

Make It—Or Make Do!

Sewing Tips to Help You Use What You've Got!

From Diana, U.S.A.:

THE CHILDREN & I GET LOTS OF CLOTHES DONATED TO US. Most of our friends know how little money we have & they know that I sew well, so that I can alter something if needed, or take it apart & make something else. I'd like to share some suggestions on what to do with donated clothing:

WHEN YOU GET SOMETHING & IT DOESN'T FIT, or you don't like it, consider these: Can you, or a friend or someone in your home change it? Add a collar, take off the sleeves, change the buttons, shorten it, make a full skirt into an A-line, dye it etc.?

OR CAN YOU MAKE IT INTO SOMETHING ELSE?—Especially good for children's clothing! A tacky, out-of-style man's wool suit can make a beautiful jumper for a girl, or outfit for a boy. (Boy's clothes are for more experienced seamstresses.)

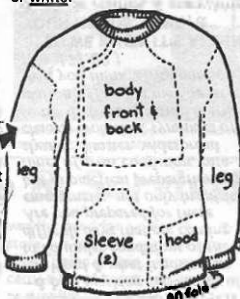
I ONCE TOOK A LARGE MAN'S SWEATER with moth holes in it & made a great sweater outfit for my 3-month-old baby boy. The key to altering or cutting up sweaters is to stitch the area to be cut before you cut—to keep it from unraveling. For example, in the one here you stitch loosely around the shape of each piece you want to cut out. This also applies if you want to cut a sweater down to make it smaller—or maybe to cut it to make a vest out of it.—& don't cut it until you're ready to sew it, so it doesn't have a chance to get unravelled.

IF THERE'S REALLY NO HOPE FOR THE GARMENT ITSELF, strip it for what it's worth!—Take off the buttons, cut out the zipper, any belt, buckles or other hardware.—

These things are expensive to buy! String the buttons together so they don't get scattered, same with snaps etc.

COULD A DOLL IN YOUR HOUSE USE A DRESS?—Or outfit? It only takes a little time & is small enough a project that you don't need a machine, & little girls appreciate it so much!

IF YOU LIKE THE STYLE, but not the colour, or it's worn out, cut it apart carefully to make a pattern, being sure to add on for the seam allowance if you've had to cut it off. I did this recently with a favourite white blouse that got stained & ruined. Lay the pieces out on any paper to make the pattern by drawing around the pieces you've cut apart. Brown shopping bags, or brown wrapping paper are great, but you can even use newspaper, if you have to—but don't use newspaper for cutting out something light or white!



WHEN I FIRST FOUND THE LORD IN CANADA, some of my 1st contact with real Christians were the Mennonite farm families living outside Vancouver, B.C. Most of them were

comfortably well off. But what impressed me was how frugal they were, even now, not wasting anything & doing lots of canning & making things for their home themselves.

I'M NOT SUGGESTING THIS TO TAKE TIME AWAY FROM WITNESSING OR READING THE WORD, but for example while watching the evening news or just sitting around fellowshipping or something like that, your hands could be busy crocheting a warm scarf for someone, or mittens, slippers, sweater, hat, whatever. It's easy to learn & knowing how to do things like this can save money, & supply some of your needs.

IT'S GOING TO GET TOUGH—NOT EASIER—TO SURVIVE & I feel we need to learn to make things & make-do so we're more prepared for hard times ahead! Also creating practical things can give some people who need it a creative outlet! Make it, or make-do! Love, Diana.

MORE HELPFUL HOME HINTS!

IF YOUR IRON STICKS OR BECOMES SOILED when ironing, don't wait for it to cool.—Just sprinkle some salt on a cloth & iron over it a few times & the iron is clean again. —Christina Peastday, S. Pacific.

REMOVE MILDEW FROM A FABRIC with 1 part hydrogen peroxide to 4 parts water. Wine spilled on a tablecloth can be removed with a sprinkle of salt, but red wine will come off easier if a little white wine is added to the stain. —From a newspaper article sent in by Heidi Vine, British Isles.

DAD ON BEER: "Beer is bad for your teeth & for your stomach in every way, just like other carbonated drinks."

Send in home & survival tips!

Grand Jury Indicts Scientologist's Father, Deprogrammer on Kidnaping Charges

By ROBERT RAWITCH

Controversial religious "deprogrammer" Ted Patrick and seven other persons were indicted by the San Diego County Grand Jury on kidnaping charges stemming from the alleged abduction of a Los Angeles woman who says she was held against her will for 37 days in September and October.

The indictment, disclosed Friday, was the second one this year against Patrick, who for a number of years has boasted of being in the business of "deprogramming" and charges thousands of dollars to parents who want to get their children—often adults themselves—to forsake various religious cults or sects.

The victim of the abduction outlined in the indictment is Paula Janet Dain, a 24-year-old former model and cosmetology student who, contrary to the desires of her father, became active in the Church of Scientology.

Indicted on conspiracy, kidnaping and false imprisonment charges along with Patrick were Dain's father, Dr. Jack Dain; her stepmother, Mary Dain; and five Patrick associates: Sandra Sack, James Rowe, Betty Beady and two women identified only as Karen and Sarah.

All but Karen and Sarah surrendered to San Diego authorities Friday and were released either on their own recognizance or after posting bail.

The case is an unusual one not only because of the period of time Dain was allegedly held against her will before escaping, but because authorities



Ted Patrick

ties have as a key witness a former Scientologist who was present during four days of the attempted conversion of Dain. The woman, a vocal Scientology critic from Toronto, has said she was booted out by Patrick because she did not condone the young woman being held against her will.

The indictment gives only the barest information about the alleged abduction of Dain Sept. 1 from the Fullerton home of her father, who is a surgeon.

However, interviews by The Times with Nan McLean, a Scientologist-turned-critic who was with Dain, and with Dain's mother, provided additional details.

Patrick has refused to return phone calls from The Times and Jack Dain's secretary said several weeks ago he was refusing to answer questions from reporters.

Paula Dain's mother, Diane Lapworth, who divorced Jack Dain seven years ago and remarried, said her daughter was coaxed by her stepmother to her father's home Sept. 1 to have her car fixed and then to go to a party of a mutual family friend.

When the Dains arrived at a home in Laguna Beach, Paula later would tell her mother, she walked into a bedroom where she was confronted by Patrick.

"Patrick started talking to her and Paula said 'I don't have to listen to this,'" Mrs. Lapworth said. But when her daughter started to turn away, she allegedly was grabbed by several women who threw her on a bed and said she was "going to stay for a while."

Paula reportedly told her mother that in the following weeks she was moved about to various locations in San Diego County, was subjected to verbal harassment and harangues by Patrick and others about the "evils" of Scientology—which describes itself as an applied religious philosophy.

Her father and stepmother, according to McLean, an outspoken critic of Scientology, were physically present

never left alone. She said Dain was even accompanied to the bathroom, and a woman slept on each side of her in bed at night.

A male guard was said to have slept on a mattress on the floor that blocked the doorway. During her captivity, Dain was not persuaded to forsake Scientology and she is now living with a group of Scientologists. A Scientology spokesman said she did not wish to talk to The Times about her ordeal.

Patrick twice has been convicted of the unlawful imprisonment of religious sect members and has served a total of 10 months in jail.

BIRTH TESTIMONY:

"Vale La Pena"

—All that hard pushing was worth it!

From Seek & Secundus; Spain:

OUR 7TH CHILD, MICHAEL CHRISTOPHER, WAS BORN on the day of love, Valentine's Day, February 14th at 4:55 a.m. He weighed almost 4 kilos. This birth has been such a beautiful experience in every way & a definite answer to prayer.

WE HAD WANTED TO BE ABLE TO HAVE THE BABY AT HOME. One hospital where the children sang 3 times said that we could have the baby there for free, but to me it was a closed door as they wouldn't allow Secundus to be with me, & he's always been such a support & partner in the job of delivering our babies.

WE REALLY PRAYED & INQUIRED IF THERE WAS A MID-WIFE living in our area. In the "practicante" office where we went there was a midwife who agreed to deliver the baby "for nothing". All we had to do was get a plastic pan, disinfect & iron sheets, get a focal light & raise the bed to a higher level & she supplied the rest.

GOD'S TIMING IS SO PERFECT, & sometimes He's just waiting on us to do our part. The baby was 2 days late, but the day we made the bed more secure, I wrote out labour & delivery verses I was claiming on index cards, & we had communion & desperate prayer together, the baby came early the next morning. The Lord had also miraculously sent Daniel, & Daniel & Pilar from Barcelona to help us before & after the birth, which was a real blessing.

IT WAS SO WONDERFUL TO BE WITH MY FAMILY FOR THE WHOLE THING. Jason-8 & Sherah-7 woke up to

watch the delivery tool. Secundus had the big job of coaching & encouraging me every step of the way. His calmness amazed me. He is the one who reread the book this time to be sure he remembered what to do.

THE EXPERIENCE OF THE CHILDREN SEEING THE BIRTH was quite an experience for them & afterward they took a greater interest in the baby than ever before. Jason was talking about the baby & so excited. He said, "You remember the verse we just learned?"

"For I reckon that the sufferings of this present world are not worthy to be compared with the glory that shall be revealed in us" (Ro. 8:18). He went on, "MOM, IT'S LIKE VALE LA PENA," but he couldn't think of how to say it in English. "You had to do all that hard pushing, but 'vale la pena'."—"It's worth it!"

it!"—"Now we have this beautiful little brother." His words so touched my heart & made me thankful for even the little aches & pains I was still experiencing.

WE HAD ALSO DESPERATELY PRAYED & claimed that I would deliver the placenta normally this time, as with the last 2 babies I had to be put to sleep & the doctors take the placenta out for me. The Lord answered to assure us the day before the baby was born, giving us the verse Isaiah 65:23. And what a miracle! The afterbirth delivered normally & very easily despite what previous doctors had told us that there was nothing I could do about the situation as I had been having too many babies too close together & my muscles were worn out. Hal I think the Lord was really trying to encourage us by this birth that He's in control & He knows what He's doing & knows what is best for us & gives the very best to them who leave the choices up to Him!

PATRICIA, THE YOUNG-



Michael Christopher, minutes old, & his new family—Seek & Secundus, Patricia-1½, Jamie-2½, Stephen-4, Summer-5, Sherah-7 & Jason-8.

"LOST MAIL"

—Have you been losing your Mags?—Don't lose your marbles!

SOME HOMES HAVE BEEN EXPERIENCING DIFFICULTY IN RECEIVING THEIR MAILINGS. We want to apologise to those of you who have been faithfully reporting & tithing & yet are having trouble receiving your editions of the Family News. We are very concerned about this & will be investigating it further to determine the source of the problem which could be a mistake on the part of your Reporting Office, the postal system, late reporting or a number of other reasons (mostly on your end!—Dad.)

HOWEVER, WE WANT YOU TO KNOW WE ARE AWARE OF THE PROBLEM & are trying to sort it out & are very sorry for any of you who have been

inconvenienced, felt unloved, uncared about or cut off. If you report & tithe regularly, you are certainly deserving of the whole Mag, & we are trying our best to get it to you in the most effective & safe manner. We ask for your prayers in this task, as due to the many recent changes in our reporting system & in trying to teach & train WIM, the CROs & the LIMs how to process your reports, there have been a number of unavoidable mistakes. (—But the problem is more likely with your P.O., Home or recent moves!—Dad.)

WE ARE VERY SORRY & ASK YOU TO PLEASE BE PATIENT, remembering that each Reporting Office handles hundreds of reports every month & are new at the job & are trying to give you the best service possible. If you continue to miss your mailings but are reporting

& tithing faithfully, please write to W.S., Pt. 241, 8021 Zurich, Switzerland, & we will try to work out the problem immediately. Thanks so much. Please keep us all in your prayers. (—We need'm!—Dad.)

—Peter Amsterdam on behalf of M&M, WS, WIM, CROs & LIMs. **P.S. REMEMBER, YOU ARE NOT LIKELY TO GET SAFE POSTAL SERVICE** in places like Africa, Mideast, Asia etc., except in fully developed countries. Mail is often lost or stolen in such places.—Or someone could be intercepting or confiscating your Mags.

G.P.S. IN THE NEXT ISSUE, GOD WILLING, WE WILL BE PUBLISHING A LOST MAIL REPORT FORM, which you can return to us if you have any difficulty receiving your mail, which will help us & you to trace the problem.

Our 6 Headed, 12 Legged Childcare Helper!

Solving a problem with "what is in thy hand!"

From Sarah Ireland; F.C.:

WE HAD QUITE A CHILD-CARE REVOLUTION in our Home the other day. The physical care of the home just seemed to be taking too much of our time & was slowing down the work. I was saying we needed help with the children etc. We were all pretty discouraged, so we got together & prayed & the Lord showed us a simple solution!

WE ALREADY HAD THAT "PERSON" RIGHT HERE IN THE HOUSE!—& "he" had 12 legs, 12 arms & 6 heads! Have you guessed who it was?—Our 6 older children! They needed to be doing a lot more to help out. (Ages 4½ to 11.)

SO WE PUT THE 6 OLDER CHILDREN IN 1 BEDROOM & they have to take care of it &

themselves, make their beds, tidy the room, clean their bathroom, see to it that their laundry goes down to the laundry room, & be down to breakfast by 8:30. They missed breakfast this morning even tho' we let them have until 9, but they sure are proving they all can do it, TY!!

AND THEY'RE LEARNING TO WORK TOGETHER as a team. Paul told them that as a group they would be treated like 1 child as far as their duties & responsibilities were concerned & they would be rewarded or punished as a group. I don't think they'll miss breakfast tomorrow!—Hal!

HOPEFULLY WE CAN LET UP A BIT once they get the point & get into a good work habit. It has already saved us hours of menial tasks & work

that they were better suited to do. The 4 younger children, ages 2, 2½, 3 & 3½ should now get better training too as we are more free to concentrate on teaching & training them.

IT WASN'T ENOUGH just to get them to do their individual part.—We had to make them responsible for each other & each other's things, & the whole environment collectively. They already are much more aware of picking up after themselves. They seem to be surviving the added responsibilities & accountabilities very well, but you should have seen their faces when Paul announced that there had been a bloodless coup & the children's old government had just been overthrown—they were no longer in power! Hal! Hopefully our "12-legged monster" will soon be an indispensable blessing & a very needed childcare helper(s)!

Love, Sarah.