



Ladies,
Have
You
Heard?



Doris Thomas

By Doris Thomas,
Extension Home Economist

**Citrus Waxes Enhance
Quality and Beauty**

Many consumers consider the practice of waxing produce unnecessary. Yet, when given a choice, shoppers almost always choose waxed products because they look better and generally are better.

Waxing is not a new practice. The citrus waxing process was invented in 1922. Citrus fruit, as it matures in the orchard, develops a coating of natural plant wax. This natural coating has a protective function, chiefly to minimize the loss of moisture.

Since the fruit picks up dust and debris in the orchard, one of the first steps at the packinghouse is a thorough bath. This washing process includes soaking in a detergent solution, scrubbing with soft brushes, and rinsing with hot water. This removes the natural protective wax, so the waxing procedure is performed next, to restore nature's own coating.

Without this coating fruit would quickly become soft, the juice content lowered, and fruit more susceptible to decay. Waxing makes not only interstate trade possible, but world trade in citrus as well.

Waxes used on fresh fruits and vegetables are completely edible. They are comprised of substances which are non-toxic to humans. Citrus wax is a high purity "Food grade" paraffin, highly refined so that any harmful components are removed. It is

approved for use by the Food and Drug Administration, and is accepted and used throughout the world. Since the wax is edible, there is no reason to remove it before using the peel in recipes.

Fall Carpet Cleanup

If summer activity has taken its toll on your carpeting, you will need to include carpet cleaning on your fall agenda.

Professional cleaning is best — it is the only way to remove deep soil. Home methods only manage to clean the top half or quarter of a carpet strand. However, three home methods, properly used, are adequate for cleaning carpet surfaces. Each method has advantages and disadvantages.

The dry method eliminates overwetting which can damage carpet backing. It does the best job of removing greasy soil. It also produces less texture distortion and prevents color bleeding.

If you choose the wet method, be sure to use only specific carpet detergents and follow manufacturers' directions. This method is absorbed more deeply than the dry process, but still cannot clean the entire carpet strand. It does take time to dry. And overwetting can damage carpet backing.

Foam cleaning is quick and convenient. You spray the carpet with a thin layer of foam, sponge with a mop, let dry and then vacuum. But some foams are difficult to remove after they dry. And, as in the wet method, overwetting may damage the carpet backing.

Whichever method you choose to restore your carpet's beauty, be sure to follow directions carefully.

Pumpkin Preparation

The Chester County Extension Service sends these hints on a seasonal favorite, pumpkins:

Nutritive Value:

— Good source of Vitamin A which is needed for normal growth and for normal vision in dim light.

Buying Guide:

— Should have fairly firm rinds, with a bright orange color.

— Should be heavy for their size and free of blemishes.

— Size determines tenderness, the smaller the more tender.

NOTE: One pound fresh pumpkin equivalent to one cup cooked.

Cooking:

— Wash pumpkin and cut in half crosswise.

— Remove the seeds and strings.

— Place the pumpkin in a pan, shell side up.

— Bake it until it is tender and begins to fall apart.

— Scrape the pulp from the

Douglas Firs

Loggers and foresters have recorded Douglas firs 330 feet high, 45 feet around the trunk, and more than 1,400 years old — each containing enough lumber to build 10 two-bedroom frame houses

shell and put it through a ricer or strainer.

Freezing:

— Follow above cooking instructions.

— Place pan containing pumpkin in cold water, stirring pumpkin occasionally.

— Pack into containers leaving ½ inch head space.

— Seal and freeze.

Informal Closing?

Next time you close a letter with "Sincerely yours," be thankful for the age of informality. Here's how letters to the queen were signed back in 1843: "I remain, With the profoundest veneration, Madam, Your Majesty's most faithful subject, and dutiful servant." And with a quill pen, yet!



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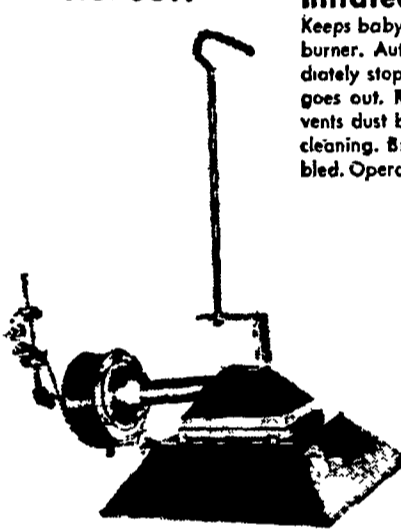
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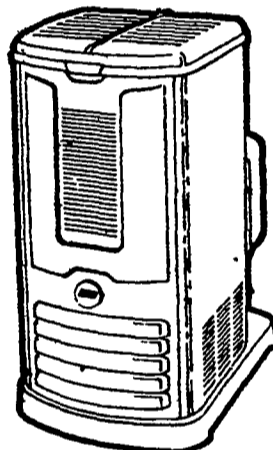
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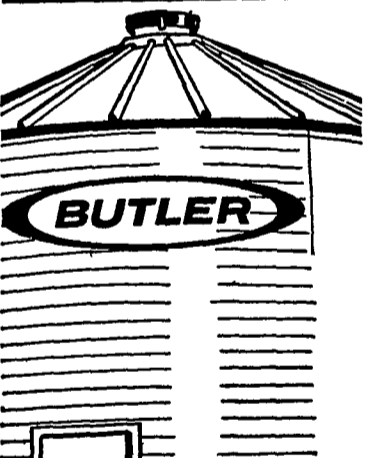
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