

Clothes Are Important To Oldsters

Today's older citizens are becoming more aware that personal development continues in semi-active retirement, according to Michigan State University extension clothing specialist, Bernetta Kahabka.

And clothing can play an important part in development, even for older people.

"Clothing for the elderly should be designed with physical characteristics in mind," the specialist said. "But, perhaps more importantly, styling and attractiveness instill confidence and a positive sense of well being."

As with individuals in any age group—teens, young adults, or middle age—older people have special needs in relation to clothing.

The specialist pointed out that definite physical changes affect a person's posture and mobility. Clothes with front openings become easier to put on than clothes with difficult-to-reach back zippers or ones that must be "struggled" into. Less flexible hands demand fastenings and closings that are easy to manipulate.

"Fabrics in clothes should be soft and nonirritating. And construction should feature a minimum of harsh, scratchy seams and restraining or constricting areas which cut down comfort," Miss Kahabka emphasized.

Long and three-quarter sleeves are not only more becoming, they are warmer. Maximum warmth with minimum weight and bulk will prevent pressure on shoulders and fatigue in walking or working.

Miss Kahabka stressed that ease of care is an important factor both in fabric and styling. Limited incomes and limited energy influence the kind and amount of commercial and home care that clothing can get.

As a person grows older, colors which were once becoming may be less flattering, the specialist cautioned. The traditional dark navy blues, blacks and grays are no longer the uniform for advancing years, however.

Older people now can find, and feel comfortable in, a wide variety of rich but soft colors. Just stay away from harsh colors, she cautioned. More color in clothes can add interest and support, but shouldn't overshadow the person wearing them.

Miss Kahabka suggested that colors which contrast with gray or white hair, intensify the color of eyes, or make the skin look clearer, less gray or sallower—are becoming.

She called for more research in clothing for older people, particularly since their number is increasing. Attractive, mature and comfortable styles produced in medium and low price ranges should have high priority, she said.

Clothing design for both men and women should consider the changing body conformation, especially with enlarged waistlines and abdominal areas, shortened body front length, and lengthened upper back due to rounded shoulders and stooped posture.

"While comfort and fit of clothes may have highest priority, styling and color—perhaps more conservative than during younger years—can help older people look good and feel good about themselves," Miss Kahabka concluded.

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"SUPER-RIGHT" BONELESS

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"SUPER-RIGHT"

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Cut from 1/4 Pork Loin Ends and Centers Mixed 9 to 11 Chops in Pkg.

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BOSTON STYLE BUTT

Pork Roast lb 59¢

CUT FROM BOSTON BUTTS

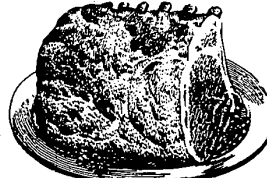
Pork Steaks lb 69¢

WHOLE LEG

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SEVEN RIB END PORTION

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dieting

A Sweeter Diet? Try It!

Many a dieter still thinks that a weight-control diet means no sugar—no dessert—no fun foods. Not so, says a well-known nutritionist. To control weight, you've got to cut down—not out—ice cream with lunch? Can do. Layer cake with dinner? Permitted. But, warns this specialist, the serious dieter must follow two rules:

1. Essential foods must be eaten every day. That means protein foods, fats, carbohydrates, minerals and vitamins.

2. Never go over your daily calorie quota.

"Eat a little of everything," counsels this doctor. If there's enough variety in the daily menu, you're almost sure to get all the nutrients you need for health.

For sweet at the end of a meal helps you leave the table satisfied. Then you won't be tempted to snack, or to overeat at the next meal. A teaspoon of sugar measures only 18 calories—and even a 100-calorie dessert may not swamp your daily quota.

A diet counselor suggests: "Watch your fats and oils; they have twice as many calories as sugar." Flavor vegetables with lemon or herbs...Try a vegetable soufflé instead of rice.