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Interest in Home Sewing Shifts

(0:25)

With more women working outside the home, home sewing is on the decline. To perk up lagging sales, pattern companies are experimenting with ways to cut costs and revive interest in the craft.

Extension textiles and clothing specialist Lois Goering says consumers can expect to see fewer patterns with those available emphasizing simple, classic styles. Pattern companies have limited the number of pattern books they publish yearly and some are offering fewer patterns. Mrs. Goering predicts more easy-to-sew patterns with several size options within each pattern envelope to simplify alterations.

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Nutrition in Bread

(0:25)

Consumers should look for bread with the word "enriched" on the label says University of Minnesota nutrition specialist Mary Darling. It means that three B vitamins and the iron lost in milling whole wheat are returned to the bread.

Dark breads such as rye or pumpernickel may not contain much whole wheat. Coloring is used to get the appearance. Not all frozen and refrigerated breads and rolls are enriched. White unbleached flour may have a minimum of vitamins and minerals. Be sure the unbleached flour you buy is enriched.

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Economy Cocoa Mix

(0:20)

If instant hot cocoa mixes seem costly, try making your own. Extension nutrition specialists offer this method:

Mix seven cups of instant nonfat dry milk with one cup of sugar, three-fourths of a cup of cocoa and one-quarter of a teaspoon of salt. For one cup of cocoa, put one-third of a cup of the mixture into a mug. Add warm water to make a paste. Fill the cup with boiling water, stirring constantly.

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