

brother sewing machine pacesetter 600 repair manual Ebook

Brother Sewing Machine Pacesetter 600 Repair Manual

Brother Sewing Machine Pacesetter 600 Repair Manual serves as an essential guide for sewing enthusiasts, repair technicians, and anyone looking to troubleshoot and maintain their Brother Pacesetter 600 sewing machine. This comprehensive manual provides detailed instructions on diagnosing issues, performing repairs, and maintaining optimal machine performance. Whether you are experiencing threading problems, tension issues, or mechanical faults, this guide aims to help you restore your sewing machine to its best working condition.

Understanding the Brother Sewing Machine Pacesetter 600

Overview of Features

The Brother Pacesetter 600 is a versatile, reliable sewing machine renowned for its durability and ease of use. Key features include:

- Multiple stitch options, including straight, zigzag, and decorative stitches
- Adjustable stitch length and width
- Built-in bobbin winder
- Free arm design for sewing cuffs and sleeves
- Automatic needle threader (depending on model variations)
- Heavy-duty metal frame ensuring stability during operation

Common Issues Faced by Users

Despite its robustness, users may encounter several common problems:

- Thread tension irregularities
- Thread jams and bird nesting
- Needle breakage or bending
- Motor or foot pedal malfunction
- Stitch inconsistency or skipped stitches
- Mechanical noises or vibrations

A detailed repair manual helps address these issues efficiently.

Preparation Before Repairing

Tools and Supplies Needed

Before starting repairs, gather the necessary tools:

- Screwdriver set (Phillips and flat-head)
- Tweezers
- Small brush or compressed air
- Sewing machine oil/lubricant
- Replacement parts (needles, belts, bobbins)
- Cleaning cloths
- User manual or schematic diagrams

Safety Precautions

- Unplug the machine before any repair to prevent electrical shocks.
- Work in a clean, well-lit area.
- Handle small parts carefully to avoid losing them.
- Follow manufacturer instructions strictly, especially when dealing with electrical components.

Diagnosing Common Problems

Thread Tension Issues

- Symptoms: Loops on the underside, puckering fabric
- Causes: Incorrect tension settings, needle issues, or bobbin problems
- Solution: Adjust tension dials, check needle installation, replace bobbin or thread

Thread Jamming and Bird Nesting

- Symptoms: Loose tangled threads beneath fabric
- Causes: Improper threading, lint buildup, or damaged bobbin case
- Solution: Rethread machine following the manual, clean bobbin area, inspect and replace damaged parts

Needle Problems

- Symptoms: Bending, breaking, skipped stitches
- Causes: Using the wrong needle type/size, hitting pins, or dull needles
- Solution: Use correct needle, replace if bent or dull, ensure proper installation

Motor and Power Issues

- Symptoms: Machine not starting, irregular running
- Causes: Faulty power cords, motor overload, or switch failure
- Solution: Inspect power connections, test switch, replace damaged cords or motor components

Step-by-Step Repair Procedures

Replacing the Needle

- Turn off and unplug the machine.
- Raise the needle to its highest position.
- Loosen the needle clamp screw.
- Remove the old needle and insert the new one with the flat side facing the correct direction.
- Tighten the clamp screw securely.
- Test sewing operation on scrap fabric.

Clearing Thread Jams

- Turn off the machine and unplug.
- Remove the needle and presser foot.
- Take out the bobbin case.
- Use tweezers or a small brush to remove tangled threads.
- Check for any lint buildup and clean with compressed air.
- Reassemble and test.

Lubricating Moving Parts

- Refer to the schematic diagram to locate lubrication points.
- Apply sewing machine oil sparingly to moving joints, gears, and the bobbin area.

- Rotate the handwheel manually to distribute oil evenly.
- Wipe away excess oil to prevent staining fabric.

Replacing the Drive Belt

- Unplug the machine.
- Remove the cover panel to access the belt.
- Loosen or remove the old belt.
- Install the new belt, ensuring proper tension.
- Reassemble the cover panel.
- Test run the machine to confirm smooth operation.

Maintenance Tips for Longevity

- Regularly clean lint and dust from all accessible areas.
- Oil the machine as per the manufacturer's schedule.
- Use high-quality thread and needles.
- Store the machine in a dry, dust-free environment.
- Periodically check belts and electrical cords for wear.
- Schedule professional servicing annually or after extensive use.

Where to Find the Brother Pacesetter 600 Repair Manual

- Official Brother support website offers downloadable manuals.
- Authorized service centers provide detailed repair guides and parts.
- Online forums and sewing communities share user-generated manuals and troubleshooting tips.
- Purchase printed repair manuals from trusted book retailers or online marketplaces.

Conclusion

A well-maintained Brother Sewing Machine Pacesetter 600 can serve you reliably for years. When issues arise, consulting a comprehensive **Brother Sewing Machine Pacesetter 600 Repair Manual** is invaluable. It provides step-by-step instructions, troubleshooting tips, and maintenance advice to keep your machine in top condition. Remember to prioritize safety, use the correct tools and parts, and perform regular maintenance to ensure smooth sewing experiences. Whether you're a beginner or an experienced repair technician, this manual is your essential companion for all repair and maintenance needs related to the Brother Pacesetter 600.

Keywords: Brother Sewing Machine Pacesetter 600 repair manual, Brother Pacesetter 600 troubleshooting, sewing machine repair, how to fix Brother Pacesetter 600, Brother sewing machine maintenance, sewing machine repair guide

Brother Sewing Machine Pacesetter 600 Repair Manual: An In-Depth Review and Guide

The Brother Sewing Machine Pacesetter 600 Repair Manual is an essential resource for both professional technicians and dedicated hobbyists who own this versatile machine. Whether you're facing a minor hiccup or a major malfunction, having access to a comprehensive repair manual can save time, reduce costs, and extend the lifespan of your sewing machine. In this article, we will explore the key features of the Pacesetter 600, discuss common issues and repair tips, and evaluate how the manual empowers users to maintain their machine effectively.

Overview of the Brother Sewing Machine Pacesetter 600

The Brother Pacesetter 600 is a popular model appreciated for its durability and user-friendly features. Designed primarily for home use, it offers a wide range of stitches and adjustable settings suitable for various sewing projects. Its sturdy construction and reliable performance make it a favorite among sewing enthusiasts.

Key Features:

- Multiple stitch options (over 50 built-in stitches)
- Adjustable stitch length and width
- Automatic needle threading
- Free arm design for sewing cuffs and sleeves
- Drop-in bobbin system
- Built-in sewing light

While the machine is generally reliable, like all mechanical devices, it can encounter issues over time. This is where the repair manual becomes invaluable.

Importance of the Repair Manual

A repair manual for the Brother Pacesetter 600 offers step-by-step instructions on diagnosing and fixing common problems. It typically includes detailed diagrams, parts lists, troubleshooting guides, and maintenance tips. The benefits of having such a manual include:

- **Cost Savings:** Avoid expensive visits to service centers by performing repairs yourself.

- Knowledge Enhancement: Gain a better understanding of your machine's mechanics.
- Extended Durability: Regular maintenance and timely repairs prolong the sewing machine's lifespan.
- Enhanced Safety: Proper repair procedures prevent accidents or further damage.

Common Issues and How the Manual Addresses Them

Below are some frequent problems faced by Pacesetter 600 users, alongside how the repair manual guides resolution:

1. Thread Bunching or Bird's Nesting

Symptoms: Loops or bunching underneath the fabric during sewing.

Potential Causes:

- Incorrect threading
- Tension issues
- Dirty or misaligned bobbin case

Repair Guidance:

- Step-by-step threading instructions to ensure proper setup.
- Tension adjustment procedures.
- Cleaning and aligning the bobbin case.

Manual Features:

- Clear diagrams showing threading paths.
- Troubleshooting flowcharts.

2. Machine Not Moving or Sewing Properly

Symptoms: The machine is silent or the needle doesn't move.

Potential Causes:

- Broken drive belt.
- Motor issues.
- Faulty foot pedal connection.

Repair Guidance:

- Instructions to inspect and replace the drive belt.
- Checking electrical connections.
- Motor testing procedures.

Manual Features:

- Parts identification with detailed images.
- Safety precautions for electrical components.

3. Stitch Quality Problems

Symptoms: Skipped stitches, uneven stitches.

Potential Causes:

- Needle problems.
- Incorrect stitch settings.
- Timing issues.

Repair Guidance:

- Replacing or adjusting the needle.
- Resetting the machine's timing (if necessary).
- Adjusting stitch length and tension.

Manual Features:

- Adjustments illustrated step-by-step.
- Recommended needle types and sizes.

4. Machine Making Unusual Noises

Symptoms: Grinding, squeaking, or knocking sounds.

Potential Causes:

- Lack of lubrication.
- Foreign objects caught inside.
- Worn out gears or bearings.

Repair Guidance:

- Cleaning and oiling points as specified.
- Identifying worn parts for replacement.

Manual Features:

- Lubrication charts.
- Disassembly instructions.

How to Use the Repair Manual Effectively

To maximize the benefits of the repair manual, follow these tips:

- Read Before Starting: Familiarize yourself with the general layout and safety instructions.
- Identify the Exact Issue: Use troubleshooting guides to pinpoint problems efficiently.
- Gather Necessary Tools and Parts: The manual often specifies required tools and replacement components.
- Follow Instructions Step-by-Step: Avoid skipping steps to prevent further damage.
- Take Photos During Disassembly: This helps during reassembly and ensures proper placement.
- Consult Diagrams Carefully: Visual aids are crucial for complex repairs.

Pros and Cons of the Brother Pacesetter 600 Repair Manual

Pros:

- Comprehensive coverage of common issues.
- Clear, detailed diagrams and illustrations.
- Step-by-step troubleshooting guides.
- Parts list and maintenance schedules.
- Helps in performing repairs safely and confidently.

Cons:

- Might be technical for complete beginners.
- Availability can vary; some manuals are only accessible through authorized service centers.
- May not cover very specific or rare faults in detail.
- Requires basic mechanical skills and tools.

Additional Tips for Maintaining Your Brother Pacesetter 600

Proper maintenance can prevent many repair issues. The manual emphasizes:

- Regular cleaning of lint and dust.
- Periodic oiling at designated points.
- Replacing needles regularly.
- Ensuring correct tension settings.
- Storing the machine in a dry, dust-free environment.

Conclusion

The Brother Sewing Machine Pacesetter 600 Repair Manual is an invaluable resource for maintaining and repairing this dependable sewing machine. It empowers users with detailed guidance, reducing dependency on professional repair services and fostering a deeper understanding of their machine. While it requires some mechanical aptitude, the manual's thorough instructions, diagrams, and troubleshooting tips make it accessible for most users committed to caring for their sewing equipment. Investing in or acquiring this manual is a smart decision for anyone looking to extend the life and performance of their Brother Pacesetter 600, ensuring many years of productive sewing with minimal downtime.

Question Where can I find a comprehensive repair manual for the Brother Sewing Machine Pacesetter 600? You can find the official repair manual for the Brother Pacesetter 600 on Brother's official website or through authorized service centers. Additionally, online forums and third-party websites may offer downloadable PDFs and guides. **What are common issues with the Brother Pacesetter 600 that are covered in the repair manual?** Common issues include threading

problems, motor malfunctions, timing issues, and tension adjustments. The repair manual provides troubleshooting steps and detailed instructions to fix these problems. Does the Brother Pacesetter 600 repair manual include wiring diagrams and electrical schematics? Yes, the repair manual typically includes wiring diagrams and electrical schematics to assist technicians and experienced users in diagnosing electrical problems. Is the Brother Pacesetter 600 repair manual suitable for DIY repairs? While the manual provides detailed instructions, it is recommended for users with some sewing machine repair experience. For complex issues, professional servicing is advised to prevent damage or injury. Can I troubleshoot tension issues on the Brother Pacesetter 600 using the repair manual? Yes, the repair manual offers step-by-step guidance on adjusting thread tension and diagnosing tension-related problems to ensure smooth sewing performance. Are replacement parts for the Brother Pacesetter 600 listed in the repair manual? The repair manual often includes part numbers and descriptions for common replacement parts, helping users identify and order the correct components. How detailed is the repair manual for the Brother Pacesetter 600 in terms of maintenance routines? The manual provides detailed maintenance procedures, including cleaning, lubrication, and routine inspections to prolong the life of the machine and maintain optimal performance.

Related keywords: Brother sewing machine, Pacesetter 600, repair manual, sewing machine repair, Brother Pacesetter 600 troubleshooting, sewing machine maintenance, Brother sewing machine parts, Pacesetter 600 instructions, sewing machine repair guide, Brother sewing machine service manual

SEWING READERS DIGEST

sewing readers digest: Your Ultimate Guide to Mastering Sewing Techniques and Tips

Sewing is a timeless craft that combines creativity, practicality, and skill. Whether you're a beginner eager to learn the basics or an experienced sewer looking to refine your techniques, staying updated with reliable resources is essential. One such invaluable resource is the **Sewing Readers Digest**, a comprehensive guide that distills expert advice, practical tips, and inspiring projects into an accessible format. In this article, we'll explore everything you need to know about the Sewing Readers Digest, including its origins, key features, and how to leverage it to elevate your sewing skills.

What Is Sewing Readers Digest?

Sewing Readers Digest is a curated collection of sewing tips, techniques, patterns, and project ideas published periodically to serve sewing enthusiasts of all levels. Inspired by the broader Readers

Digest model of concise, trustworthy, and easy-to-understand content, the sewing edition aims to make sewing accessible, enjoyable, and educational.

Originally launched as part of the Readers Digest magazine family, the sewing digest quickly gained popularity among hobbyists and professionals alike. It offers practical advice on various sewing topics, from basic stitches to advanced garment construction, along with troubleshooting guides and project inspiration.

History and Evolution of Sewing Readers Digest

Origins and Early Publications

The concept of compiling sewing tips into digestible formats dates back to the mid-20th century, aligning with the growth of home sewing as a popular pastime. Early editions focused on simple projects like hemming, quilting, and basic clothing repairs, making sewing approachable for beginners.

Modern Developments

Over the decades, the Sewing Readers Digest has evolved, incorporating modern sewing techniques, contemporary patterns, and digital content. Today, it includes:

- Step-by-step tutorials with images
- Video demonstrations
- Tips for using modern sewing machines and tools
- Guides on fabric selection and pattern drafting

This evolution ensures that sewing remains relevant and engaging in the digital age.

Key Features of Sewing Readers Digest

Comprehensive Sewing Tips and Tricks

One of the hallmark features of Sewing Readers Digest is its extensive collection of sewing tips that address common challenges such as:

- Seam finishing techniques
- Button and zipper installation
- Fabric handling and cutting

- Maintaining sewing machines

These tips are presented in clear, concise language, making them ideal for quick reference.

Step-by-Step Project Guides

Whether you want to make a simple pillow or a complex dress, the digest provides detailed project instructions that include:

- Material lists
- Cutting layouts
- Sewing procedures
- Finishing touches

These projects cater to various skill levels, from beginner to advanced.

Pattern Resources and Inspiration

The publication often features downloadable or printable patterns, along with creative ideas for:

- Home décor
- Apparel
- Accessories
- Gifts

Patterns are designed to be user-friendly, with clear markings and instructions.

Expert Advice and Troubleshooting

Sewing Readers Digest offers solutions to common sewing problems, such as:

- Fixing uneven seams
- Removing stains from fabric
- Adjusting patterns for better fit

This guidance helps sewists troubleshoot issues confidently.

Community and Learning

Many editions include stories from fellow sewing enthusiasts, tutorials for sewing techniques like applique, quilting, and embroidery, and advice on starting sewing as a hobby or business.

Benefits of Using Sewing Readers Digest

- **Accessible Learning:** Clear instructions make complex techniques easier to understand.
- **Time-Saving:** Concise tips and step-by-step guides streamline the sewing process.
- **Cost-Effective:** Practical advice helps you avoid costly mistakes and unnecessary materials.
- **Inspiration:** Diverse projects and patterns spark creativity.
- **Community Engagement:** Stories and tips foster a sense of belonging among sewists.

How to Make the Most of Sewing Readers Digest

1. Regular Reading and Practice

Consistency is key. Regularly reading the digest and practicing techniques helps reinforce learning and build confidence.

2. Keep Your Materials Organized

Maintain an organized sewing kit with essential tools and fabrics to facilitate smooth project execution.

3. Follow Tutorials Step-by-Step

Adhere closely to the instructions provided, and don't rush?precision leads to better results.

4. Experiment and Personalize Projects

Once comfortable, customize patterns or combine techniques to create unique items.

5. Engage with the Sewing Community

Share your projects, ask for feedback, and learn from others' experiences through sewing forums and social media groups inspired by the digest.

Popular Sewing Projects Featured in Sewing Readers Digest

Home Décor Items

- Cushion covers
- Curtains
- Table runners

Apparel

- Simple skirts
- Tote bags
- Aprons

Accessories

- Fabric jewelry
- Cosmetic pouches
- Quilted coasters

Gifts

- Personalized stuffed toys
- Hand-sewn greeting cards
- Custom embroidery projects

Resources and Accessories Recommended by Sewing Readers Digest

- Quality sewing machines suited for beginners and experts
- Premium fabrics and notions
- Pattern drafting software
- Online courses and tutorials
- Sewing books and magazines

Utilizing these resources can enhance your sewing experience and output quality.

Where to Find Sewing Readers Digest

- Print Editions: Available in bookstores, craft stores, and through subscription services.

- Digital Formats: E-books, PDFs, and online platforms offering instant access.
- Official Website: Some editions provide exclusive content, patterns, and forums.
- Libraries and Sewing Groups: Many public libraries carry past issues or related sewing magazines.

Conclusion

Sewing Readers Digest remains a trusted and comprehensive resource for sewists of all levels. Its blend of practical tips, detailed projects, and community stories makes sewing more accessible and enjoyable. By leveraging this resource, you can develop your sewing skills, create beautiful handmade items, and join a vibrant community of craft enthusiasts. Whether you're sewing for fun, home décor, or starting a small business, Sewing Readers Digest provides the guidance and inspiration needed to succeed.

Embark on your sewing journey today by exploring the wealth of knowledge offered by Sewing Readers Digest?and watch your skills and creativity flourish!

Sewing Readers Digest is a treasured resource for both aspiring and seasoned sewists, offering a wealth of information, practical tips, and inspiring projects to fuel creativity and skill development. As a publication dedicated to the art of sewing, it has established itself as a go-to source for comprehensive guidance, whether you're interested in quilting, garment making, embroidery, or general craftiness. In this review, we'll explore the various facets of Sewing Readers Digest, highlighting its strengths, areas for improvement, and how it can be an invaluable tool for sewing enthusiasts.

Overview of Sewing Readers Digest

Sewing Readers Digest is a specialized magazine or publication series that compiles expert advice, step-by-step tutorials, project ideas, and sewing tips. Its mission is to make sewing accessible and enjoyable for readers of all skill levels. The content is often presented in a clear, concise manner, making complex techniques approachable for beginners while still offering advanced insights for seasoned sewists.

This publication typically features:

- Detailed project instructions
- Sewing techniques and tips
- Troubleshooting advice
- Equipment and fabric guidance
- Inspiration galleries and success stories

The material is often accompanied by high-quality photographs and diagrams, ensuring clarity and ease of understanding. Over time, Sewing Readers Digest has built a reputation for reliability, practical advice, and a friendly tone that encourages readers to experiment and improve their sewing skills.

Content Quality and Range

Comprehensive Tutorials

One of the most commendable aspects of Sewing Readers Digest is its wide array of tutorials. Whether you're learning how to sew a simple pillowcase or master complex quilting techniques, you'll find step-by-step guides that simplify the process. The tutorials are often broken down into manageable stages, making even the most intricate projects seem achievable.

Project Ideas and Inspiration

The publication excels at inspiring creativity. It offers a variety of project ideas suited to different seasons, occasions, and skill levels. From home decor items to wearable garments, the diversity of projects ensures there's something for everyone. The inclusion of real sewist stories and showcase projects adds a personal touch and motivates readers to try new things.

Technical Tips and Troubleshooting

Sewing Readers Digest provides practical advice on common sewing issues, such as fabric handling, seam finishing, and pattern fitting. These tips help readers avoid pitfalls and improve the quality of their finished products. Troubleshooting sections are particularly useful, as they address typical mistakes and offer solutions.

Machine and Equipment Guidance

Understanding sewing machines and tools is crucial for successful sewing. The publication offers reviews of different sewing machine models, advice on maintenance, and tips for choosing the right tools for specific projects. This guidance helps readers make informed decisions about their equipment investments.

Design and Presentation

Visuals and Layout

Sewing Readers Digest is known for its clean, attractive layout. The use of high-resolution photographs, detailed diagrams, and clear typography enhances readability and comprehension.

Visual aids are carefully integrated to illustrate techniques and project steps, making it easier for readers to follow along.

Accessibility and Readability

The language used in the publication strikes a balance between technical jargon and accessible explanations. Instructions are straightforward, ensuring that even beginners can understand and execute the projects. The inclusion of glossaries or tip boxes further supports clarity.

Pros and Cons of Sewing Readers Digest

Pros:

- Extensive range of tutorials catering to various skill levels
- Clear, step-by-step instructions complemented by visuals
- Wide variety of projects for different interests
- Practical tips and troubleshooting advice
- Well-organized layout for easy navigation
- Inspires creativity and experimentation
- Offers guidance on equipment and materials selection

Cons:

- Some advanced techniques may require supplementary resources
- Occasional repetition of basic concepts for seasoned sewists
- Limited coverage of digital or modern sewing technologies
- May not always include patterns or templates directly, relying instead on external sources
- Subscription or purchase cost might be a consideration for some

Features That Stand Out

User-Friendly Approach

One of the hallmark features of Sewing Readers Digest is its approachable tone. The publication is designed to demystify sewing, making it less intimidating for novices while still offering valuable insights to experts.

Practicality

Every project and tip is geared toward real-world application. The emphasis is on creating functional, beautiful items that readers can use or gift, which enhances the sense of accomplishment.

Community and Inspiration

Many issues include stories from readers, showcasing their projects and progress. This fosters a sense of community and encourages readers to share their own successes.

How Sewing Readers Digest Compares to Other Sewing Resources

Compared to specialized sewing magazines like "Sew News" or "Threads," Sewing Readers Digest tends to be more generalist and accessible. It often offers a broader overview rather than niche expertise, making it a good starting point for beginners and casual hobbyists.

Online platforms and tutorials provide more interactive or video-based content, which some may prefer. However, the tangible, curated nature of Sewing Readers Digest offers a sense of permanence and curated quality that digital content may lack.

Who Would Benefit Most from Sewing Readers Digest?

- Beginners seeking clear, straightforward guidance
- Intermediate sewists looking for new project ideas and techniques
- Hobbyists wanting to expand their skills and knowledge
- Crafters interested in home decor, quilting, or garment making
- Gift-givers or DIY enthusiasts looking for inspiration

Final Verdict

Sewing Readers Digest stands out as a reliable, comprehensive, and inspiring resource for sewing enthusiasts. Its combination of practical tutorials, beautiful visuals, and community stories makes it a valuable addition to any sewist's library. While it may have some limitations regarding advanced techniques or digital integration, its core strengths lie in accessibility, clarity, and motivational content.

For those looking to start their sewing journey or deepen their existing skills, Sewing Readers Digest offers a treasure trove of information that can help transform ideas into beautiful, functional creations. Its friendly tone and well-organized presentation make it a pleasure to read, learn from, and revisit regularly.

In summary, Sewing Readers Digest is a highly recommended resource for anyone passionate

about sewing, offering both education and inspiration in a user-friendly package.

Question What are the benefits of using Sewing Reader's Digest for beginners? Sewing Reader's Digest offers step-by-step tutorials, clear illustrations, and practical tips that make learning sewing accessible for beginners, helping them build confidence and develop essential skills efficiently. **How can I find the latest Sewing Reader's Digest issues or patterns?** You can access the latest issues through official Reader's Digest subscriptions, online platforms, or authorized retailers, where they often feature new patterns, sewing tips, and project ideas for all skill levels. **Are Sewing Reader's Digest projects suitable for all ages?** Yes, many Sewing Reader's Digest projects are designed to be simple and safe, making them suitable for children, teens, and adults interested in sewing crafts and home décor projects. **What types of sewing techniques are covered in Sewing Reader's Digest?** Sewing Reader's Digest covers a wide range of techniques including basic stitches, hemming, quilting, embroidery, and more advanced skills like pattern-making and garment construction. **Can Sewing Reader's Digest help me troubleshoot common sewing problems?** Absolutely. The publication provides helpful troubleshooting tips, troubleshooting guides, and expert advice to resolve common sewing issues such as puckering, uneven seams, and machine problems.

Related keywords: sewing tips, sewing projects, quilting ideas, beginner sewing, sewing patterns, fabric crafts, sewing tutorials, DIY sewing, sewing machine guide, sewing techniques

Read the full article online: [Sewing readers digest](#)