

Want to go back to work but don't know What? Where? or How?

You are invited to explore your alternatives by attending a three session intensive seminar that focuses on you and your needs in this exciting and difficult transition stage.

Seminar #1
What is it you really want to do? How to fit work into your total life-style needs and priorities.

Seminar #2
What kind of work can you get? How to translate your past experience into marketable career skills and a career direction.

Seminar #3
How do you get a job? How to develop the skills you need in a job search. Develop your own action plan and start finding the job you want.
Will this seminar meet your needs? Before you register, come to a Free Exploratory Session and decide for yourself!

This program is offered by
ROSALIND WINTER, Independent Career Consultant
Published in Career Development, Associated with Careers for Women, Inc. NYC, N.Y., LA, Cal.; Consultant NYC Bd. of Ed.; Hunter College. Recently relocated to the Birmingham area.
Call 642-8691 for information and reservations



Free Exploratory Session
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Tuesday
November 26, 1978
7:30
to 9:00
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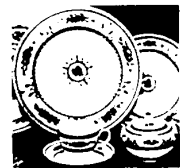
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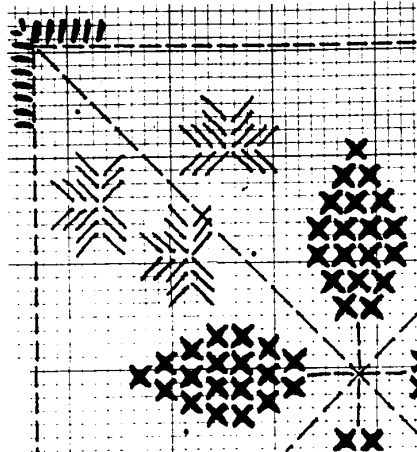


HOLIDAY SPARKLE

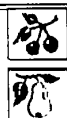
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Try stitching decorative grapes

Purple grapes with green leaves, bunches with gold or pale green with rust. The harvest has been bountiful and so are the colors. It's time to stitch a needlepoint or embroidered coaster.

Your materials will include a five-inch square of cloth or No. 14 needlepoint canvas. The cloth for embroidery should be evenly woven with approximately 14 threads per inch in both directions.

Use stranded needlepoint wool in your choice of grape and leaf colors, with a No. 13 tapestry needle. And you'll need a hoop if you're going to embroider on cloth. The needlepoint background can be worked in white or pale gold. Both types of coasters will need a five-inch square square of felt for finishing.

TRY WORKING a few tent stitches on a scrap of the cloth or canvas. This will determine how many strands of yarn are needed to cover it.

Use that number of yarn strands for all stitches in this pattern.

Now find the center of the canvas or cloth. Thread your needle with leaf-colored yarn. Use the back stitch, as diagrammed, to outline a square containing 50 threads in each direction. Be sure that the center of your square is the center of your material. Back-stitch diagonal lines from corner to corner of your square. These will form a large X. Use leaf-colored yarn as diagrammed.

Stitch the leaves on one-fourth of your coaster, as they are diagrammed. Turn your coaster a turn to the right and repeat the leaves. Continue turning and stitching until you have four clusters of leaves.

Work the four grape stems in the back stitch.

Thread your needle with grape color. Work the grapes, as they are diagrammed, in the cross stitch.

IF YOU'RE embroidering on cloth you're almost finished. Needlepoint will need the background stitched in the basket-weave or diagonal tent stitch.

Finally, thread your needle with grape color, adding one more strand of yarn than you have been using. Work a border around the outside edge of your square, as diagrammed.

To finish, place the coaster face down on a folded bath towel. Miter each corner and press lightly with a steam iron. Fold in each side so that the grape-colored border forms the edge. Gently press the sides, one by one.

Cover the back with the square of felt. Attach it by tacking along the line between the background and the border. Trim off any excess, so that no felt can be seen from the front.

Because several lines of type were lost in the column Mary Kay Davis wrote about laundering quilts in our issue of Nov. 18, the advice regarding silk and wool quilts is incorrect.

What Mrs. Davis wrote was: "If your quilt has any silk or woolen patches in it, don't clean it at home. It needs special handling, and we'll take that up in a future column."

She wants readers to understand that the instructions for careful laundering of heirloom quilts applies ONLY to those made entirely of cotton.

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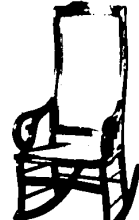
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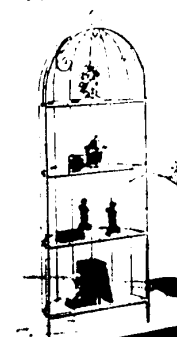
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