


**Ladies,
Have
You
Heard?**

By Doris Thomas,
Extension Home Economist



Doris Thomas

Reducing Pollution Is Your Job
It's been pretty well established that pollution is a people problem, as well as an industrial problem. The public demands that industry clean up its pollution sources, yet there are individual polluters who

number in the millions. According to the National Academy of Sciences which made a study on people polluters in 29 states, people aren't nearly as concerned about pollution as they say they are. The study indicated that each

month, American motorists dropped an average of 1,304 pieces of trash on every mile of the nation's network of primary highways. That's about 16,000 pieces of trash per mile each year.

The study also showed that paper items accounted for 59 percent of total roadside litter. The rest was tabulated as 16 percent cans, six percent plastic items, six percent bottles and jars and 13 percent miscellaneous.

The last group of miscellaneous included tires, lumber, and a variety of unclassified items ranging from hair curlers, underwear and false teeth to ice chests and washing machines. Who are the people polluters? You and me - it's our problem, too.

Tips On Using Wood Paneling

Wall Paneling is available in a variety of sizes. Widths of most paneling materials have been standardized at four feet. Lengths from seven to 11 feet are available but the standard and easiest to acquire is eight feet.

Paneling can be hardboard with a photo-engraved wood grain printed in the enamel coating, or it can be real wood with a natural finish. Paneling is also available with a paper or a vinyl plastic overlay. Keep in mind that while paper-overlaid paneling is less expensive than paneling with a vinyl plastic overlay, it is not as wear-resistant or as washable.

Hardboard paneling with an enamel finish is available in various colors, grains, and grooving patterns; therefore, it can be used to form many different decors. The wide variety of colors and patterns is possible because of the photo-engraving technique used in making the paneling.

Wood paneling is available

either as paneling made from a single layer of wood, as paneling boards, or as plywood. Plywood paneling has a high grade decorative wood veneer for its face. Each panel has its own natural grain, texture, color and distribution of knots. Panels in a particular style or with the same species of wood for the face veneer are similar and blend together, providing uniformity and a natural beauty.

Consider maintenance cost when buying paneling. No matter what kind of paneling you choose, get a copy of the manufacturer's cleaning instructions when making your purchase.

At least two days before installing the paneling, place it in the room where it will be used. The panels will become conditioned to temperature and humidity levels in that room thereby reducing expansion or contraction - and associated problems - after installation.

When installing paneling, position it on the walls with a space the thickness of a matchbook cover between the panels. Attach the panels to the wall with either an adhesive recommended by the manufacturer or with colored, hardened paneling nails. Wear protective eye shields when using hardened nails.

In the Kitchen

MUSHROOMS LYONNAISE

- 1/2 cup (1/2 tub) diet margarine
- 1 lb. mushrooms, sliced
- 1/2 cup finely chopped onion
- 1 tbsp. finely chopped parsley
- 1 1/2 tps. salt
- 4 tps. lemon juice

Over low heat melt diet margarine in a large skillet. Add mushrooms, onion, parsley, salt and lemon juice. Saute mixture until tender. Serve. Makes 4 to 5 servings.

Farm Women Calendar

Saturday, March 10

1:30 p.m. - Farm Women Society 19 meeting; Misses Irene and Ruth Heisey, 148 Bank St., Landisville, hostesses.

1:30 p.m. - Farm Women Society 25 meeting, home of Mrs. John F. Gerlach, 1266 Wheatland Ave., Lancaster.

Farm Women Society 7 entertain Society 22, Leacock Presbyterian Church, Paradise.

Tuesday, March 13

1 p.m. - Farm Women Society 22 entertain Society 6, United Church of Christ, Willow Street.

Wednesday, March 14

1:30 p.m. - Farm Women Society 14, home of Mrs. Raymond Barge, 400 Susan Ave., Strasburg.

Thursday, March 15

7 a.m. - 5 p.m. - Farm Women Society 8 attend Philadelphia Flower Show; bus leaves from St. Mark's Methodist Church, Mount Joy.

1:30 p.m. - Farm Women Society 19, visit Conestoga View Home

Saturday, March 17

1:30 p.m. - Farm Women Society 12 meeting, Mrs. Wissler's home.

2 p.m. - Farm Women Society 3 meeting, Salem Lutheran Church.

2 p.m. - Farm Women Society 8 meeting, Lutheran Church, Maytown.

7 p.m. - Farm Women Society 23 Men's Night, Bird-in-Hand Restaurant.

Farm Women Society 18 entertain Society 2, Lititz Church of the Brethren.

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