

Sew Your Own

Gifts you make yourself add a special significance to Christmas. You give a part of yourself when you make the gifts you give.

Everybody plans to start early next year, but there is still time to whip up tea towels with easy bright embroidery or applique, hobby aprons for the small fry or quite a number of things.

If you are packing a box for the recently-married daughter there are so many thoughtful little things to add to the main family present that will be useful parts of her everyday life for months to come. How about crocheting about seven or eight inches square, getting heavy cotton yarn in two colors that match her kitchen color scheme. She probably got pot holders at one of her showers, but a pair to match the dish cloths, made of three thicknesses, would be fun to use. One big advantage is that this type can be tossed into the washer and come out fresh and fluffy.

A kitchen apron is always welcome. They can be made of practically anything. A white terry cloth skirt with red or yellow or green percale bib and ties makes a very practical apron that requires a minimum of ironing. Or a gingham or percale or bright colored denim apron with a guest size terry cloth towel attached at the waist band — wonderfully convenient for a quick wiping of the hands to answer the phone or the doorbell.

A child's hobby apron, particularly suitable up to 10 years of age, can be run up on the sewing machine in a jiffy. A 20-inch square of denim or sturdy cotton makes the bibless apron. Make the pockets of contrasting colored material — make on shallow pocket and the other a great deep square. Applique animals or clowns on the pockets for trimming — a child's coloring book has the right size figures. Just cut out the figure, cut from fabric and either bind with bias tape and then stitch on or simply applique onto the pocket before the pocket is sewed to the apron.

This type of easy sewing is a fine way to start the young daughter in the family in sewing. She can make little gifts for cousins or younger brother or sister and, after all, nearly every woman does some sewing all of her life and the earlier her interest in sewing starts, the easier it is for her to learn. Didn't you make button bags and things like that for your aunts and grandmother when you were a youngster?



GROUND BEEF rates as the homemaker's best friend. Dressy Meat Balls is a recipe developed by Martha Logan Test Kitchens of Swift & Company.

Meat Balls

A request that is familiar to most homemakers is "meatballs for dinner." It seems that this hearty meat favorite satisfies just about everybody's tastes. Of course, like so many other fine recipes, meatballs begin with that versatile economy meat, ground beef.

Besides the always-popular patties and meatballs, there also are many exciting casserole dishes that feature ground beef. For example, one of these meal-in-one dishes combines ground beef, thin slices of potatoes, corn and lima beans in colorful layers. This is the type of main dish that requires only a crisp salad, rolls and butter to complete a satisfying family meal.

Skilletries featuring ground beef also are a popular family and company choice. Spanish Rice combined with ground beef and zesty Chili Con Carne with plenty of beef make hearty family meals, and they also are just fine to serve for a company buffet supper.

DRESSY MEAT BALLS

(Yield: 4 Servings)
1 pound ground beef
1 teaspoon salt
2 tablespoons shortening
1 medium onion, thinly sliced
2 medium tomatoes, thinly sliced

2 cups canned or cooked lima beans
1 green pepper, sliced in thin strips

1 tablespoon catsup
Combine ground beef and salt. Form meat into one-inch balls and brown in shortening in a large skillet. Add onion and to-

matos. Drain liquid from lima beans. Combine lima beans, pepper and catsup and add to skillet. Cover and cook 15 minutes over medium heat.

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