



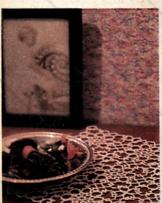
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TELLS YOU. PLUS, FIVE
FOODS YOU SHOULD
NEVER BUY."

NEW NATURAL HEALING SECRETS REVEALED! 230 WAYS TO PERFECT HEALTH.

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today the release of a new book for the general public, "1992 Natural Healing Foods Encyclopedia." In their book, the authors claim many health benefits with full explanations.

Alzheimer's disease from your pots and pans?

• The nutrient that cuts the risk of fatal stroke by nearly half!

 Losing your memory? Scared it's senility? It could just be a shortage of this single nutrient!

• Discover the "best anti-aging vitamin in existence"!

 A little-known, natural trick to lose weight without dieting.

 Losing your hair? Eating more of this could be the answer.

This folk remedy in your cabinet can help relieve arthritis pain in both young and old.

 A food that often stops intestinal cramps, pain and noisy gurgling.

 Discover what dangerous ingredient cheese, pickles and cake mixes have in common.

 Depressed? You may not be getting enough of this nutrient.

 This nutritional fighter can help knock out cancer before it gets started.

 Before going out for a day in the sun, find out why you should leave off those juicy fruits.

A powerful nutrient that clobbers cancer cells!

 Delicious "miracle food" lowers cholesterol 20 percent.

What foods cause unnecessary illnesses.

• If you suffer from asthma attacks, the villain may be as near as your pantry.

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 Amazing cholesterol-fighting omega-3 "fish oil" – from vegetables? Yes! Here's where.

your health?"

• How eating liver can blur your vision.

 Too much of this nutrient actually can cause cancer!

 A snack that can make your blood pressure shoot up.

When sifting your flour harms your heart!

 Feeling his oats – what happened to a 75-yearold man who ate too much of a good thing!

 Avoid this bottled drink that might cause heart attack or stroke.

 A "healthy" beverage that causes headaches, loss of sleep and alarming side effects.

And 202 more healing foods tips!

Learn all these natural healing secrets. Book includes 230 ways to perfect health. To order a copy, just return this notice with your name and address and a check for \$5.99 plus \$2.01 shipping and handling to our address: FC&A, Dept. BWB-3, 103 Clover Green, Peachtree City, GA 30269. Make checks payable to FC&A. We will send you a copy of "1992 Natural Healing Foods Encyclopedia" right away.

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Dear WORKBASKET Reader:

Great news in this issue for all knitters and crocheters!! Enter your original design in our Classic Sweaters contest. Start now and send us your photos and instructions by June 30, 1992. You may be the one to win a cash prize and have your creation published. Check pages 48 and 49 for regulations and entry form. We're expecting to see spectacular entries from all our readers.

This issue has craft and needlework projects with a European flavor, from the fashionable crocheted top on the cover, to curtains and typical European craft projects like quilling and Scherenschnitte, the art of paper cutting.

I think you'll look forward to the next WORKBASKET, the one that I like to call our "Gift-ables" issue. You'll find quick and easy-to-make gifts suitable for any occasion and for almost anyone. Gifts for a new baby, an anniversary, a birthday or holiday. Things to give to neighbors, teachers, friends or family members. There will be slipper patterns in both knit and crochet, golf club covers to knit or crochet, fun-to-craft, inexpensive-to-make stickpins and a duplicate stitch pattern to work on your own handknit or a purchased sweater. There's sure to be a project you'll enjoy.

Roma Jean Rice **Executive Editor** IOHN C. PREBICH, Publisher CAROL A. PREBICH, Associate Publisher ROMA JEAN RICE, Executive Editor SARAH K. TOBABEN, Assistant Editor INGER SKAARUP, Food and Garden Editor JAMES S. CLARK, Director Art & Graphics ERIC SCHOTLAND, Associate Art Director CYNTHIA M. PETREHN, Associate Art Director BARBARA ADAMS JUSTUS, Typographer CONNIE MOSS, V.P. Production & Adv. Support ROXANA CANDILLO, Assistant Prod. & Adv. Support BETH DAWSON, Director Adv. Research & Analysis JUDY DAWSON, V.P. Circulation & Marketing JEFF NIGHTINGALE, Manager Books & Products

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This original Weather House is an authentic miniature of the tidy cottages that dot the Black Forest hillsides. In it live grumpy old Herr Hans and his flaxen haired daughter, Brunhild. When papa Hans strides out with his dimunitive umbrella, watch out for rain or snow! But when Brunhild goes for a stroll, be of good cheer for clear, dry weather and sunny skies are ahead! Their movements are controlled by an ingenious, yet simple mechanism based on the principle of Hygrometrics. People everywhere in the world use these quaint Weather Houses to help for etell quaint Weather Houses to help forete weather conditions in their own localities.

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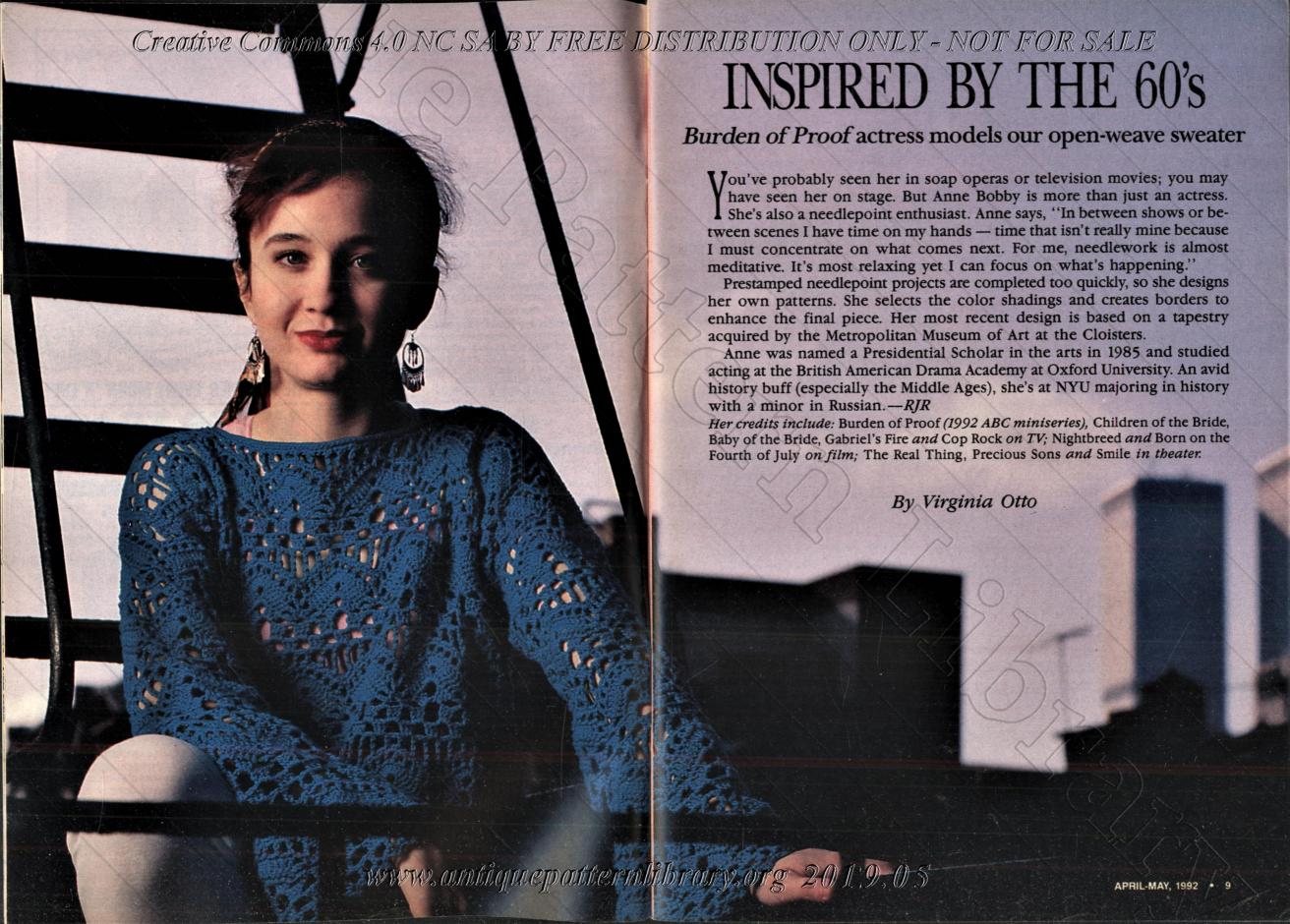


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You will need 14 (18) balls of Patons "Cotton DK" color #3690 turquoise. sizes E and F crochet hooks for size 10-12, sizes F and G crochet hooks for size 14-16.

Gauge: Size E hook: 18 sts equal 3 inches Size F hook: 18 sts equal 3-1/2 inches Approximately 16 rows equal 7 (8) inches

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

BACK: With size E (F) hook, ch 129. Foundation Row: Dc in 5th ch from hook, *ch 2, sk 2 ch, dc in next ch; repeat from * across, dc in last ch. Ch 4, turn.

Row 1: (Right Side) 3 Dc in first ch-2 sp, *ch 3, sk next ch-2 sp, 3 dc in next ch-2, repeat from * across, end ch 1, dc in top of turn ch of last row. Ch 3, turn.

Row 2: Dc in ch-1 sp, *ch 3, 3 dc in ch-3 sp, ch 5, 3 dc in next ch-3 sp, ch 3, 3 dc in ch-3 sp; repeat from * across, end last repeat 1 dc in turning ch, 1 dc in 3rd st of turning ch. Ch 1, turn.

Row 3: Sc in first dc, ch 1, sc in ch-3 sp, *ch 3, 3 dc, ch 5, 3 dc in ch-5 sp, (ch 3, sc in next ch-3 sp) twice; repeat from * across, end ch 3, 3 dc, ch 5, 3 dc in ch-5 sp, ch 3, sc in ch-3 sp, ch 1, sc in top of turning ch. Ch 1, turn.

Row 4: Sc in first sc, sc in ch-1 sp, *ch 2, dc in next 3 dc, 3 dc, ch 3, 3 dc in ch-5 sp, dc in next 3 dc, ch 2, sk next ch-3 sp, 3 sc in next ch-3 sp; repeat from * across, end last repeat sc in ch-1 sp, sc in last sc. Ch 1, turn.

Row 5: Sc in first sc, *ch 2, dc in next 6 dc, 6 dc in ch-3 sp, dc in next 6 dc, ch 2, sc in center sc; repeat from * across, end last repeat sc in last sc. Ch 4. turn.

Row 6: *Dc in first dc of shell, (ch 1, sk 1 dc, dc in next dc) 4 times, ch 2, dc

in next dc, repeat between ()'s 4 times: Repeat from * across, tr (yo hook twice) in sc. Ch 1, turn.

Row 7: Sc in tr, *sc in ch-1 sp, (2 sc in next ch-1 sp) 3 times, 3 sc in ch-2 sp, repeat between ()'s 3 times, sc in ch-1 sp, sc between next 2 dc; repeat from across, end last repeat sc in top of turning ch. Ch 5, turn.

Row 8: Sk 1 sc, *dtr (yo hook 3 times) in next sc, ch 2, sk 2 sc, tr (yo hook twice), ch 2, sk 2, dc in next sc, ch 2, sk 1 sc, dc in next sc, ch 2, sk 2, tr in next sc, ch 2, sk 2, dtr in next sc, ch 2, sk 3; repeat from * across, end last repeat, omit ch 2, sk 1 sc, dtr in last sc. Ch 3, turn.

Row 9: Dc in first dtr, *ch 3, sk ch-2 sp, 3 dc in next ch-2 sp; repeat from * across, end ch 3, 2 dc in top st of turning ch. Ch 6, turn.

Row 10: 3 Dc in first ch-3 sp, (ch 3, 3 dc in next ch-3 sp) twice, *ch 5, 3 dc in ch-3 sp, (ch 3, 3 dc in next ch-3 sp) twice; repeat from * across, ch 2, dc in top of turning ch. Ch 6, turn.

Row 11: 3 Dc in ch-2 sp, (ch 3, sc in next ch-3 sp) twice, ch 3, *3 dc, ch 5, 3 dc in ch-5 sp, repeat between ()'s twice, ch 3; repeat from * across, end 3 dc in turning ch, ch 2, tr in 4th st of turning ch. Ch 4, turn.

Row 12: 3 Dc in ch-2 sp, dc in next 3 dc, ch 2, sk next ch-3 sp, 3 sc in next ch-3 sp, ch 2, *dc in next 3 dc, 3 dc, ch 3, 3 dc in ch-5 sp, dc in next 3 dc, ch 2, sk next ch-3 sp, 3 sc in next ch-3 sp, ch 2; repeat from * across, end 3 dc in next 3 dc, 3 dc in turning ch, ch 1, dc in 4th st of turning ch. Ch 3, turn.

Row 13: Dc in first dc, dc in ch-1 sp. dc in next 6 dc, ch 2, sc in center of 3-sc group, ch 2, *dc in next 6 dc, 6 dc in ch-3 sp, dc in next 6 dc, ch 2, sc in center of 3-sc group, ch 2; repeat from

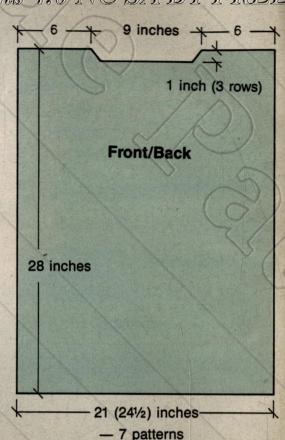
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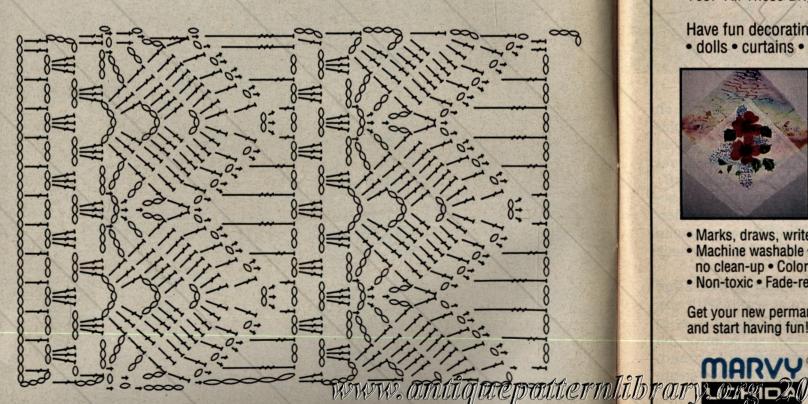


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Needlepoint medieval woman (top) stitched while filming Burden of Proof in Kansas City. Small, antique chests (foreground) with needlepoint accents.





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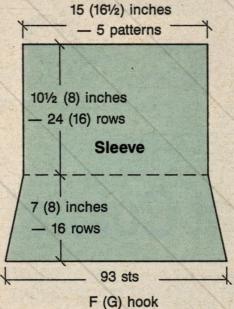


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POINT

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E (F) hook



turning ch. Ch 4, turn.

Row 14: Dc in first dc, (ch 1, sk 1, dc in next dc) 4 times, *dc in next dc, repeat between ()'s 4 times, ch 2, dc in next dc, repeat between ()'s 4 times; repeat from * across, end dc in next dc, repeat between ()'s 4 times, ch 1, dc in top of turning ch. Ch 1, turn.

Row 15: Sc in first dc, sc in ch-1 sp, (2 sc in next ch-1 sp) 3 times, sc in ch-1 sp, sc between next 2 dc, *sc in next ch-1 sp, repeat between ()'s 3 times, 3 sc in ch-2 sp, repeat between ()'s 3 times, sc in ch-1 sp, sc between next 2 dc; repeat from * across, end sc in next ch-1 sp, repeat between ()'s 3 times, 2 sc in top st of turning ch. Ch 3, turn.

Row 16: Sk 1 sc, *dc in next sc, ch 2, sk 2 sc, tr in next sc, ch 2, sk 2 sc, dtr in next sc, ch 2, 3 sc, dtr in next sc, ch 2, sk 2 sc, tr in next sc, ch 2, sk 2 sc, dc in next sc, ch 2; repeat from * across, end last repeat omit ch 2, dc in last sc. Ch 4, turn.

Repeat these 16 rows for pattern. Work even until 64 rows — 4 patterns

(48 rows - 3-1/2 patterns) have been completed - about 28 inches from beginning. End with pattern Row 16.

Shape Neck: Right Shoulder - Row 1: 3 dc in first ch-2 sp, *ch 3, sk ch-2 sp, 3 dc in next ch-2 sp; repeat from * 4 (5) times, ch 1, sk ch-2 sp, dc in next dc. Ch 3, turn.

Row 2: Dc in ch-1 sp, ch 3, *3 dc in ch-3 sp, ch 3; repeat from * 4 (5) times, 2 dc in turning ch. Ch 4, turn.

Row 3: *3 Dc in ch-3 sp, dc in next 3 dc; repeat from * 4 (5) times, 3 dc in ch-3 sp, dc in turning ch. Fasten off.

Left Shoulder: Row 1: From right side of work, sk 17 (13) ch-2 sp for neck, join yarn in next dc. Ch 4, *sk ch-2 sp, 3 dc in next sp, ch 3; repeat from * 4 (5) times, sk ch-2 sp, 3 dc in next sp, ch 1, dc in turning ch. Ch 3, turn.

Row 2: Dc in ch-1 sp, *ch 3, 3 dc in ch-3 sp; repeat from * 4 (5) times, dc in turning ch, dc in top st of turning ch. Ch 3, turn.

Row 3: Dc in first 4 dc, *3 dc in ch-3 sp, dc in next 3 dc; repeat from * 3 (4) times, 3 dc in last sp, dc in last dc and in top of turning ch. Fasten off.

FRONT: Same as back.

SLEEVES: With size F (G) hook, ch 93. Work as for back for foundation plus 16 rows. Change to size E (F) hook, work even for 24 (16) more rows, about 18 inches from beginning. Fasten off.

Finishing: Block pieces to measurements according to charts. Sew underarm, sleeve and shoulder seams. Sew in sleeves. Work 2 rows sc around neck edge.

Trim on Sleeves and Lower Edge of Tunic: Join yarn at seam. With size E (F) hook, sc in next 2 dc, ch 3, sc in same dc, *1 sc in ch-2 sp, sc in dc, ch 3, sc in same dc; repeat from * around. sc in last dc. Fasten off. Lightly steam seam seam was an analytic and steam of the seam o

asic, Bold and Beautiful.

Basic in concept and construction, bold in pattern and colors, the American tradition has been clearly designed into this crocheted afghan to beautifully enhance any room in your home from living areas to the most casual corner. Make it special. Make it yourself.

Free Pattern: To receive your free, easy-to-follow instructions for this lovely crocheted afghan, send this coupon with a stamped, self-addressed envelope to: The Craft Yarn Council of America, P.O. Box 9, Gastonia, NC 28053. Offer expires December 31, 1992.

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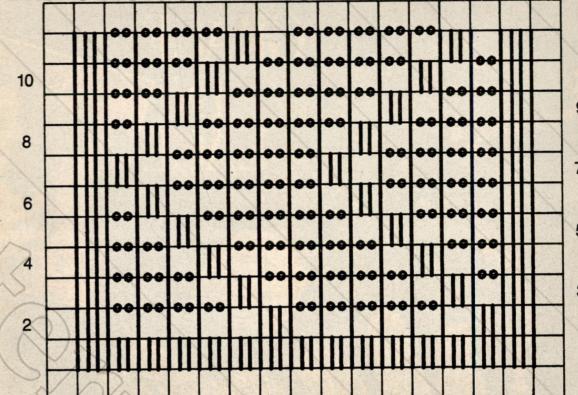
LACE CURTAIN WITH MATCHING VALANCE

Crochet the perfect window dressing

By Virginia Otto

parlor windows of most European homes, each being a little fancier than the neighbors. This pattern in a short version

would be ideal for a bathroom window or the windows of a breakfast alcove. The design permits a view of the outdoors yet provides privacy inside.



Rows

Lace Curtain Chart

Rows

You will need 16 balls DMC "Cebelia" #5 cotton crochet thread, a size 2 steel crochet hook and two packages one-inch wide Wrights Twill Tape.

Finished Size:

Curtain: 60x24 inches Valance: 60x12 inches

Gauge: 7 dc equal 1 inch TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Note: Steam press to confirm measurements before working top and border of each piece.

CURTAIN: Ch 423. Dc in 4th ch from hook and in each ch across — 421 dc. Ch 3, turn.

Row 1: Dc in 2nd dc and next 3 dc for selvage edge, *dc in next 3 dc, (ch 2, sk 2, dc in next dc) 5 times; repeat from * across row, ending 3 dc in last 3 dc. Ch 3, turn.

Continue to work from chart, repeat-

ures 23 inches from beginning.

Top Row: Work 1 dc in each dc and 2 dc in each sp across. Fasten off.

Border: Join thread to lower edge of curtain on wrong side.

Row 1: 3 Sc in first 3 dc, *ch 2, sk 3 dc, dc in next dc, (ch 2, dc in same dc) twice, ch 2, sk 3 dc, sc in next 5 dc; repeat from * across row, ending last repeat 3 sc. Turn. (Do not ch.)

Row 2: *(2 Dc in first ch-2 sp, dc in dc) 3 times, 2 dc in last ch-2 sp, sc in 3rd sc; repeat from * across row. Fasten off.

VALANCE: Work as for curtain until valance is 11 inches from beginning. Work 1 row dc across top, 2 rows of border at lower edge. Fasten off.

Finishing: Cut two 61-inch pieces of Twill Tape. Turn under 1/2 inch at each end. Sew to curtain and valance about 1 inch below top edge for curtain rod pocket.

APRIL-MAY, 1992 • 17





The WORKBASKET

ch, ch 1, repeat from * around, ending with dc. Rnd 2: Ch 1, dc in sp between ch 4 and first dc, *ch 1, dc in next sp, repeat from * around -43 sps.

Rnds: 3, 4 and 5: *Ch 1, dc in next sp, repeat from * around.

Rnd 6: (Ch 1, dc in next sp) 3 times, ch 1, in next sp work (dc, ch 1, dc) inc made - work 4 sps, ch 1, in next sp work (dc, ch 1, dc) - another inc made, *ch 1, dc in next sp, repeat from around.

Rnd 7: *Ch 1, dc in next sp. Repeat from * to inc of previous rnd, ch 1, in next sp work (dc, ch 1, dc), work ch-1 sps to within next inc, ch 1, in next sp work (dc, ch 1, dc), work ch-1 sps around.

Repeat Rnd 7 until the 19th rnd is completed.

Rnd 20: Work ch-1 sps to within second inc, ch 5, sc in next sp, ch 2, sc in sp over first inc of previous row (thumb opening), ch 1, continue working ch-1 sps around.

Work 6 rnds more of ch-1 sps, ending between ring and little finger on back of glove - try on glove to determine position of fingers. Work is now at base of little finger. Mark off spaces for fingers on palm and back with colored thread.

Little Finger: Work ch-1 sps around to palm side, ch 4, continue in rnds of ch-1 sps on this finger, making two ch-1 sps over ch 4 until piece reaches one rnd above base of finger nail. Work 1 dc in each sp, then sl st in each dc. Fasten off,



through last row of sl sts, pull up tightly, fasten securely.

Ring Finger: Join thread on palm side and work around to back until work

reaches little finger, work ch-1 sps across base of little finger (between fingers), work around sps of ring finger on palm, ch 5, work around sps of ring finger on back. Complete as for little finger.

Middle Finger: Work exactly as for ring finger.

Index Finger: Work exactly as for little finger.

Thumb: Work in rnds as for other fingers and complete as before.

Cuff: Cut elastic to fit wrist and join. Rnd 1: Join thread to first sp on first rnd; working over elastic, work 2 sc in first 3 sps, 3 sc in each remaining sp. Join with sl st to first sc.

Rnd 2: Ch 5, *dc in each of next 6 sc, ch 2, repeat from * around, ending with dc in last 5 sc. Join last ch-2 to third ch of ch-5.

Rnd 3: Sl st in next sp, *ch 3, 3 dc in same sp, *ch 5, 4 dc in next sp, repeat from * around, ending with 4 dc in last sp, ch 2, dc in top of ch-3 (to form last

Rnd 4: Ch 3, 2 dc in sp just formed, *in next sp work (3 dc, ch 3, 3 dc) shell made - repeat from * around, ending with 3 dc in same sp as first 2 dc, dc in top of ch-3.

Rnds 5, 6, 7 and 8: Repeat Rnds 3 and 4 alternately. Fasten off.

Right Glove: Work as for left glove. Starch lightly and press.

Creative Commons 4.0 NC SA BY FREE DIS size, a place mat, tablerunner or tablecloth. For doily size shown you will need one 20-gram ball size 20 DMC "Cordonnet Special" in white or ecru, a tatting shuttle and a small crochet hook for joining picots. Each motif measures approximately 2-3/4 inches along the side. A rectangular doily made with 12 motifs measures about 11-1/2x8-1/2 inches. Abbreviations: p is about 1/16 inch. lp is about 3/16 inch. ch (chain) cl r (close ring) Ip (long picot) sep (separate) ds (double stitch) rw (reverse work) First Motif: Rnd 1: With shuttle thread only, r of 8 lp sep by 3 ds, cl r. Tie and cut threads, weaving in ends. Rnd 2: Tie ball and shuttle threads tog. R of 4 ds. lp. 4 ds, join in top of any lp of center r, 4 ds, lp, 4 ds, cl r, rw. Ch of (4 ds, p) 5 times, 4 ds, rw. R of 4 ds, join in last lp of previous r, 4 ds, join in next lp of center r, 4 ds, lp, 4 ds, cl r, rw. Ch of (4 ds, p) 5 times, 4 ds, rw. Continue in pattern around, ending by joining in first lp of first r. Tie and cut threads, weaving in ends. WITH OLD WORLD CHARM Wheel-in-a-square motifs create an unusual rectangular shape

tog. *R of 3 ds, p, 3 ds, join in center p of any ch of previous rnd. 3 ds. p. 3 ds, cl r, rw. Ch of 7 ds, p, 7 ds, rw. R of 4 ds. p. 4 ds. join in 5th p of same ch, 2 ds, join in first p of next ch, 4 ds, p, 4 ds, cl r, rw. Ch of 7 ds, p, 7 ds, rw. R of 3 ds, p, 3 ds, join in center p of same ch, 3 ds, p, 3 ds, cl r, rw.

Beginning Corner: Ch of 4 ds, p, 4 ds. rw. R of (3 ds. p) 3 times, 3 ds. cl r, rw. Ch of (6 ds, p) 3 times, 6 ds, rw. R of 3 ds, p, 3 ds, join in top p of previous r, 3 ds, p, 3 ds, cl r, rw. Ch of 4 ds, p, 4 ds, rw.* Repeat from * to * 3 times. Tie and cut threads, weaving in ends.

Second Motif: Work as for first motif for Rnds 1 and 2.

Rnd 3: Follow instructions as before to corner. Ch of 4 ds, p, 4 ds, rw. R of (3 ds, p) 3 times, 3 ds, cl r, rw. Ch of 6 ds. p. 6 ds. join to 2nd p of any cor-

ner ch of first motif, 6 ds, join to 3rd p of corner ch of first motif, 6 ds, rw. R of 3 ds, p, 3 ds, join in top p of previous r, 3 ds, p, 3 ds, cl r, rw. Ch of 4 ds, p, 4 ds, rw. R of 3 ds, p, 3 ds, join in center p of next ch of Rnd 2, 3 ds. p, 3 ds, cl r, rw. Ch of 7 ds, join in p of corresponding ch in first motif. 7 ds. rw. R of 4 ds, p, 4 ds, join in 5th p of ch, 2 ds. join in first p of next ch. 4 ds. p. 4 ds, cl r, rw. Ch of 7 ds, join in next corresponding ch of first motif. 7 ds. rw. R of 3 ds, p, 3 ds, join in center p of ch. 3 ds, p, 3 ds, cl r, rw. Continue corner, joining as before, continue in pattern around. (Note: When joining 4 corners tog as doily is formed, all 4 motifs will be joined in top p of one motif corner.) Ioin desired number of motifs until size desired is complete.

Dampen doily, pin in place with rustproof pins and spray lightly with spray starch.

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By Charlene Finiello

"CONFETTI" SWEATER WWW. andiquepatternlibromy onge: 2. Pakegran ball or

The perky colors make this sweater a party primo

This bright, knitted sweater will add shine to a cloudy weekend. Direc-I tions are given for size small (8-10) with changes for medium (12-14) and large (16-18) in parentheses.

You will need 7 ounces #676 emerald (A) and 3-1/2 ounces #848 skipper blue (B) Coats & Clark Red Heart® "Classic," 17-1/2 (17-1/2,20) ounces #90 crayon print (C) Coats & Clark Red Heart® "Confetti," numbers 7 and 9 knitting needles, a cable needle and stitch holders.

Finished Measurements:

Bust: 36 (38,40) inches

Width at underarm: 18 (19,20) inches Shoulder to lower edge: 24 (25,26) inches

Sleeve seam: 17 (18,19) inches

Special Abbreviations: LC: Left cross on 4 sts — sl next st to cable needle and hold in front of work, k 3, k 1 from cable needle.

RC: Right cross on 4 sts — sl next 3 sts to cable needle and hold in back of work, k 1, k 3 from cable needle.

Gauge: 4 sts equal 1 inch 6 rows equal 1 inch

TO SAVE TIME, TAKE TIME TO CHECK GAUGE.

Cable Pattern: (Worked on 9 sts)

Row 1: (Right Side) With B, k 9.

Row 2: P 9.

Row 3: RC, k 1, LC.

Row 4: P 9.

Rows 5-16: With B, repeat rows 1-4 three times.

Rows 17-32: With A, repeat rows 1-4 four times. Repeat rows 1-32 for cable

bobbin for each color section; do not carry colors along wrong side of work. Pick up new strand from under dropped strand to prevent holes.) With smaller needles and A, cast on 68 (72,76) sts. Work in ribbing (k 2, p 2) for 2-1/2 inches, ending right side.

Next Row: (Wrong Side) P, inc 4 sts evenly spaced across row — 72 (76, 80) sts. Change to larger needles and C. Work even in stockinette (k right-side rows, p wrong-side rows) until piece measures 16 (17,17) inches from beginning. Mark each edge for armholes. Continue until 7-3/4 (7-3/4,8-3/4) inches above markers.

Shape Neck: Work 24 (25,26) sts, sl next 24 (26,28) sts to a holder, join another ball of yarn, complete row. Dec one st each neck edge on next row. Bind off remaining 23 (24,25) sts each side.

FRONT: With smaller needles and A, cast on 68 (72,76) sts. Work in ribbing for 2-1/2 inches, ending right side.

Next Row: (Wrong Side) P, inc 12 sts evenly spaced across row - 80 (84,88) sts.

Set Up Pattern: Next Row: Change to larger needles and C, k 11 (12,13), p 1; with B, work cable pattern Row 1 over 9 sts; with C, p 1, k 36 (38,40), p 1; with B, work cable pattern Row 1 over 9 sts; with C, p 1, k 11 (12,13).

Next Row: With C, p 11 (12,13), k 1; with B, work cable pattern Row 2 over 9 sts; with C, k 1, p 36 (38,40), k 1; with B, work cable pattern Row 2 over 9 sts; with C, k 1, p 11 (12,13). Continue as established until piece measures 16 (17, 17) inches from beginning. Mark each

edge for armholes. Work even until 9sts; with C, k I, p 17 (17,20). Continue 5-1/2 (5-1/2, 6-1/2) inches above markers.

Shape Neck: Work 28 (29,30) sts in pattern as established, sl next 24 (26,28) sts to a holder, join another strand of varn, complete row. With separate strands of varn, work both sides at same time, dec one st at each neck edge every row twice, every other row 3 times. Work even until piece measures same as back to shoulders. Bind off remaining 23 (24.25) sts.

SLEEVES: With smaller needles and A, cast on 32 (32,38) sts. Work in ribbing for 2 inches, ending right side.

Next Row: (Wrong Side) P, inc 13 sts -45(45,51) sts.

Set Up Pattern: Next Row: Change to larger needles and C, k 17 (17,20), p 1; with B, work cable pattern Row 1 over 9 sts; with C, p 1, k 17 (17,20).

Next Row: With C, p 17 (17,20), k 1; with B, work cable pattern Row 2 over in pattern as established, working cable pattern with B only, inc one st each edge every 6th row 10 (7,7) times, every 8th row 3 (6,7) times, working added sts in stockinette - 71 (71,79) sts. Work even until sleeve measures 17 (18,19) inches from beginning. Bind off.

Turtleneck: Sew left shoulder seam. With smaller needles and A, pick up sts evenly spaced along back neck edge to holder, k sts from holder, pick up sts evenly spaced along remaining back neck edge and front neck edge to front holder, k sts from holder, pick up sts to shoulder edge. Work in ribbing for 1-1/2, (1-1/2,2) inches. Change to larger needles and work even until collar measures 4 (4-1/2,5) inches. Bind off in ribbing.

Sew right shoulder and neck seam. Sew in sleeves between markers. Sew side and sleeve seams.



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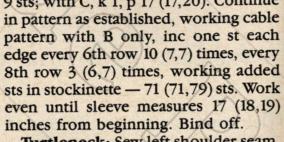
The WORKBASKET

Creative Commons 4.0 NC SA BY FREE DISTRIBUTION ONLY - NOT FOR SALE edge for armholes. Work even until 9 sts; with C, k 1, p 17 (17,20). Continue

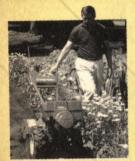
5-1/2 (5-1/2,6-1/2) inches above markers.

Shape Neck: Work 28 (29,30) sts in pattern as established, sl next 24 (26,28) sts to a holder, join another strand of varn, complete row. With separate strands of yarn, work both sides at same time, dec one st at each neck edge every row twice, every other row 3 times. Work even until piece measures same as back to shoulders. Bind off remaining 23 (24,25) sts.

SLEEVES: With smaller needles and A, cast on 32 (32,38) sts. Work in rib-



Turtleneck: Sew left shoulder seam. With smaller needles and A, pick up sts evenly spaced along back neck edge to holder, k sts from holder, pick up sts evenly spaced along remaining back neck edge and front neck edge to front



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PROJECT

THE TALE OF A FEW KITTIES

By Kathe Brinkmann

The story may be good, but the kitty is drawn to the sweater. Directions are given for girls size 8 with 10 and 12 in parentheses; and misses size petite with small, medium and large in parentheses. You will need 4 (5,6); 7 (8,9,10) skeins of Tahki's Cotton Classic (MC), 1 skein white (CC), numbers 4 and 6 knitting needles, a set of number 7 double pointed needles, 24-inch numbers 4 and 6 circular needles, 16-inch number 6 circular needle, a size 1 tatting needle and 12 inches ribbon (optional).

Finished Measurements:

Girls: 26-1/2 (28,30) inches Misses: 34 (37,40,42-1/2) inches

BODY: With CC and smaller circular needles, cast on 122 (130,140); 150 (168,180,192), place marker, change to MC and k first rnd. Work ribbing (k 1, p 1) for 2-1/2 (3,3-1/2); 4-1/2 (4-1/2,5,5) inches. On last rnd, inc 11 (11,10); 20 (20,20,20) sts evenly - 133 (141,150); 172 (188,200,212) sts. Place second marker after 67 (71,75); 86 (94,100,106) FRONT sts to divide work for front and back. Work in Reverse Stockinette (with circular needles P every row) for 1 (1,1); 1-1/2 (1-1/2, 2,2) inches (lengthen or shorten here as desired).

Note: The 66 (70,75); 86 (94,100,106) back sts will be worked in Reverse Stockinette st throughout pattern.



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Rnd 1: (Front Side Squares) P 11 (13, 15); 16 (20,23,23), place marker, k 15 (15,15); 18 (18,18,20), p 15 (15,15); 18 (18,18,20), k 15 (15,15); 18 (18,18,20), place marker, p 11 (13,15); 16 (20,23,23).

Repeat Rnd 1 for 3 (3,3) inches; 3-1/2 (3-1/2,3-1/2,4) inches.

Next Rnd: (Front Center Square) P 26 (28,30); 34 (38,41,43), k 15 (15,15); 18 (18,18,20), p 26 (28,30); 34 (38,41,43), p rest of back sts. Repeat this last rnd for 3 (3,3); 3-1/2 (3-1/2,3-1/2,4) inches. AT SAME TIME when piece measures 9-3/4 (10-1/2,11); 12-1/2 (12-1/2,13-1/2,14) inches from cast on edge, separate front and back for armhole shaping.

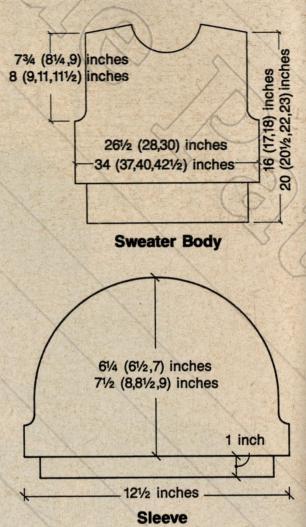
Front Armhole Shaping: (Place back sts on holder).

With right side facing, bind off 4 (4,4); 5 (5,5,6) sts at the beginning of the next 2 rows. Then dec one st each edge every other row 2 (3,4) times; 4 (6, 7.7) times. After center square is appropriate length, with right side facing, change to side square pattern continuing armhole shaping. K 15 (15,15); 18 (18,18,20), p 15 (15,15); 18 (18,18,20), k 15 (15,15); 18 (18,18,20) side-square pattern between the markers and the sts outside the markers in Reverse Stockinette. Continue in established pattern for 3 (3,3); 3-1/2 (3-1/2,3-1/2,4) inches, then change to Reverse Stockinette. When piece measures 4-1/4 (4-1/2,4-1/2); 5 (5-1/2,5-1/2,6) inches from armhole, bind off ending with a wrong side row.

Neck Shaping: P 19 (20,20); 24 (26, 28,30), with another skein of yarn, bind off center 17 (17,19); 20 (20,20,20) sts, p remaining sts. Dec one st each neck edge 3 (3,3); 4 (5,5,6) times.

When piece measures 6-1/4 (6-1/2,7); 7-1/2 (8,8-1/2,9) inches (or desired length) from armhole, bind off.

Shoulder Shaping: Bind off 5 (6,6); 7 (7,7,8) sts at beginning of next 4 rows (if desired shaping can be worked as



short rows). Bind off 6 (5,5); 6 (7,7,8) sts at beginning of next 2 rows.

BACK: Working in Reverse Stockinette, bind off 4 (4,4); 5 (5,5,6) sts at the beginning of next 2 rows. Dec one st each edge every other row 2 (3,4); 4 (6,7,7) times. Work even until back armhole measures same as front.

Shoulder Shaping: Bind off 5 (6,6); 7 (7,8,8) sts at beginning of next 4 rows. Bind off 6 (5,5); 6 (7,7,8) sts at beginning of next 2 rows. Bind off remaining sts.

SLEEVES: (Make two) With smaller needles and CC, cast on 46 (48,56); 60



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28 . The WORKBASKET

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row. Work ribbing for 1 (1,1); 1-1/2 (1-1/2,1-1/2,2) inches, inc 11 (9,11); 17 (18,19,21) sts evenly spaced across last row - 57 (57,67); 77 (82,87,97) sts.Change to larger needles and begin pattern.

Checkerboard Pattern: Rows 1, 3 and 5: (Right Side) K 1 (edge st), *k 5, p 5*, repeat between *'s across, ending

k 5 (5,5); k 5 (0,5,5), k 1.

Rows 2, 4 and 6: K 1, p 5 (5,5); p 5 (0,5,5), *k 5, p 5*, repeat between *'s, ending k 1.

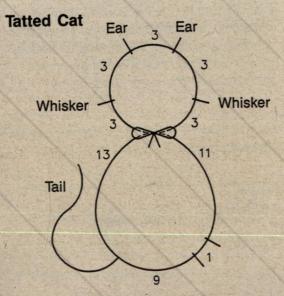
Rows 7, 9 and 11: K 1, *p 5, k 5*, repeat between *'s across, ending p 5 (5,5); 5 (0,5,5), k 1.

Rows 8, 10 and 12: K 1, k 5 (5,5); 5 (0,5,5) *p 5, k 5*, repeat between *'s, ending k 1. Repeat these 12 rows for pattern.

When piece measures 2-1/2 (2-1/2,3); 3 (3-1/2,4,4) inches from cast on edge,

begin armhole shaping.

Armhole Shaping: Bind off 4 (4,4); 5 (5,5,6) sts at the beginning of next 2 rows. Dec one st each edge, every other row 2 (3,4); 4 (6,7,7) times. Continue in pattern until 4-1/4 (4-3/4,5); 5-1/2 (6, 6-1/2,6-1/2) inches from beginning of armhole shaping, bind off on wrong





side row.

Change to smaller needles.

Rows 1 and 3: K 2 tog across.

Rows 2 and 4: P.

Bind off.

Finishing: Sew shoulder seams. With 16-inch number 6 circular needle and MC, pick up 80 (86,90); 94 (96,98,102) sts around neck. K 1 row CC.

I-Cord Neck Edge: With doublepointed needle, cast on 3 sts CC. With second double-pointed needle, k 2, sl 1 k-wise, sl neck edge st, slide left needle from left to right into the front of the 2 sl sts and k them together. Slide the 3 sts to the opposite end of the doublepointed needle. DO NOT TURN (the yarn will cross the back of work from the left). Repeat *k 2, ssk, slide*.

Make 5 tatted cats in white.

Finish all ends. Pin ribbon bow at neck edge if desired. In each knitted square, sew one tatted cat.

TATTED CAT Abbreviations:

r (ring) ds (double stitch) Ip (long picot)

sep (separate) p (picot) cl r (close ring)

Head: R of 3 ds, 4 p sep by 3 ds, 3 ds, cl r. (Four picots on head are whiskers and ears. Clip whiskers picots and feather.)

Body: R of 11 ds, 2 p sep by 1 ds, 9 ds, lp (twisted tail - about 2-1/2

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WITHOUT GOING ON A DIET"

By J. T. COOPER, M.D.

A unique new weight-loss program has been discovered by a team of bariatric physicians ... doctors who specialize in treating the severely obese. It was further developed and tested at clinics in Waycross and Marietta, Georgia.

Up until now the program has been one of the best-kept secrets in America. Because it's only been available to doctors. No one else. In fact, it's been used by 142 doctors in the U.S. and Canada to help over 9.820 patients lose weight. So it's doctor tested. And proven. This is the first time its been available to the public.

The program is totally different from most American "diet" plans.

It's different because it lets you eat. Good food. And lots of it.

In fact, people on the program are actually encouraged to eat up to six times every

They enjoy three regular meals. Plus three or four snack meals. So they don't feel hungry. They don't feel irritable.

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There are other benefits too ...

- There are no pills. No amphetamines. No drugs of any kind.
- . There are no powders. No chalky-tasting drinks to mix. No artificial foods of any
- There's no strenuous exercise program.
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- · There's no ketosis. No bad breath odor.

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Here are some actual comments from people who participated in the program ...

- · Susan T. is a 29-year-old computer programmer. She went from 171 to 153 in just
- "I bring home a lot of stress and it makes me start gaining weight. But not this time. The weight's off and it's staying off. I've been slim for over a year now!"
- · Stacy H. is a 35-year-old nurse who's only been on the program for 31/2 weeks and lost 11 pounds.

"I'm so grateful for a program that allows me so much food and so many snacks. I've tried dozens of diets. But I was always hungry. Now I can even walk by the nurse's station (where they keep the donuts) without hesitank you."

- · Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four
 - "In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain. Both my wife and I enjoy the meals greatly."
- · Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 81/2 months
- "I believe I was a participant in every weight-reducing plan there ever was. I failed at all of them. Then. about two years ago, I started the Clinic-30 Program. And I haven't regained a pound. Not one."

his is the first time the Clinic-30 Program has been available outside of a clinical setting. It's being distributed by Green Tree Press, Inc. in Erie, Pennsylvania.

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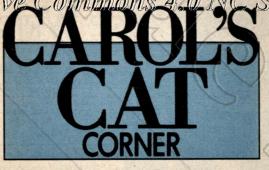
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To receive the program, just send your name, address and postdated check for \$12.95 (plus \$3.00 shipping and handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 219, 3603 West 12th Street, Erie. PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Banking and bu references are available upon request.

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...& TIGER



ear Readers and Cat Lovers:

There it was again ... that time of vear to take Kitten McNugget and Mocha Chip to the vet for their annual checkup and shots. Our son, Jonathan, and I have the job of visiting the vet yearly since the darlings joined our family. We pack them in the carrier (after retrieving them from their hiding places...they know where they are headed), put them in the car in spite of cries, moans, groans and hisses, and proceed to make the 15-minute trip to the vet. I'm sure it seems more like a three-hour trip to the kitties because it sure feels that way to us!

We try to calm our loves in every possible way, but to no avail. Some of the sounds they make are downright scary - where do those noises come from? Are these our sweethearts, we wonder?

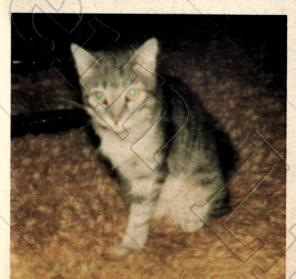
At the vet's office our wait is usually 45 minutes; meanwhile, we are visited in the waiting room by a loping labrador or two, a few small, yipping poodles, and sometimes a few other cats. By this time KMcN and MC are shaking in their carriers. Sound familiar?

Well, guess what? This year our annual checkup was done in the comfort of our own home. That's right, we had the wonderful experience of being visited by our local "Mobile Veterinary Clinic." What a joy!

In doing some research for one of my Cat Corner columns, I happened to read

Reba Herren of Farmville, VA, said it wasn't easy getting all the kittens in these drawers long enough to snap the picture. Their names are Black Ninja, Mittens, Boots, Silky and Tiger. Incidentally, what do the kittens and the sewing machine bave in common? They both keep us in stitches!





MICHAEL

Michael was found by the Shaeffer family of Clairton, PA, 13 years ago. Shortly after, Michael was burt badly; a vet who made house calls was summoned, and stayed with Michael until they got to the bospital. Unfortunately, Michael's front leg had to be amputated and she lost most of her teeth, but she has been the Shaeffer's precious, dearly-loved pet all these years.

SNOOPEE

Snoopee, who lives with Ella Robinson of Windsor, VT, is very special to Ella in many ways and is also very smart. Instead of scratching the screen when be wants to come in, Snoopee pushes a button that connects to the doorbell. You can imagine the looks on visitors' faces when the doorbell rings and in struts Snoopee!



KRIS KRINGLE

Kris Kringle, a Christmas Eve doorstep present to the Holverstotts of Eugene, OR, is a tricolored cat, loves the bathtub and water, and takes all his toys and conquests to the tub to play.

Creative Commons 4.0 NC SA BY FREE D. about mobile vets. I really liked the Revolutionary "2-in-1" TRIMMER/ **MOWER** Takes the place of both your hand-held trimmer and steel-bladed mower!

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sound of this idea and looked in the Yellow Pages, found a mobile vet listed and made an appointment. One week later, Dr. Sharon Dailey and her assistant were at our home promptly at the scheduled time. The kitties were relaxed and did not flinch when being examined or given their shots. The whole exam was done in a calm and unhurried manner so as not to excite our loves (or us). It surely was a success.

Dr. Dailey also wanted me to see her mobile clinic - the van was just spotless and very well-equipped; she can even perform surgery in it if need be. I was certainly impressed.

The fee for this mobile vet service? It's \$5 to \$10 more than an office visit. but to us it was very much worth the extra expense. You might not find a traveling vet in your area yet, but they are becoming increasingly available. Check your Yellow Pages or contact your favorite vet - he or she might already be making house calls without your knowing about it. It's worth a try, especially in an emergency, if you aren't able to leave your home, or if you have no way of transporting your pets.

By the way, Dr. Dailey is from Voorhees, NI, and has been doing veterinary house calls for some time. It was indeed a pleasure to have her care for our babies, and we all survived beautifully!

Thanks for all your support and neat ideas for future columns and projects. Keep 'em coming. Pictured here are some more of our fabulous felines.

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Happy Spring everyone... until next time, stay purr-fectly happy.



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The WORKBASKET

DECORALE A CHILDS ROOM between but they have hind mat may be detected through per-

Cross stitch matching switchplate and photo frame

By Karen Wiant

ust imagine the surprised expression your child will have on Easter Umorning to discover that the Easter bunny has left not only a "goodie" basket, but also bedroom decorations to enjoy all year.

You'll need two 9x12-inch sheets ecru perforated paper; an 8x10-inch clear



picture frame; a 4x7-inch (including curved edges) switchplate; one skein each DMC floss in #930 dark blue, #932 light blue, #745 yellow, #754 pink, #760 dark pink, #746 cream, #367 dark green, #368 light green, #644 tan, #3022 gray, #613 light brown and #801 dark brown; one spool each Balger® Blending Filamant in #017HL white gold and #095 star burst; scissors: a size 26 tapestry needle: an X-acto knife; a ruler or tape measure; and a pencil.

General Notes: The right side of the perforated paper is different degrees of tension. To ensure stitch uniformity, knot the filament on the needle. Pass floss through the needle eye in the normal manner.

Work all cross stitching first, finish with backstitching.

PICTURE FRAME

Cut perforated paper to 8x10 inches. On wrong side of paper, lightly mark a 5x7-inch opening as indicated by chart. Use X-acto knife to remove center opening.

Work cross stitches with 3 strands floss; work backstitching in lattice rainbow with single strand floss; work backstitching around bunnies with single strand floss and single strand blending filament together. Work "star dust" with single strand blending filament.

Work a french knot at corner of each rabbit's eye. (French knot: Wrap floss/ filament around needle twice before



forated holes. Correct by placing a piece of black construction paper, trimmed to match mat opening, between photo and finished mat.

SWITCHPLATE

Cut perforated paper to fit switchplate cover. Use X-acto knife to cut switch and screw openings. (Before cutting, lightly mark openings on wrong side of paper with pencil, check with clear acrylic cover to be sure openings are placed correctly.)

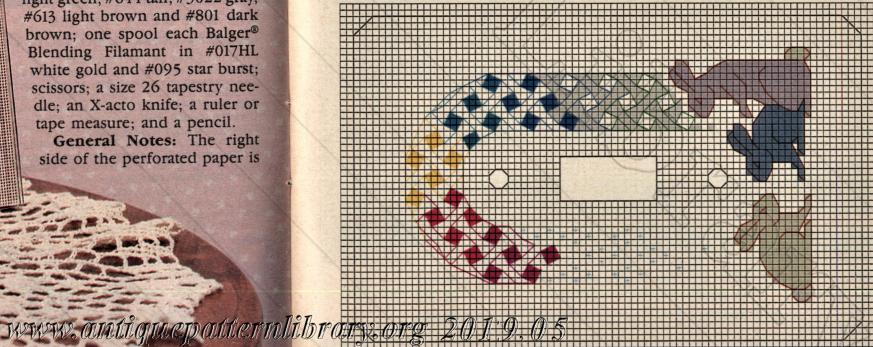
Stitch as for frame.

Assemble and install cover according to directions on package.

Working with Blending Filament

- 1. Loop filament; pass loop through eye of needle.
 - 2. Pull loop over needle's point.
- 3. Tighten loop at end of eye. Gently stroke knot once to lock in place. Pass floss through eye in normal manner.





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The WORKBASKET



AND SHELF EDGING

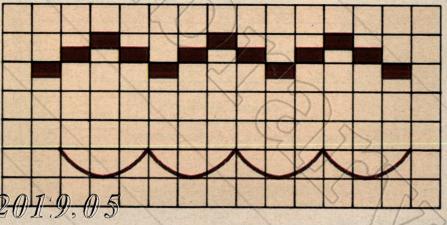
Add warmth to your kitchen

lingham has a simple, old country feel to it, and it's quite Itrendy now. Use some to make kitchen accessories like Uthe oven mitt and shelf edging or make an apron and pot holders. Embroider carrots and edging designs on your kitchen items to give them added charm.

Oven Mitt: You will need about 1/4 yard of fabric, an old oven mitt, embroidery floss and an embroidery needle. Fold fabric in half with right sides together. Use the old oven mitt as a pattern and cut 2 pieces, leaving about 1/2 inch of overhang. Embroider designs. Making a 3/8-inch seam and leaving opening for hand, sew pieces together with right sides facing. Turn right side out and insert old oven mitt into new cover. Turn under bottom edge and stitch to old oven mitt.

Shelf Edging: You'll have to judge the size of fabric you'll need according to your shelf's size. This edge has about an 8-inch overhang. Embroider the designs you desire and hem edges. &

Instructions provided by the New Home Sewing Machine Company.



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A welcome English gift

By Malinda Johnston

uilling got its start in England, where rolled filigree paper artwork is seen in 15th century churches. Schools offered "Filigree" to wealthy young women in the 18th century, but it wasn't until paper rolling hit America's shore that it was called quilling.

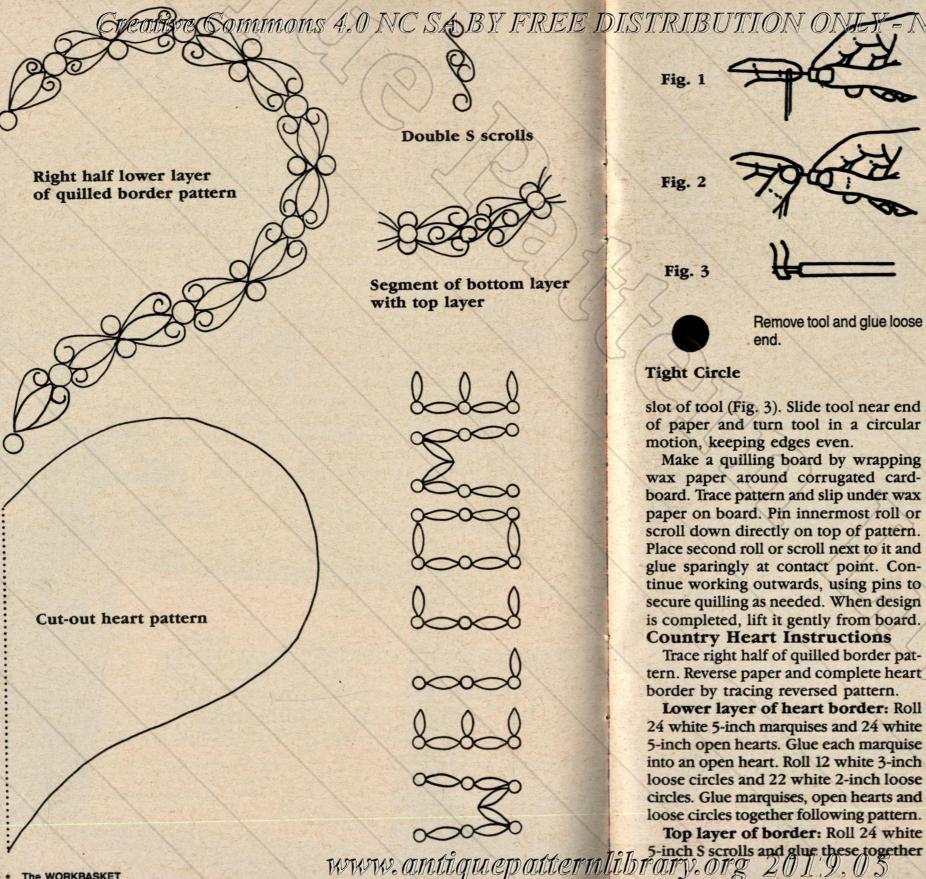
You will need 26 lengths of 1/8-inch-wide white quilling paper, one 8-1/2x11-inch sheet slate blue sculpture paper and one sheet brick sculpture paper, quilling tool, clear drying craft glue, ruler, straight pins, scissors, a 9x12-inch piece of cardboard covered with wax paper, and an 8x10-inch frame.

Note: Needle tool #170 makes smaller centers in rolls and scrolls,

thus making a more attractive quilled design, but slotted tool #171 is faster to learn with. A hat pin or toothpick may also be used.

Basic Instructions: Tear off a strip of paper length specified in instructions. To quill with a end of strip and place end against your indexfinger (Fig. 1). Press tool against top of paper and use your thumb and forefinger to roll paper without turning tool (Fig. 2). Roll paper tightly, keeping edge even. To quill







Remove tool and release roll to relax tension. It should spring open to about twice original size.

Loose Circle

Roll loose circle. Glue loose end and pinch opposite sides at same time.



Marquise

Crease at center and roll each end towards center.

Open Heart



Roll one end to center. Turn over and roll opposite side of other end to center.

S Scroll

slot of tool (Fig. 3). Slide tool near end of paper and turn tool in a circular motion, keeping edges even.

end.

Remove tool and glue loose

Fig. 3

Tight Circle

Make a quilling board by wrapping wax paper around corrugated cardboard. Trace pattern and slip under wax paper on board. Pin innermost roll or scroll down directly on top of pattern. Place second roll or scroll next to it and glue sparingly at contact point. Continue working outwards, using pins to secure quilling as needed. When design is completed, lift it gently from board. **Country Heart Instructions**

Trace right half of quilled border pattern. Reverse paper and complete heart border by tracing reversed pattern.

Lower layer of heart border: Roll 24 white 5-inch marquises and 24 white 5-inch open hearts. Glue each marquise into an open heart. Roll 12 white 3-inch loose circles and 22 white 2-inch loose circles. Glue marquises, open hearts and loose circles together following pattern.

Top layer of border: Roll 24 white

in pairs. Glue these to lower layer, centering each over a 3-inch loose circle as shown in drawing of pattern segment. Roll 10 white 2-inch loose circles and glue to lower layer, center each over two 2-inch loose circles.

Welcome: Roll 35 white 2-1/2-inch marquises and 30 white 2-inch tight circles. Glue together following patterns for letters.

Assembly of design: Trace half of cut-out heart pattern to dotted line. Reverse paper and complete heart pattern. Cut heart pattern from slate blue sculpture paper. Glue quilled heart border to edge of heart. Position Welcome letters across blue heart and glue in place. Cut 8x10-inch rectangle from brick paper for background. Center blue heart with quilled border on background and glue in place. Frame.

For a color catalog of quilling and paper craft supplies, send \$3.00 to cover postage and bandling to Lake City Craft Company, Dept. 316, Rt. 2, Box 637, Highlandville, MO 65669.

KRINKLE **RIBBON BASKET**

Creating Commons 4.0 NC SA BY FREE DISTRIB UDIONONI CONTROL You can too! I watched you can too! D. Walters, Texas STUFF

By Liesa Schroeder

The Easter bunny won't hop by this colorful basket. You'll need Krinkle[™] ribbon, a glass bowl, rope, a I hot glue gun and plastic wrap.

Soak Krinkle ribbon in starch until saturated. Invert glass bowl. Cover outside tightly with plastic wrap. Coil ribbon at center of inverted bowl (Fig. 1). Continue coiling until bottom of bowl is wrapped tightly (Fig. 2), then continue around bowl's side. For handle, wrap a length of

Let Krinkle ribbon dry 3 or 4 days on inverted bowl. Remove ribbon shape carefully from bowl and allow to dry inverted 3 more days.

rope with ribbon.

Attach handle with hot glue. Starch

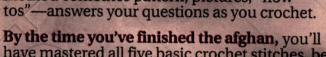
2 C. cold water 8 T. flour 2 C. boiling water 2 T. sugar

Mix cold water and flour in a saucepan. Stir over medium heat, avoiding lumps, until mixture comes to a boil. Add boiling water.

Remove from heat: add sugar. Stir until sugar dissolves. Refrigerate excess.



Fig. 2



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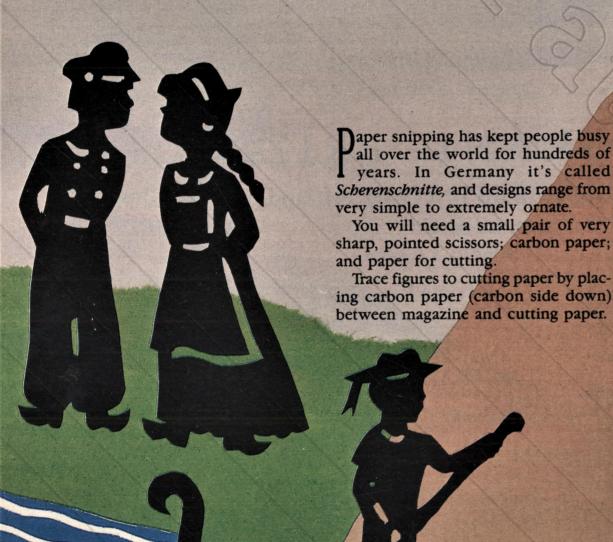
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The WORKBASKET



ONCE UPON A TIME



Begin by cutting out the smallest openings. Pierce paper in center of a space to be cut out with one point of scissors. Carefully snip along outlines.

For smoother cutting, hold the hand with the scissors still as you cut, feeding the paper into the scissors with the other hand — turning the paper around, rather than the scissors. Cut the smallest areas out first and the largest ones last.

Don't be upset by small errors. They can often be corrected or left alone without notice. If you accidentally cut off a small piece, it can be glued in place when mounting the finished silhouette. A glue stick is useful for gluing.

Glue cutouts flat for decoupage designs, or secure with small bits of glue so the figures rise slightly from the background to add depth and life. Figures can be mounted on a gift card, note paper or plaque; framed; or used to trim a small box. Use them as border trims, furniture decorations, on vanity boxes and drawers, or as a decoration on almost anything you can think of.

For a catalog with more paper cutting patterns, write to Tree Toys, P.O. Box 492, Hinsdale, IL 60521.

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-Author Unknown

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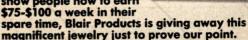
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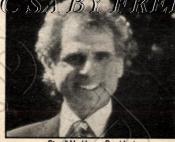
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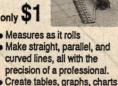
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World Famous TV & Recording Star

The magic Floyd Cramer weaves at the keyboard is spellbinding. You've never heard piano music sound so richly inviting...so softly relaxing. No other artist has ever duplicated his irresistible style. Floyd's early fans watched his popularity grow as he played with great performers like Elvis. Roy Orbison and Loretta Lynn. And, soon, his warm, wonderful piano style catapulted him to stardom! Now here is his all-new collection...a 22-song treasury never available before.

His Sensational New TV Offer

In this truly marvelous collection you get two beautiful albums...all new recordings that capture Floyd's special magic like none you've ever heard. Floyd's incomparable touch plays you through the years...from smooth, easy favorites like GEORGIA ON MY MIND, CRAZY and UNCHAINED MELODY to today's most beautiful songs including WIND BENEATH MY WINGS, MEMORY...and 17 more! Every song is richly orchestrated to make these piano recordings among the most beautiful of all time.

SATISFACTION GUARANTEED. If you're not convinced that this will be one of your favorite collections, just return it for a full refund, no questions asked.

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HEALTH AND BEAUTY back but

With the days getting longer and the grass getting

greener, you're probably itching to get outside, but are you ready to scratch? Summer sports, backyard barbecues and tromps through the woods are fun, but

to acquire an itch.
Poison ivy, oak and
sumac will cause
painful rashes
and blisters
for as many as
50 million people this
summer, and mosquitoes will be out for
blood. Here are
some tips on how
not to scratch.

POISON IVY

Preventing a rash caused by this weed is much easier than curing one. Know what the weed looks like, watch for it and stay away.

Rashes are caused when you come in contact with urushiol, the sap from broken leaves and stems. Should this happen, wash affected skin immediately with mild soap and cool water. Dab with rubbing alcohol to remove sap.

Clothing should be removed with gloves, rinsed in cold water, then laundered separately.

MOSQUITOES

The buzzing and bites of mosquitoes could bring an end to your

backyard barbecue, but you can take preventive measures

to help keep the number of mosquitoes down in your area.

An easy way to reduce the mosquito population is to eliminate standing water. Mosquitoes lay their eggs on still water. Without water, the mosquito is unable to breed.

Look around your yard and get rid of objects that collect water. A few breeding grounds are pets' water dishes, bird baths, wading pools, puddles under the house, plants rooting in water, roof gutters and tire ruts.

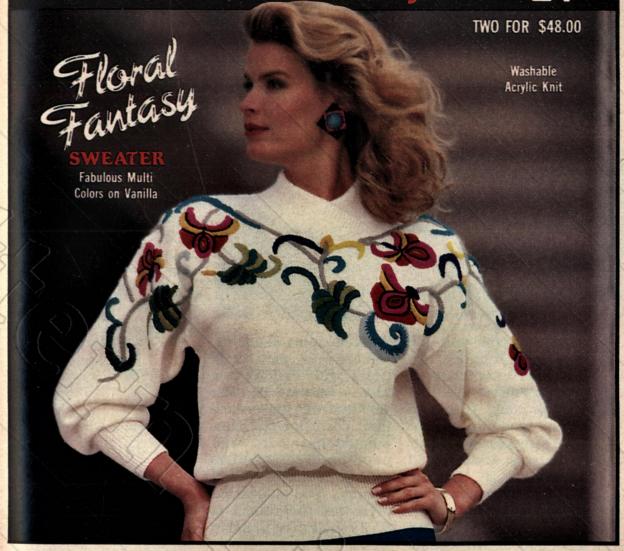
REPELLENTS

You can purchase spray repellents, but you may want to detour bugs using natural methods.

• Garlic—What isn't it good for? It wards off werewolves, colds, your husband and mosquitoes. Eating garlicky

foods proves to help fend off pests, but watch that you don't offend friends.

- Citronella Oil—Made from lemonscented grass native to Java and Sri Lanka, this oil burned in candles adds a special fragrance to the night. You may like the scent, but mosquitoes don't.
- Pennyroyal Mint Fresh pennyroyal rubbed on the skin is an excellent insect repellent, but it could cause a rash. Some people are allergic to it.
- Basil—Plant plenty of basil in your garden of the property o



WHAT'S NEW... WHAT'S GORGEOUS? It'll be perfect. A dream of a sweater in vanilla creme knit, with flowers blooming in glorious 'living color' across the yoke and down the sleeves. Designed by Darian, Floral Fantasy was created to turn heads wherever you go. Team it with a skinny skirt or slacks... So many dazzling possibilities.

Exotic, twining blossoms in multi-hues of purple, magenta, blue, gold, and more. A lovely body-skimming blouson with flattering full sleeves and wide push-up cuffs. Ribbed neckline is set in, with a dressmaker crossover that lies softly at the threat and never hinds. Bib keit at him

CREWEL EMBROIDERY . . . AN ABSOLUTE SENSATION!

softly at the throat and never binds. Rib-knit at hips always keeps its shape. A quality import in rich acrylic knit. (Good news—It's washable!) Specify Size S(8-10), Med.(12-14), Lg.(16-18), X-Lg., 2X, 3X. M204578, A \$56.00

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THE POINT

7 ids want pointed scissors because Atheir cutting performance is



These mini-size bunny cakes look hard to make but are super easy with Wilton's new Mini

A BUNNY

Bunny Cake Pan. The muffin-style pan bakes six bunnies at once and features molds complete with indentations for a nose, mouth and eves.

The cake pan is available for \$7.99 in stores where Wilton products are sold. Or order from Wilton, 2240 W. 75th St., Woodridge, IL 60517.



ones with rounded tips hurt their little hands.

Fiskars surveyed kids in kindergarten, first and second grade to find out what's important in a pair of scissors. Kids should know. After all, they use scissors an average of 20 minutes a day.

The survey also showed that children like scissors

more accurate, and the with bright handles. Fiskars has met their: needs with Fiskars for kids - Pointed Tip. The ambidextrous scissors feature corrosion-resistant. pointed-tip blades, and: neon-colored handles: provide room for several: fingers. The suggested price for the model is \$3.25 and can be found in . stores near you.



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LIt" cross stitch kits. U.S. military officials. Stitch the character's They cover a 5x7-inch in place for the face.

oved ones become cook/chef, mail carrier, astronauts with "Face teacher, and 14 uniformed

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IN BRIEF

Crochet:

chain stitch

space sl st slip stitch

single crochet double crochet

hdc half double crochet (sometimes called a short double - sdc)

treble crochet dtr double treble

crochet

tr tr treble treble crochet

rnd round

loop inc increase(s)

dec decrease(s)

picot

yarn over

MC Main Color CC Contrasting Color

block stitch

cluster

popcorn stitch

Knit:

knit

purl stitch

space

skip slip

round

loop tog together

yo yarn over

psso pass slip stitch over

inc increase(s)

dec decrease(s) through back loop

MC Main Color

CC Contrasting Color

GAUGE

The number of stitches to the inch horizontally and the number of rows to the inch vertically.

WORK EVEN

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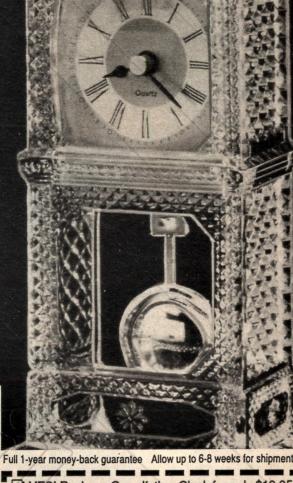
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