverleaf: R of 3 ds, 7 p sep by 3 ds, 3 ds, cl r. (R of 3 ds, join in last p of last r, 3 ds, 6 p sep by 3 ds, 3 ds, cl r) twice. Do not cut threads.

Shamrock: Tie ball thread to shuttle thread, ch 20 ds, join in 4th (center) p of last r, \* ch 17 ds, join in next p-joining between rs, ch 17 ds, join in 4th (center) p of next r, repeat from once more. Ch 20 ds, join at base of second (middle) r. Do not cut threads.

(Continued on Page 41)

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## Chanel Vest/Mini Purse



Directions are given for size 10-12 with size 14-16 in parentheses. Materials needed are about 12 (16) ounces Brunswick Germantown 4-ply yarn, number 8 standard knitting needles, size G crochet hook.

#### Abbreviations:

k (knit) p (purl)
st (stitch) dec (decrease)
ch (chain) sc (single crochet)
dc (double crochet)
'tog (together)

Gauge: 9 sts equal 2 inches 9 rows equal 2 inches

Pattern St—Rows 1, 2: (Multiple of 4)\* k 2, p 2, repeat from \* across.

Row 3: K. Row 4: P.

Rows 5, 6: \* K 2, p 2, repeat from \*

Row 7: P. Row 8: K.

Repeat these 8 rows for pattern.

BACK: With number 8 needles, cast on 84 (92) sts. P one row. Work pattern st until piece measures 12 (13) inches, end wrong side row.

Armhole Shaping: At beginning of next 2 rows, bind off 6 (7) sts. Keeping

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continuity of pattern st, dec 1 st each end of needle on next row and every other row 6 (7) times more—58 (62) sts. Work these sts until armholes measure 7½ (8) inches straight above armhole bound-off sts.

Shoulders: Bind off 8 sts at beginning of next 2 rows, then bind off 7 sts at beginning of next 2 rows. Bind off remaining 28 (32) sts for neck.

LEFT FRONT: Cast on 44 (48) sts. Work as back until piece measures same as back to underarm, end wrong side row.

Armhole and Neck Shaping: Bind off 6 (7) sts at armhole edge once, then dec 1 st at armhole edge on next row and every other row 6 (7) times more, AT SAME TIME, dec 1 st at neck edge every 4th row 4 times, then every other row until 15 sts remain. After last dec, work these 15 sts until armhole measures same as back, end armhole edge.

Shoulder Shaping: At armhole edge, bind off 8 sts once. Work next row even. Bind off 7 sts. Fasten off.

RIGHT FRONT: Work to correspond to left front, reversing all shaping.

Finishing: Sew underarm and shoulder seams.

Front Band: From wrong side, join yarn at left side seam. Keeping work flat, with crochet hook work 2 rows so around all edges, working 3 sc in corners.

Next Row: Ch 3 (do not turn), work 1 dc in same st as ch 3, \* sk 1 sc, work 2 dc in next sc, repeat from \* around all edges and join in top of ch 3. Work 2 rows sc around all edges, fasten off.

Work armhole edges same way.

Block to size.

MINI PURSE: Cast on 26 sts with
number 8 needles. P 1 row. Work pattern st until piece measures 12½
inches, end wrong side row, bind off.

(Continued on Page 35)

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#### Crocheted Baby and Doll Bunting



Directions are given for a 15 inch doll and a 6 month infant. Directions are for doll's size and changes for infant's size are given in parentheses.

Materials needed are 241/2 ounces 4ply knitting worsted 7 ounces for doll's size and 171/2 ounces for infant's size, a crochet hook size H, 10 (18) inch neck type zipper, and a blunt tapestry needle.

Abbreviations:

st (stitch) Ip (loop) O (yarn over) ch (chain) dc (double crochet) sl st (slip stitch) hdc (half double crochet) sk (skip) sp (space)

Gauge: 11 sts equal 3 inches 8 rows hdc equal 3 inches

NOTE: To dec 1 hdc, O hook, pull up a lp in each of 2 sts, O and through 4 lps on hook.

YOKE: Beginning at neck edge, ch 35 (59).

Row 1: (Right Side): Dc in 5th ch from hook and in each of next 3 (7) ch for front, \* in next ch work 1 dc, ch 1 and 1 dc for raglan inc\*, dc in next 4 (8) ch for sleeve, repeat between \*s, dc in next 10 (18) ch for back, repeat between \*s, dc in next 4 (8) ch for second sleeve, repeat between \*s, dc in last 5 (9) ch for front, ch 1, turn.

Row 2: \* Hdc to ch 1 sp, work hdc, ch 1 and hdc (raglan inc) in ch 1 sp, repeat from \* 3 times, hdc in remaining sts and in top of turning ch, ch 1, turn.

Row 3: \* Hdc to ch 1 sp, work hdc, ch 1 and hdc (raglan inc) in ch 1 sp, repeat from \* 3 times, hdc in remaining sts. Repeat Row 3-5 (9) times.

Ch 1, turn.

Rows 9 and 13: Hdc in each st and ch 1 sp across—96 (152) sts. Drop yarn at end of Rows 9 and 13. Do not fasten off,

RIGHT SLEEVE: Sk 14 (22) sts for Right Front, join yarn in next st, ch 1, hdc in same st and in next 19 (31) sts, ch 1, turn.

Row 2: Hdc in each st of sleeve-20 (32) hdc.

Row 3: Repeat Row 2.

Row 4: (Dec row): Dec 1 st each end of row. Repeat last 4 rows 0 (3) more times-18 (24) sts. Work 1 row even on 18 (24) sts or until desired length, ch 1. turn.

Last Row (Right Side): Sc in each st across. Fasten off.

LEFT SLEEVE: Return to last long row, sk 28 (44) sts for Back, join yarn in next st, ch 1, hdc in same st and in next 19 (31) sts. Work same as Right Sleeve. Fasten off.

BODY: Pick up yarn dropped at end of Rows 9 and 13 of yoke, ch 1, turn.

Row 1: Hdc in 14 (22) sts of Right Front, 28 (44) sts of Back, and 14 (22) sts of Left Front-56 (88) sts, ch 1,

Row 2: Hdc in each st across. Mark 14th (22nd) st from each front edge. Move markers as each row is worked.

Row 3: Repeat Row 2, ch 1, turn. Row 4 (Inc Row): Hdc across, inc 1 st before and after each marked st. Repeat inc row every 4th row 4 (8) times

Next row: Hdc in each st across, join more, ch 1, turn. with sl st in first hdc—72 (124) sts.

Repeat last row 10 (12) times, or until desired length. Fasten off. HOOD: Beginning at face edge, ch

45 (63), hdc in 2nd ch from hook and in each ch across—44 (62) hdc, ch 1, turn. (Continued on Page 35)

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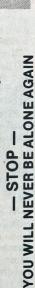
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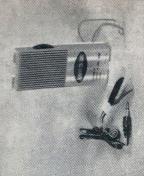
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# Silk & Silver® Ladies' Sweater



To knit the Silk & Silver® ladies' sweater use 6 balls Reynolds Kitten yarn for sizes 10 and 12, 7 balls for sizes 14 and 16, one pair each numbers 4 and 6 standard knitting needles and number 4 double pointed needles. Instructions are given for size 10 with sizes 12, 14 and 16 in parentheses. (One ball Reynolds Kitten is 50 grams, about 160 yards to a ball.) The name Silk & Silver ladies' sweater used with the permission of Clairol, Inc.

#### Abbreviations:

k (knit)
p (purl)
st (stitch)
dec (decrease)

tog (together) sl (slip) psso (pass slip stitch over) inc (increase)

Gauge: 5 sts equal 1 inch 7 rows equal 1 inch

BACK: With number 4 needles cast on 85 (89, 93, 99) sts. Work in ribbing as follows:

Row 1: K 1, \* p 1, k 1 repeat from \*

Row 2: P·1, \* k 1, p 1 repeat from \*

14 . The WORKBASKET

Repeat Rows 1 and 2 for 2 inches.

Change to number 6 needles and work broken rib pattern as follows:

Row 1: Work ribbing as established across row.

Row 2: P.

Repeat these two rows for pattern stitch.

Work pattern until piece measures 12 (12, 12½, 13) inches or desired length to armhole.

Raglan Shaping: Bind off 2 sts at beginning of next 2 rows. Work raglan decs as follows:

Row 1: K 1, k 2 tog, work in pattern as established to last 3 sts, sl 1, k 1, psso, k 1.

Row 2: P.

Repeat Rows 1 and 2 until 26 (27, 29, 32) decs have been worked. P next row and work 4 more rows as established without dec. SI remaining 29 (31, 31, 31) sts to holder for back of neck.

FRONT: Work exactly same as Back until 20 (21, 23, 26) decs have been worked—41 (43, 43, 43) sts. SI center 17 (19, 19, 19) sts to holder. Join another ball of yarn and dec 1 st each neck edge every right side row 4 (4, 4, 4) times and continue raglan decs until no sts remain.

SLEEVES: With number 4 needles cast on 41 (41, 45, 49) sts. Work ribbing same as Back for 2½ inches. Change to number 6 needles and work in pattern same as Back inc 1 st each end of needle every inch on right side of work 11 (13, 13, 12) times—63 (67, 71, 73) sts. KEEP PATTERN EVEN WHEN INC. Continue in pattern until sleeve measures 16½ (17, 17½, 18) inches or desired length.

Raglan Shaping: Work same as Back until 26 (27, 29, 32) decs have been worked. P next row and work 4 more rows as established without dec, sl remaining sts to holder.

(Continued on Page 37)



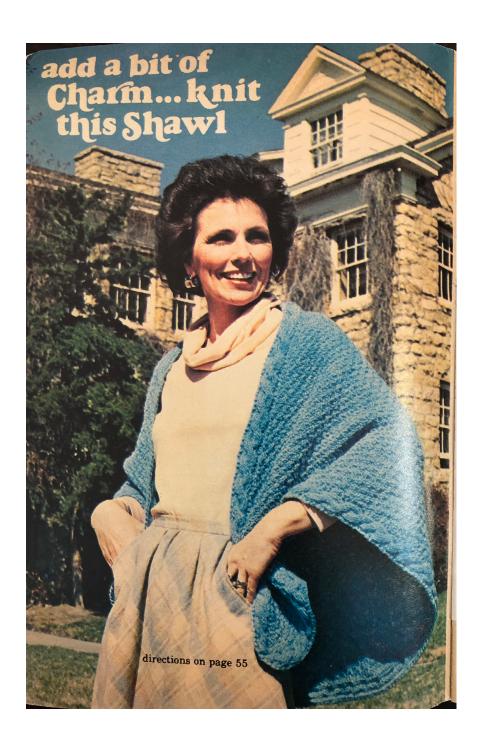
# FREE, GRAYAND 51.

I'm not 29 anymore. I've done a lot since then. And I'm proud of my gray hair that proves it. That's why I show off my gray with Silk & Silver® from Clairol. It's the gentle haircolor lotion — without peroxide or ammonia. I just shampoo it in and for a whole month that yellow tinge is gone. My gray is full of silvery highlights. And the built-in conditioners make my hair so soft. I love the way I look. You know, I wouldn't be 29 again for the world!

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#### Lacy Scarf

Finished fashionable lacy scarf measures 7 x 48 inches. Use about 2 ounces white boucle type yarn, numbers 4 and 11 Susan Bates knitting needles, white sewing thread and a needle.

#### **Abbreviations:**

p (purl) k (knit) O (yarn over)

tog (together)

st (stitch)

Gauge: Number 11 needles: 31/2 sts equal 1 inch 4 rows equal 1 inch

SCARF: With number 11 needles. cast on 24 sts loosely. Work in pattern of k 1 \* O, k 2 tog, repeat from \* across row to last st. end k 1.

Repeat this row until piece measures 48 inches, or desired length. Bind off loosely.

BANDS (Make 2): With number 4 needles cast on 8 sts. Work in stockinette (k 1 row, p 1 row) for 18 rows. Bind off.

Finishing: Wrap a band (k side out) around each end of scarf, that has been gathered about 4 inches from end. With sewing thread and needle, sew ends of band tog, taking a few sts through scarf to secure.







Now most foods can be economical instant convenience foods using the Vita-Mix 3600. Use fresh fruits and vegetables with little or none of the vitamins or minerals lost with the peelings. the vibalings.
Grind whole wheat flour in the Vita-Mix as needed with no deterioration of vitamins, wheat germ and wheat germ oil for homemade bread.

These recipes were developed for use in the Vita-Mix machine but can be adapted to various kitchen appliances.

#### Winter Cocktail

Briefly process in Vita-Mix on High Speed Forward:

1 large naval orange, pared thinly and quartered

½ grapefruit, pared thinly and quartered 1/4 lemon with peel

3 slices fresh pineapple or about 11/4 cups canned pineapple

Add slowly through Action Dome:

3 to 4 cups ice cubes Add sugar or honey to taste.

#### Cheese Snacks

¼ pound cheddar cheese, cubed. Grate with Vita-Mix on High Speed, using Forward-Reverse Action 6 times. Stop and stir with table knife.

Add:

1 cup whole wheat flour

1/2 teaspoon salt

1/4 teaspoon leaf sage, crumbled

1/4 teaspoon leaf thyme, crumbled Pinch cayennne pepper (optional)

Mix using slow Forward-Reverse Action

on Low Speed.

Scrape sides and bottom with spatula, mix once more on Low Speed. Add and knead together using High Speed, Down-Release Action:

> 1/4 cup vegetable oil 3 tablespoons cold water

When contents are moistened, place in bowl and form ball with hands. Refrigerate

until firm, about 15 minutes.

Roll dough on lightly floured surface to 12 inch circle. Cut with 11/2 inch round or scalloped cookie cutter, or cut in squares. Place on ungreased cookie sheets 1/2 inch apart. Prick each cracker with a fork. Bake at 350° for 15 minutes. Cool. Store in tightly covered container.

#### Spiced Apple Punch

1 can pineapple chunks (20 ounces), drain and reserve juice. Place pineapple chunks in Vita-Mix on High Speed-Forward process: Add:

> 2 or 3 apples (quartered, not peeled)

1/2 lemon (with peel)

1/4 teaspoon cinnamon 1/s teaspoon nutmeg

2 tablespoons honey

As the machine runs add slowly through Action Dome:

Ice to equal fruit When juice is turning freely, add:

Pineapple juice Honey, if desired Serve with cinnamon stick stirrers.

#### Zucchini Bread

Sift together and set aside:

- 3 cups flour (whole wheat and/or white)
- 1 teaspoon salt
- 1 teaspoon soda
- 1/4 teaspoon baking powder

2 teaspoons cinnamon

Vita-Mix the following for 30 seconds using Forward-Reverse Action, then High Speed-Forward:

3 eggs

cup vegetable oil

cup white sugar

cup brown sugar

2 tablespoons vanilla As machine continues to run, add grad-

ually, through Action Dome:

4 cups raw zucchini, cubed Continue to run until all zucchini is combined in batter. Pour half the batter into dry ingredients, mix. Add remaining batter and stir. Optional: ½ cup raisins or nuts. Pour into three 734 x 35% greased loaf pans and bake 1 hour in preheated 350° oven.





#### 100% Whole Wheat Muffins

Use a 2 cup measure and set aside:

2 eggs plus enough milk to make 11/2 cups liquid

¼ cup vegetable oil Grind on Vita-Mix High Speed-Forward 2 minutes:

12/2 cups wheat berries

or use 2 cups whole wheat flour Add to flour and mix, using Low Speed-Forward

1/4 cup sugar

1/2 teaspoon salt

1 tablespoon baking powder

Stop; add egg mixture. Set at High Speed. and use Down-Release Action until just barely mixed. Quickly fill 12 greased muffin cups % full and bake 12 to 15 minutes or until lightly browned in preheated 425° oven. Serve warm.

#### Yogurt Kuchen

Grind on Vita-Mix High Speed-Forward for 5 minutes:

13/3 cups wheat berries Sift together and set aside:

> Whole wheat flour (freshly ground)

teaspoon baking powder

1 teaspoon baking soda Pinch salt

Using Forward-Reverse Action, chop on Low Speed:

1/4 cup brown sugar

2 teaspoons cinnamon

1/2 cup raisins

1/2 cup walnuts

Set aside. Cream on Low Speed using Forward-Reverse Action, slowly 4 times, then 30 seconds on Forward:

½ cup butter or margarine

34 cup brown sugar

2 eggs

Add and mix on Low Speed, using Forward-Reverse Action slowly until wellblended:

> 1 cup plain yogurt 1 teaspoon vanilla

Add, mixing on Medium Speed using Forward-Reverse Action just until blended, (do not overmix):

Sifted dry ingredients

Pour approximately 2 cups batter into square 9 x 9 x 2 inch greased pan. Spread ½ cup of nut mixture over batter in pan. Stir remaining nut mixture into remaining batter; spread over nut mixture. Bake 45 minutes in preheated 350° oven.

#### Springtime Soup

Process on Vita-Mix High-Speed Forward until steaming hot:

> 1 can asparagus pieces (undrained) or 11/2 cups fresh asparagus, cooked in 1 cup water

1 package seasoned broth mix Serves 2 or 3.

#### **Hot Potato Soup**

Place in Vita-Mix High Speed-Forward to cook:

> 2 large baked potatoes, cubed 2 cups chicken stock

Add through Action Dome:

2 more cups chicken stock Salt and pepper to taste When steaming add:

2 eggs yolks, room temperature Test through spigot

As eggs yolks thicken soup slightly, add while running:

1 tablespoon parsley

1 teaspoon sugar

Dispense through spigot.

#### Carrot Slaw

In Vita-Mix at Low Speed, using Up-Down (Forward-Reverse) Action 6 times process:

1 medium carrot, cubed

1/4 medium-sized cabbage, broken into chunks

3 tablespoons mayonnaise or

slaw dressing

Stop machine. Stir with spatula. If there are any large pieces left, use Up-Down Action 2 or 3 times to finish chopping. Do NOT over-process. Serves 4.

#### Wacky Cake

Quick, Easy and Inexpensive!

Vita-Mix at Low Speed Forward-Reverse the following ingredients:

1 tablespoon vinegar

5 tablespoons vegetable oil

1 teaspoon vanilla

1 cup warm water

1 cup sugar 1 teaspoon salt

3 tablespoons unsweetened

11/2 cups sifted flour (whole wheat and/or white)

1 teaspoon soda

Turn off to scrape sides of container with rubber spatula. Pour into greased 8-inch pan and bake in preheated 350° oven. Moist cake—somewhat like brownies. Store cake in closed container to prevent drying.

MARCH, 1980 . 25

#### **Hot Caramel Sauce**

Set Vita-Mix at High Speed-Forward to cook and combine:

1 cup light cream or evaporated milk

½ cup light corn syrup

6 tablespoons butter

1/2 teaspoon salt 11/2 cups brown sugar

When steaming add ½ teaspoon vanilla. Serve warm. Makes 1% to 2 cups. Good also over hot cereal, pancakes, or waffles. Refrigerate remaining sauce. Re-vitamix to serve.

Kettle Gravy

Use liquid from pot roasts and stews. The broth will have more flavor if meat is floured and browned slowly before simmering. When pot roast or stew is done, keep warm while preparing gravy. Skim excess fat from meat broth. For each cup of gravy, Vita-Mix to cook at High Speed-Forward:

1 cup meat broth 1/4 cup hot water Salt and pepper

When steam is rising in volume through the Action Dome, add as machine runs:

2 tablespoons flour

Allow to cook 1 minute longer. If desired, add a few drops of bottled brown bouquet sauce for more flavor.

**Instant Pineapple Sherbet** DO NOT attempt this recipe with any other appliance.

Have ready:

6 cups ice cubes the Tamper

Process in Vita-Mix Container at High Speed-Forward:

> 1 can pineapple, (20 ounces), drained

½ teaspoon lemon juice

tablespoon sugar 1 cup dry milk

When ingredients are turning freely, add as quickly as possible, while machine runs:

Enough ice cubes to thicken and freeze sherbet

When sherbet is no longer turning and any added cubes remain on top, stop adding cubes and stir through Action Dome with Tamper to incorporate remaining ice cubes. It may be better to leave a cube or two whole in the sherbet, than to work longer and let it melt. (Usually one Forward-Release Action at this point will take care of any remaining whole cubes.) Turn off switch and remove Action Dome and dip out to serve, or let run longer and dispense through Spigot.

#### Egg Salad

Place the following ingredients in Vita-Mix container:

5 hard-cooked eggs

11/2 tablespoons mayonnaise 11/2 teaspoons pickle relish 1/s teaspoon salt

Set at Low Speed; use Forward-Reverse Action slowly—twice each way, pausing at Off position each time before pressing lmpact Lever again. Do NOT over-process.

#### **Colonial Bread**

DO NOT attempt this recipe with any other appliance.

In Vita-Mix using Low Speed Forward mix:

1¾ cups white flour

1/2 cup whole wheat flour

1/4 cup rye flour

1/4 teaspoon salt

3 tablespoons brown sugar 1/4 cup cornmeal

Stop and add:

1 cup warm water 1 package dry yeast

2 tablespoons corn oil Mix on Medium High Speed, Forward-Reverse, Forward-Reverse, Off. Scrape sides and corners with spatula. Knead on High Speed, using Down-Release Action 6 times, punch down with spatula. Repeat until ball forms (5 or 6 times). Drop dough into greased pan. Cover and let rise to top of pan. Bake about 35 minutes in preheated 375° oven. Remove from pan to cool.

#### **Cooked Mayonnaise**

DO NOT attempt this recipe in any other appliance.

Process in Vita-Mix, High Speed-Forward:

11/2 cups water

1/2 cups mild vinegar or lemon

iuice

2 teaspoons sugar

2 teaspoons salt 2 teaspoons dry mustard

(2 cups seasoned vinegar from sweet pickles may be substituted for above ingredients.) When steam rises in volume through Action Dome, add as Vita-Mix continues to run:

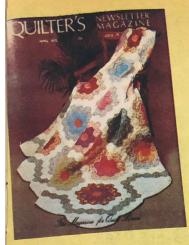
3/3 cup flour When thickened, add as Vita-Mix continues to run:

4 room temperature eggs (or 8

egg yolks) Test through Spigot. When thickened, add as Vita-Mix continues to run:

2 cups vegetable oil

Cool and store in refrigerator.



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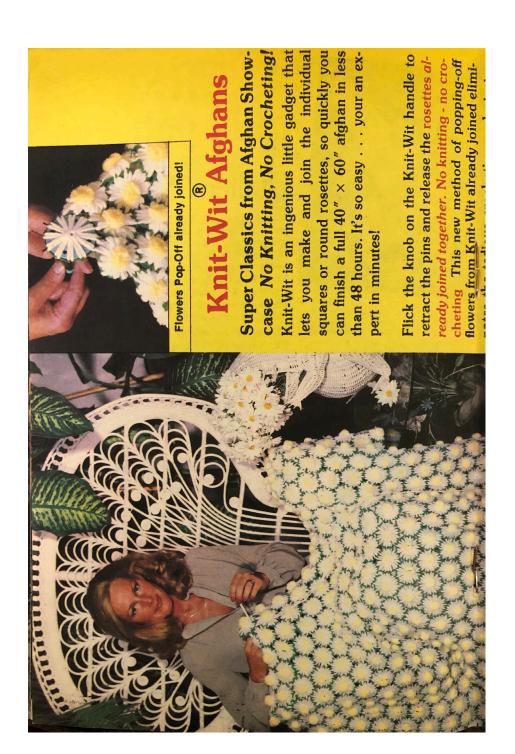
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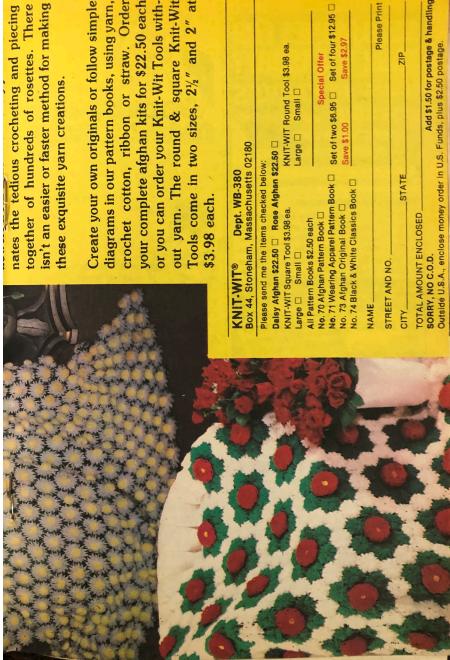
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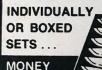
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#### Shamrock Pin

Sketch a shamrock pattern on white and green felt, making green shamrock slightly smaller. Cut shamrocks and glue green shamrock to white shamrock using white glue. Cut small pipe pattern from white felt and glue to green shamrock, after drawing around the edge of pipe with a green felt tip pen. Sew small safety pin on back of white shamrock. This makes a nice Saint Patrick's Day pin and sells for 50-75¢.

Shirley Paterson



#### Shell Wreath

Gather all old collected sea shells. Drill 2 small holes in one end of shells and lace wire through shells. Secure wires by twisting together. Wire all shells together and secure to Styrofoam wreath. Spray wreath one color and for sparkling effect add a coat of liquid plastic. Sells for \$2.50 to \$3.75 depending on size.

R. E. Harmon



Handy Sewing Holder

Make this wall hanging out of scrap material to hold sewing accessories. Make compartments for measuring tape, thimble, scissors, tracing wheel. tracing paper etc., and hang by sewing machine. Decorate with liquid embroidery paints. These sell for \$2.50 each.

Reba D. Meyers



**Eve Glass Chains** 

Using elastic metalic thread and size E crochet hook, ch 4, join to form ring. Sc 6 in ring and ch to desired length. Join last 4 chs to form ring. 6 scs in ring and fasten off. These sell for 25¢ each. Lesley Lynn



Baby Quilt

Make a baby quilt solid color on both sides and cut out a train with different colors. Embroider baby's name, weight, date, time and height when born. These sell for \$10.00. Judy A. Meinke

The WORKBASKET pays \$5 for each short article accepted for this department. Material should be accepted for this department. should concern specific women who have found ways to add to family income. Address all contributions to Women Who Make Cents, The WORK-BASKET BASKET, 4251 Pennsylvania, Kansas City, Missouri 64111. No contributions returned.

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#### **Baby & Doll Bunting**

(Continued from Page 12)

Row 2: Hdc in each st across. Repeat row 2-8 (16) times, turn.

Next Row: SI st in first 8 sts, ch 1, hdc across to last 8 sts, do not work last 8 sts. Repeat this row once (twice)—12 (14) sts remain. Fasten off.

Finishing: With right sides tog, sew back seam of hood. Sew hood to neck edge of bunting, easing in fullness. With right sides tog, sew sleeve seams and bottom of bunting closed.

Beginning at lower edge of front opening, sc up right side, around front edge of hood and down left edge of opening Fasten off.

Zipper: With tab at upper end of opening, sew zipper in place by hand.

Cord: With single (double) strand of yarn ch 30 (42) inches. Weave cord through dc sts at neck of bunting. Make two 1 (2) inch pompoms and join to ends of cord.

#### Chanel Vest/Mini Purse

(Continued from Page 10)

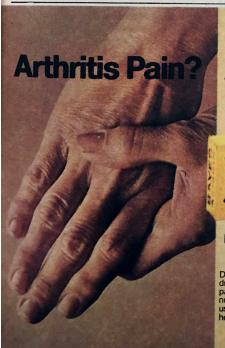
Fold back lower short edge to form a pocket 5½ inches deep for purse, sew side seams tog. Fold over top piece for flap of purse. Work sc around 3 edges of flap. Work crochet band across bottom of flap same as on vest, fasten off.

Strap: Make a ch 28 inches long. Work sc in 2nd ch from hook and in each ch across, fasten off.

Sew one end of strap to each side of

top of purse, block.

Make two small crochet buttons as follows: Ch 3, join. Work 6 sc in center opening. Work 2 sc in each sc around, fasten off, leaving a 7 inch length of yarn. With tapestry needle, draw thread through outer sts and pull tog over a small ball of cotton. Pull tightly tog, fasten off, leaving a 4 inch thread. Sew buttons in place as shown, so that openwork in crochet band serves as buttonhole.



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# Adjusting Sleeves and Armholes #3

Ill fitting sleeves can cause discomfort as well as an unsightly appearance. When measuring for sleeve length, measure from edge of shoulder to length preferred for short sleeves. For long sleeves, arm should be slightly bent, then measure from edge of shoulder to wrist. Some of the more common problem areas are illustrated below.

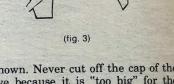
If the sleeve has wrinkles and slant lines in the front (fig. 1), rip the sleeve seam and shift sleeve cap slightly to the back and re-sew.



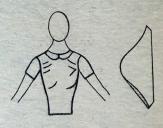
(fig. 1)



(fig. 2)



as shown. Never cut off the cap of the sleeve because it is "too big" for the armhole—this excess is the ease necessary for "moving room".



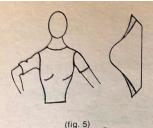
(fig. 4)

If wrinkles and slant lines appear in back of sleeve (fig. 2), rip sleeve seam and shift sleeve cap slightly forward, (as indicated by the arrow—fig. 2), and re-sew.

If wrinkles are towards the sleeve cap, (fig. 3), the cap of sleeve pattern is not high enough. Add height to the cap 36 \* The WORKBASKET

If the armhole curve is deeply scooped, wrinkles may appear in bodice around armhole (fig. 4). To correct, reduce the curve slightly on front of sleeve.

Arms cannot be easily raised if under-sleeve seams are not long enough. To correct, lengthen the under-sleeve lines (fig. 5).



Arrow under the sleeve (fig. 6) indicates upper arm measurement. If this measurement is smaller than upper arm, extend both sides an equal amount as shown so that bottom sleeve measurement equals upper arm measurement.



From Sarah's Key to Pattern Drafting, author Sarah J. Doyle.

#### Silk & Silver® Sweater

(Continued from Page 14)

Finishing: Sew sleeves to Back and Front pieces. Sew underarm and sleeve seams. With double pointed needles and right side facing pick up and k approximately 82 sts around neck edge including sts from all holders. Next row inc 1 st every 5th st for Collar. K 1, p 1 around in ribbing for 10 inches. Bind sts off loosely in ribbing. Work in ends and block

#### Attention Readers

Questions about pattern instructions will be answered only if accompanied by a self-addressed stamped envelope.



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The leaves of my rose of Sharon have turned a gold color, the stems are leaning and it drops its buds. What is wrong? Mrs. A. M., KS

Feed it this spring with a balanced fertilizer that also contains iron. Mulch it through the summer as it may be exces-

sively dry in your area.

I have a sprout sized apple tree in a terrarium and I want to transfer it outside but starts to wither when taken outdoors. How can I transfer it? A. L., TX

Set it outside in May, but make sure the soil is properly prepared to handle the tree. Keep the tree watered and stake it for protection. If there are dogs in the neighborhood fence the tree until it is bigger.

When is the proper time to cut back hydrangea "snowball" bushes? M. G., CT

Prune them in early spring.

I have a staghorn fern which has four horns and two round leaves which are wrapped around the base. Are these leaves harmful and how do I care for the

plant? Mrs. R. L., TX

Two types of leaves (fronds) are produced on the staghorn fern. One kind is used for clasping; in their natural habitat these ferns grow around tree branches. When in pots, these leaves often grip the sides of the pot. The other leaves are the deeply lobed "horns". A staghorn fern can be used as a hanging plant when placed in a mixture of chopped moss, peat and loam afixed to a slab of cork or part of a tree branch. All such plants need an occasional plunge in water and the feeding of acid plant food about three times a year. If the plant is in a flat pot make sure it's in semi-shade with a moist atmosphere in summer and slightly drier in winter.

I have a bird of paradise that hasn't bloomed in four years. What can I do with

it? Mrs. A.M.S., BC

The bird of paradise lily needs a rich, loose, rather moist soil and does best in a partially shaded area. It should bloom in late spring either in the garden or as a houseplant.

The rhubarb in my garden looks dry, the stalks are spindly and and have holes. How can this be prevented? E.P., PA

The rhubarb weevil causes holes. An early spring covering of rotenone helps prevent weevil attacks. If there are any dock plants around, destroy them. Sometimes new rhubarb plants will be spindly so make sure the soil is well fertilized and give the plants plenty of water.

Why don't I have worms in my garden?

J.Z., PA
Earthworms in the garden are absolutely essential to keep the soil fertile. If the garden plot appears to have little activity, purchase some worms and release them in the garden. To encourage them to multiply give them a compost heap of manure, earth and vegetable matter.

My daffodils do not bloom and they haven't been reset for 6 years. All were about knee high this year but not a bloom. Why? E. I., GA

They probably need to be fertilized using organic material. Make sure the fertilizer is well rotted. This is a good time to dig up and replant the 6 year old plants. In doing so prepare the new spot with fertilizer.

My white seedless grapevine grows beautifully and has long shoots, then it suddenly turns black and dries up. Please advise. J. Z., PA

This is a black rot problem which is very common to grapes. In early spring burn rotted fruit from last season, then spray four to five times with a bordeaux mixture.

I have a four-year old climbing rose bush that grows well but has never blossomed. What can I do? Mrs. H. J., ME

If roses are planted in well-drained soil and receive proper fertilization, water and sunshine, they should bloom. Since your plant grows well, it appears that it is getting enough water and fertilizer but not enough sun.

Garden questions are answered each month only in pages of The WORKBASKET, none answered by mail.

#### **PEDILANTHUS**



Pedilanthus

How nice, when making up your house plant collection, to include a few rare and exotic ones. Do not let "rare and exotic" turn you off, for many, many plants in this class are no more difficult to raise than the common geranium or Swedish ivy. A local nursery can be of great help, or better still, send for a catalog published by a nursery company dealing only in rare and exotic house plants. This will provide a chance to study them and decide whether or not a particular plant will do well in your home environment.

A plant, very ugly, but interesting, is the Pedilanthus. It is not found growing out of doors in our northern states, but may be found growing wild in tropical America and the West Indies

Pedilanthus belongs to the spurge family, Euphorbiaceae, which tells us that, like other members of the Euphorbiaceae family, poinsettia, crown of thorns, castor oil plant, it will emit a milky substance when stem is cut or injured. It is often referred to as red-

bird cactus, Jewbush and, very often, slipperflower.

It may be grown in a greenhouse or on a window sill. It needs a winter temperature of 60° and requires very little water during this time. In summer it may be placed out of doors, on a porch, or sink pot in ground in a warm spot, making certain that it is

(Continued on Page 41)



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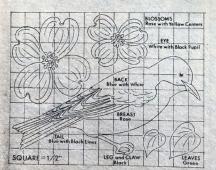
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#### **Decorated Mailbox**



To prepare a new mailbox for decorating, wash metal in detergent and hot water; rinse with equal parts vinegar and water. Spray the dry box with two separate coats white paint. A used box should be prepared in same way (after any rust is removed with sandpaper and old paint is stripped with commercial remover).



Other Materials Needed: Round brushes, one each number 0 and 4; flat brush, 4-inch wide. Oil or acrylic 40 • The WORKBASKET

paints—ultramarine blue, medium green, medium yellow, rose, lamp black, and titanium white.

Chart: Make a chart of ½-inch squares. Into each square draw portion of design that appears in small chart. Cut out the bluebird, dogwood blossoms and leaves. Place bird on mailbox and draw around lightly with pencil. Turn cutout over and draw around again on other side of mailbox. Repeat with dogwood blossoms. Lightly sketch branches; add leaves.

Mix colors on palette to desired shades or refer to a bird book and a garden catalog.

Bluebird: With ¼-inch wide flat brush, paint and shade feathers as desired. With number 0 round brush, paint beak and eye. With number 4 round, add markings on wings.

Dogwood: Paint and shade with flat brush. Add center of flower and markings on petals with number 0 round brush.

Leaves: Use the flat brush, and make shading as desired. Make the veins of leaves with a toothpick.

Branches: Use number 4 round brush. Add each bird's claws and leg with number 0 round brush. Let dry.

#### Pedilanthus

(Continued from Page 39)

given enough water to prevent shriveling. The shoots will be fleshy or succulent. An "out in the open" spot is not recommended if the area is subject to severe wind and rains with twigs blowing off nearby trees dismantling the plant. Leaving it in the greenhouse year round is preferred.

The amount of sunlight plant receives will govern coloring. Usually Pedilanthus wears a coat of pretty deep green with sometimes a tinge of red.

Pedilanthus likes soil very sandy, or better still, soil made up of loam to which sand, crushed brick or small pieces of flower pots have been mixed in thoroughly. Pots should be welldrained. Clay pots are preferable.

During summer months Pedilanthus may be propagated by cuttings. Since they are like succulents, cuttings should be placed on a bench for a day or two so that they may harden before being planted into rooting medium. Very little water is needed until cuttings are rooted. They should never be covered.

Fertilize only sparingly. Keep plant clean and healthy by washing occasionally with mild soap and water.

Gladys Reed Robinson

#### **Tatted Shamrock**

(Continued from Page 8)

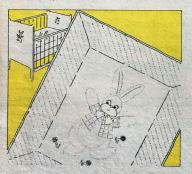
Stem: Ch 6 ds, 2 p sep by 4 ds, 10 ds, join in last p, 4 ds, join in next p, 6 ds, join at base of ch. Leave thread ends long enough to insert through hole at end of small safety pin. Tie threads securely, cut. Tie opposite end of safety pin with ends of threads left at beginning of cloverleaf. Tie securely and cut.

Shamrock may be starched in heavy starch solution before adding pin if desired.



#### Children's Transfer Designs

The large bunny motif of this transfer could be used for a quilt top, in white, light pink or blue cotton fabric. Center and pin large bunny motif face down on fabric panel 12 by 18 inches. Center and seam two strips of same material 4 by 22 inches to top and bottom of this panel. Center and seam two strips down sides each 28 inches long as shown in sketch of completed quilt. Embroider bunny in simple straight stitches, outlining eyes, nose, mouth and jacket in deeper blue or pink. Flowers are yellow or white lazy-daisy stitch, yellow French knot cen-





ters, green leaves and stems in outline stitch. For a larger quilt increase the size of end and side strips. Miter corners, line and bind quilt. Sketch suggests a diagonal quilting.

Other designs include two sleeping children for pillow slips or sheet hems. Outline embroider in natural colors, using deep blue or pink for curve suggesting cover.

Remaining designs may be used on shirts, sunsuits or dresses. Embroider, applique or paint with tube paints in bright colors.

#### How To Use Designs

In using an iron to transfer design to material, make a test first to determine proper heat and time required. First, heat iron very hot but safely below scorching. Next, cut a small test design and place it (red side down) on material. Protect fabric by placing tissue paper, brown wrapping paper or a press cloth over design. Then press, moving iron constantly over surface to distribute heat evenly. If iron is at proper temperature, several seconds are required; if not hot enough, it may take a minute or more to get a good stamping. The stamping comes off SLOWLY and 42 . The WORKBASKET

is faint at first. Press until as clear as desired.

When test results are satisfactory, cut out desired design and pin or baste in place, proceeding as described above. Additional stampings come off more quickly if made before pattern cools off.

These designs may also be traced onto fabric by using carbon paper, a tracing wheel, or by rubbing stamping wax over perforations left by an unthreaded sewing machine.



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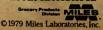
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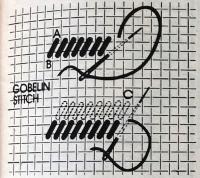
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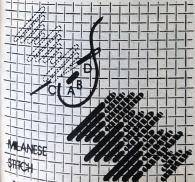




# Needlepoint Stitches

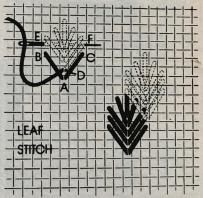


Gobelin Stitch: The Gobelin stitch has many variations. It is most commonly used for backgrounds and worked over more threads in height than in width.



Milanese Stitch: The Milanese stitch consists of 4 diagonal stitches that form a triangle covering half a

square 4 mesh x 4 mesh. The diagonal stitches are over 1, 2, 3 and 4 mesh. Each row of stitches is a diagonal row. In the second row, the triangles point in the opposite direction. The smallest stitch of the second row is worked in the same mesh as the longest stitch of the first row.



Leaf Stitch: This stitch is a set of five pairs of diagonal stitches plus one vertical stitch. Each stitch begins one mesh above the beginning of the preceding stitch. The first three pairs of stitches are 4 x 3; the fourth pair is 4 x 2; the fifth pair is 4 x 1. The vertical stitch is 3 mesh tall. The second row of leaf stitches fits between the stitches in the first row. The vertical stitch of a Leaf stitch in the second row begins one mesh below the top of the bottom stitch of a Leaf stitch in the first row.

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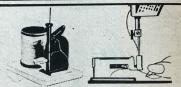
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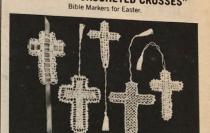
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WOODCRAFT Catalog: Factory direct plaques, boxes, frames, wooden wheels, kits, hardware, finishes, etc. \$1.00. Lar-son Wood Mfg., P.O. Box 672-Industrial Park, Park Rapids, MN 56470.

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1, Dallas, 1exas /5/220.
WISS SCISSORS, Discount prices on sewing supplies. 1980 illustrated catalog, \$1.00 (refundable w/order). Sewing World, Box 20632, San Diego, CA 92120.
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Automatic drying produces best re-

sults. With a permanent press cycle, the fabrics are brought to a pre-determined level of heat to relax the fibers and remove wrinkles. Then the clothes are subjected to a cool-down period, with air not heat, that conditions or "sets" the garments. Keep loads small so clothes have room to fluff out.

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