



Ladies,
Have
You
Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

What type of Margarine to Use Regular margarine, whipped margarine, soft margarine, or diet margarine. Which should you buy? How do these products differ? The answer to that question depends on your family budget and how you're going to use the margarine.

By law, all margarine contains 80 per cent fat unless the product is intended as a diet substitute. The diet margarine substitute must be labeled "imitation" or "diet." Package labels must also state the type of fat or fats used to make the margarine.

Regular margarine is packaged in one-pound or one-fourth pound prints. Whipped margarine is packaged in one-pound tubs or one-fourth pound prints. Soft margarine is packaged in one-half pound and one-pound tubs—but usually two, one-half pound tubs per package.

Soft, whipped and diet margarine all cost more than regular margarine. You're paying for the shipping, extra ingredients and any other additional processes needed to make the margarine ready-to-spread, fluffy or low-calorie.

Another difference between the whipped and regular types of margarine is the volume per weight. For example, one pound of regular margarine contains

two cups of margarine. A pound of whipped margarine contains three cups because milk and air have been added. This difference poses a problem when baking since you can't substitute one-half cup of regular margarine or butter, or a baked product wouldn't contain enough fat and too much liquid.

Whipped margarine, although more costly, is convenient whenever you want a soft, fluffy spread. However, choose the regular type of margarine if you want a better buy for your money or if you want to use margarine for baking.

Turn Closet Light off Automatically

Ever wish your closet lights would turn off and on automatically without you having to fumble around for a cord? Gerald Bodman, Penn State Extension agricultural engineer, says now you can have just that.

A clever device that you can install in your closets to turn the light on and off recently came on the market. It works much like the light in your refrigerator.

The device consists of a socket and push-button switch that you can mount inside the closet door with a couple of wood screws. The new device comes with a connecting cord that you must plug in to supply power for the

Buy Knit Fabrics Carefully

The endless variety of knit fabrics available today offers something for everyone. But it also makes your selection difficult because the characteristics of the fabric will affect sewing results and your satisfaction with the garment's performance.

Mrs. Ruth Ann Wilson, Extension clothing specialist at Pennsylvania State University, emphasizes the importance of reading the label when you select any knit. The label should state the fiber content as well as any possible percentage of shrinkage that may occur. It's especially important to check on shrinkage when buying cotton knits because some can shrink considerably.

Shrinkage is also a problem with some man-made fiber knits, so be sure to note care information as well as fiber content.

You can judge firmness of the knit by pulling the fabric gently in both the crosswise and lengthwise directions. Most knits are designed to stretch more crosswise than lengthwise to increase ease of fit and comfort of wear, explains Mrs. Wilson.

But a fabric that seems to have an exceptional amount of stretch

light. You can do this by putting a screw outlet in the socket you now use for lighting the closet.

The best location for the new switch and socket is the upper corner of the closet door. This gives the best light possible and still keeps the bulb at least 18-inches from clothing or other combustible materials.

The light stays on any time the door is open. And this serves as a good reminder to close the closet door.

Iodized Salt

For many years you've been able to buy iodized salt, clearly labeled as such, to provide the nutrient iodide in your diet. Keep reading labels on salt. Soon they should read "this salt supplies iodide, a necessary nutrient." This has come about because of a new Food and Drug Administration ruling.

There will still be salt sold without iodide. The label on non-iodized salt will read "this salt does not supply iodide, a necessary nutrient." Salt containing anti-caking agents may state the words "free flowing."

may readily "bag out" of shape and require a great deal of care to regain its original shape. Such a fabric may also be more likely to snag.

You can expect any loosely knit fabric or one with loosely-twisted yarns to snag easily. For instance, some of the soft spongy types of polyester achieve their lovely appearance with loosely twisted yarns. But these fabrics require constant careful at-

tention to prevent unsightly snags.

Beware of imperfections such as runs, snags or yarn streaks, cautions Mrs. Wilson. It's also wise to note the name of the manufacturer on the fabric bolt. If you find fabric imperfections or poor performance, most reliable manufacturers will make an adjustment.

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