Light Hous keeping

Women are cute criters, who, the more sophisticated they become on the outside the more they revert to the mores of their grandmother's on the inside. Will you believe that, as easy as it is to pick up convience foods, some 45 out of every 100 housewives are now cannng, preserving and freezing foods . . . and it is not the organic thing altogether, because more women and girls are also turning to sewing.

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WHAT'S NEW? For you girls who are hand crafts addicted, there is a new gimmick that makes a great conversation piece. Now you can reproduce anything from heirloom pictures to the children's graduation portraits on melamine dinner-size plates.

The picture plate is created from the owner's original four-by-five inch photo, enlarged to fit a 10-inch circle.

The resulting duplicate then is actually molded under layers of clear melamine resin for a plate to be used as a wall hanging or display on a table or easel.

The manufacturer says that such plates can also be used for food services. But somehow, I just don't want to eat off of little Johnny.

At any rate they are called shatterproof and dishwasher safe.

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FASHION FOIBLES: Flatter yourself with pearls toned to your color type. The Cultured Pearl Association gives these guidelines. Deep champagne tones, for example, are unusually striking against darker skins. Creamy tones are fine for the dark-haired brunettes and pearls with a silver or bluish hue are great for gray-haired women. To see the nuances in color, examine several strands together under natural light and against a white surface.

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THE BEAUTY BIT: The teen years may indeed bring along a host of problems that girls will never have to confront again at any time in their lives. There are decisions to make, and decisions they aren't allowed to make, things they want to wear and things they shouldn't wear, a list of do's and don'ts that could scramble a teen mind, if allowed to.

Perfumes and colognes are items that can be fitted into such a list. The fragrance a girl would love to wear because it smells great on her mother is an item that can be fitted into this list. First, she must realize that a perfume worn by an adult, that may titulate her nose, can smell like a musky petunia on her. What she needs is something light and natural.

Some girls are turning to delicately-scented baby powder, or a talcum powder without an overwhelming scent, to make themselves feel delicious and feminine. Best of all it doesn't cost an arm and a leg.

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RECIPE OF THE WEEK:

Studies show that about 20 to 40 per cent of all adults in the United States are overweight to a degree that will adversely affect the quality of their lives; 15 per cent of all our adolescents are in the same condition.

The homemaker is in a position to significantly change this bulging fact of life by making certain her family eats properly but not voraciously. And an important first step toward that goal is to have a supply of healthy low-calorie snacks on hand at all times to satisfy hunger and nutrition requirements simultaneously.

Chicken With Pickle Yogurt Dip is a tasty and nutritious suggestion from the Pickle Packers International, Inc. The chicken wings or legs can be browned until crisp by using the drippings from the chicken for basting instead of additional fat. One wing will have about 50 calories and one leg about 65; or, if the leg skin is removed, it will have even less.

But to give the chicken the extra flavor needed to make it a satisfying snack—or even lunch—dip it in the pickle yogurt sauce, only about 12 calories per tablespoon. Crunchy pickles add tang and substance and extra vitamins to the sauce which is good on the chicken whether it is hot or cold.

And for a pickle-flavored low-calorie main course, try Pickles and Beef en Brochette. This one is made with Dill Pickles, only about 11 calories each. Grill it outdoors while the fall weather permits, and then when winter's chill hits, broil the dish indoors.

Chicken with Pickle Yogurt Dip is made with one cup plain yogurt, one-half cup finely chopped sweet gherkins, one-half teaspoon Worcestershire, one clove garlic, crushed, one-fourth teaspoon onion salt, a dash of pepper, and broiled chicken legs or wings.

Blend yogurt with all ingredients except chicken. Chill for several hours to blend flavors; garnish dip with a few sweet gherkin slices at serving time.

Broil chicken without additional fat until crisp and browned (use drippings of chicken for basting). Serve chicken hot or cold with dip.

REVIEWING PLANS for the first national conference on Opportunities for Women Business, sponsored by the Commerce Department's Office of Minority Business Enterprise (OMBE) are Mrs. Sally Peterson, left, wife of the Secretary of Commerce Peter G. Peterson, who is honorary chairwoman of the conference, and Mrs. Inez Kaiser, OMBE's national coordinator of business opportunities for minority women and chairman of the conference committee. The conference, set for Washington, D.C., June 7-10, is expected to draw 50 women from the fields of business and those interested in going into the business.

Household Hints

Take short breaks while doing housework. Janet Wilson, of the University of Nebraska-Lincoln Extension Service, recommends a 10-minute break per hour rather than going at chores for three hours and then taking a 30-minute break.

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Test the finish of furniture before you buy. Touch the furniture. Does it feel smooth. That's one sign of a good finish. Does it have a deep, rich glow, can you see deep into the heart of the wood. Is it clean rather than opaque and muddy All these are marks of fine finishes.

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Bath lounge pillows are available in a variety of colors. Featuring suction cups which adhere to back and sides of tubs, this combination of headrest and backmat provides a perfect cushion for bath relaxation.

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