

Sew your own

Stitching your own clothes can be creative, save time

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If the high cost of clothing is running your cash and credit supply low, but you don't want to sacrifice fashion, why not make your own?

It's economical, and how else can you be *sure* it fits?

Men as well as women are fashion conscious these days, and most pattern companies have a wide selection of designs from which to choose, for both sexes.

Making your own clothes takes more time than going out to a store and slapping down the ol' credit card, but think of the satisfaction of wearing your own designer garment—no one else has one like it.

"It's always cheaper when you make it yourself," Ed Carson, manager of Hancock Fabrics in Bryan, said.

John Pruitt, owner and manager of Pruitt's Fabric Shop in College Station, said, "Usually it is much cheaper."

Pruitt has been in the fabric business since 1946, when he opened his shop in College Station.

He says that even when adding the cost of having someone sew the garment, he averages a 50 percent saving.

If the idea of homemade clothes is appealing but you'd rather let someone else do the stitching, it's no problem.

Vicki Brown, a clerk at Cloth World in Manor East Mall, is also the seamstress for the store.

Brown said she has been sewing for the public for 15 years. Since she is also the mother of a two-year-old, she also sews a lot for her family.

Brown charges \$6 to \$8 to make a pair of pants; \$10 to \$15 for dresses and \$8 to \$12 for blouses or shirts. She said she usually charges \$10 for men's shirts because they require more work than women's.

Prices vary for several reasons — for example, a pleated skirt requires extra work so a higher price is charged.

Clerks at Hancock, Pruitt, Cloth World and JoAnne's fabric stores say they have lists of people who will sew for the public. Although the employees do not guarantee the work, they said they'll be happy to get a customer in touch with someone.

If you're interested in making the garment yourself, however, the fabric stores say they will help with instructions if the pattern is too complicated.

"They don't have to buy a thing from us — we'll help them," Pruitt said.

Polly Lindstrom, manager of JoAnn fabrics, said, "Our motto is — can she make it tonight?"

Lindstrom said she has eighteen grandchildren and sewing helps her cut costs on presents.

If the only thing holding you back from making clothes is the cost of the machine, you might try renting one.

Shelly Smith, a salesclerk from U-Rent-M in Bryan said Singer sewing machines may be rented for \$9 a day, \$25 a week, and \$50 per month.

At the Texas Rental Center in Bryan, manager John Keith said a Singer with buttonhole attachments rents for \$7.50 per day.

But if you're still squeamish about making your own clothes, talk to the people at the fabric stores. Maybe your mind will be put to ease and your closet become adorned with the latest fashions.

A meal unfit for a king

Food can get boring.

Eating hamburger, tuna fish and Rice Krispies day after day can ruin one's appetite, and if this week's story about lobster has your taste buds working overtime, we've come up with a way to calm them down. *Focus* has assembled a scrumptious gourmet meal guaranteed to make the pickiest eater appreciate the joys of Hamburger Helper.

No self-respecting meal begins without an appetizer. We suggest pate; whether it's smoked goose or Strausberg liver pate is up to you — we can't do everything.

Smoked goose pate in a can contains smoked goose, pork liver, pork and goose fat, eggs, water, onions, gelatin, salt and spices and that all-time favorite, sodium nitrate. Liver pate is made of the same ingredients, but has the added attraction of flour and truffles.

Use this before-dinner delight for stuffing tomatoes, or spread it on celery and crackers.

Now for the main course: the options are butter sauce and escargot, commonly referred to as snails, or marinated squid.

If you opt for escargot, buy them at a supermarket or specialty market. We don't recom-

mend using the ones on your patio. Here's the butter sauce recipe, which makes enough for five dozen snails:

8¼ oz. butter
2 teaspoons salt
1 pinch pepper
25 sprigs parsley, finely chopped
1 small shallot, finely chopped
1 pinch nutmeg
1 teaspoon brandy.
Mix and heat.

For 6 to 8 servings of marinated squid, you'll need:

2 pounds squid
Dash of salt and pepper
¼ cup olive oil
½ cup lemon juice
1 teaspoon chopped mint
1 tablespoon chopped parsley
1 clove garlic, minced
Lettuce
2 tomatoes, sliced
Lemon wedges

Clean, skin and remove ink sacs from squid. Rinse and dry squid. Drop squid into boiling salted water, reduce heat and simmer until tender, about 30 minutes.

Drain squid and season with salt and pepper. Combine remaining ingredients; pour over squid and marinate in refrigerator for several hours. Serve on lettuce; garnish with tomato and

lemon wedges.

As a side dish, serve hot and spicy pecans. These pecans are pickled in chili powder, cumin, salt and oil.

Prepare the salad of your choice, then add anchovy dressing, which is one part anchovy paste mixed with 4 parts mayonnaise or salad dressing.

Or have Nicoise salad: cut up a can of heart of palm (as in "Palm Tree"), add anchovies, capers, tuna, ham, turkey, and cheese chunks. Top with favorite dressing (anchovy?) and garnish with hard-boiled eggs.

For dessert we recommend sweet pickled watermelon rind: watermelon rinds in corn syrup, vinegar, salt and spices.

If hamburgers are more your speed, one pound of hamburger meat goes much further when combined with Falafel mix.

This Middle East staple is made of garbanzo beans, yellow peas, onion, parsley, herbs, spices and sea salt. Add ½ cup water with 1 cup mix, combine with hamburger, then fry as usual.

Or combine one cup mix with ½ cup water, let stand 10 minutes, then drop by tablespoon into ¾ cup shortening and deep fry.

Top Ten

Excuse me, you have FOM

Eating lobster with finesse isn't easy.

They're big and have shells. They're just messy to eat.

But lobsters aren't the only messy things people eat. And for some people, everything they eat is messy.

Like kids.

Remember when you were little, and you laughed, and whatever you were drinking came out your nose?

It hurt. And it looked gross.

But breaches of proper table manners are common; don't worry.

It happens to lots of people:

- 1 — Try eating squid when you have a cold. Blame disgusting results on disgusting innards of the deep-sea creatures.
- 2 — Always wear red when eating spaghetti. That way when the sauce slides down your front, you can say it's a disco design.
- 3 — Devise a code with friends so you'll know if you've picked up embarrassing food stains. Say: "F.O.M.?" Translated, this means "Food on Mouth?" Next, "F.O.T?" means "Food on teeth?" And the ever-popular "F.O.C.?"
- 4 — When serving escargot, don't tell your guests they came from your aquarium. When they start to crawl across the plates, just say their trail is the white sauce.
- 5 — What do you do with the watermelon seeds? Do you spit them out and risk putting out someone's eye? Or do you silently swallow them and pray no vines will grow out your mouth?
- 6 — Ever notice how people eating barbecued ribs seemed to have messy 12-inch smiles smeared across their face? Then they wipe it on their shirt sleeve. Their next problem — where to put the bones. It's so cannibalistic to have a pile of bones on a plate. Try hiding them in your back pocket.
- 7 — Avoid whole cherry tomatoes at all costs. No telling what type of explosion will occur when you bite into them. Afterwards, people looking at the wall may think it's abstract art, but you'll know it's remnants of last night's salad.
- 8 — If you're at a party and your chip breaks off in the dip, DON'T let anyone know it's yours. Blame it on your ex's date.
- 9 — If you use the wrong fork at fancy dinner party, pretend you have dyslexia. To make it seem more real, pick up the drink belonging to the person next to you. Then miss your mouth.
- 10 — Remember that some people pray before eating. Don't get caught with half of a roll hanging out of your mouth during Grace. It makes saying "Amen" difficult.

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