

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Combat Noise Pollution At Home

When you hear the word pollution you probably think of air pollution. But noise pollution can sometimes be even more common than air pollution. Some people think the way to solve the noise problem is just to get used to it. The fact is, that those people no longer bothered by noise in their homes may not be adapting to it—they may be experiencing a hearing impairment.

Here are some suggestions to help you make your home a quieter place in which to live.

—Use noise-absorbing materials on floors, especially in areas where

there is a lot of traffic.

—Hang heavy draperies over the windows closest to outside noise sources.

—Put rubber or plastic treads on uncarpeted stairs—they're safer, too.

—Use upholstered rather than hard-surfaced furniture to deaden sounds.

—Install sound-absorbing ceiling tile in the kitchen. Wood cabinets will vibrate less than metal ones.

—Use foam pad under blenders and mixers.

—Use insulation and vibration mounts when installing dishwashers.

—Install washing machines in the same room with heating and cooling equipment, preferably in an enclosed space.

—Remember that a hand-powered lawnmower does the job and gives you exercise, too. If you use a power mower, operate it at reasonable hours.

—Use a headset when you are the only one interested in listening to the hi-fi. Also, keep the volume down.

—Place window air conditioners where their hum can help mask objectionable noises. Avoid locating them next to your neighbor's bedroom.

—Be aware that children's toys need not make intensive or explosive sounds. Some can cause permanent ear injury, in addition to getting on your nerves.

—Compare the noise outputs of different makes of an appliance before making your selection.

### Original Decor In The Bath

Something decoratively different in the bathroom may be what's needed to provide some freshness and catch the feeling of a bright new season. Since bathrooms are generally small, making something original can be inexpensive and take little time.

With a sewing machine

and washable fabric coordinates, you can make your own shower curtains, window curtains, and accessories. Perhaps you'll choose an Oriental print, bright flowers, pastels or deep tones and textured treatments.

Shop around first and find fabrics you like before you decide on the new look for your bathroom. Planning is part of the fun. If you can, get samples to compare with towel colors and other accessories you already have.

For extra luxury, create a floor length shower curtain. And make a window treatment of shades, cafes or tie-backs to match or pick up a coordinate color. A plain plastic liner will protect the fabric curtain and keep water inside the shower or tub.

To personalize and dress up the room, cut out portions of the fabric design and applique it on solid color towels. You can easily do this by machine — using a zigsag stitch.

Use additional pieces of fabric to trim shelves and the laundry hamper, or as paste-on appliques for the waste basket and tissue box.

You can decorate plain walls by pasting on fabric designs, then painting with clear polyurethane to make the result as washable as any paint or wallpaper.

When creating a new look in the bathroom, try out different ideas such as putting pattern on the ceiling and on the back of the door.

To prevent any possible shrinkage when using fabric, remember to launder it before cutting. This is particularly important when you are using fabric to applique on another item. If the applique should shrink then the decorator result will become puckered.

When your new bathroom look is complete, keep the new accessories bright and fresh with regular washings.

### Homemaker's Hints

Your refrigerator runs 24 hours a day all year long. Wise use of this appliance can conserve electricity. To add years to your refrigerator's working life and make it perform efficiently and economically, follow these guidelines:

— Never allow frost to build up inside a refrigerator. The ice may look cold but it cuts down on the refrigerator's cooling capacity, makes it run longer and harder and uses more electricity.

— Check the door gaskets that seal the cold air in and the warm air out. Worn, cracked or loose gaskets should be replaced. A good test of a gasket's condition is to close the door on a piece of paper. If the paper pulls out easily, you're losing cold air and you should have the gasket replaced.

— Cool hot foods before storing in the refrigerator or freezer unless the warm food is highly susceptible to spoilage and requires immediate refrigeration. Additional heat puts an extra burden on the cooling system.

— Keep foods inside your refrigerator in specially designed food storage containers. Paper bags and store wrapping act as insulation and it takes longer to cool the food stored inside these wrappings.

— For proper cooling, keep the food storage section set at 42 degrees. Use a thermometer to determine the right number setting on your refrigerator control dial.

— When planning a new kitchen or remodeling an older one, make sure the refrigerator isn't next to a heat source such as a radiator, hot air vent or dishwasher. Even with good modern-day insulation, extra heat makes the refrigerator work harder and longer.

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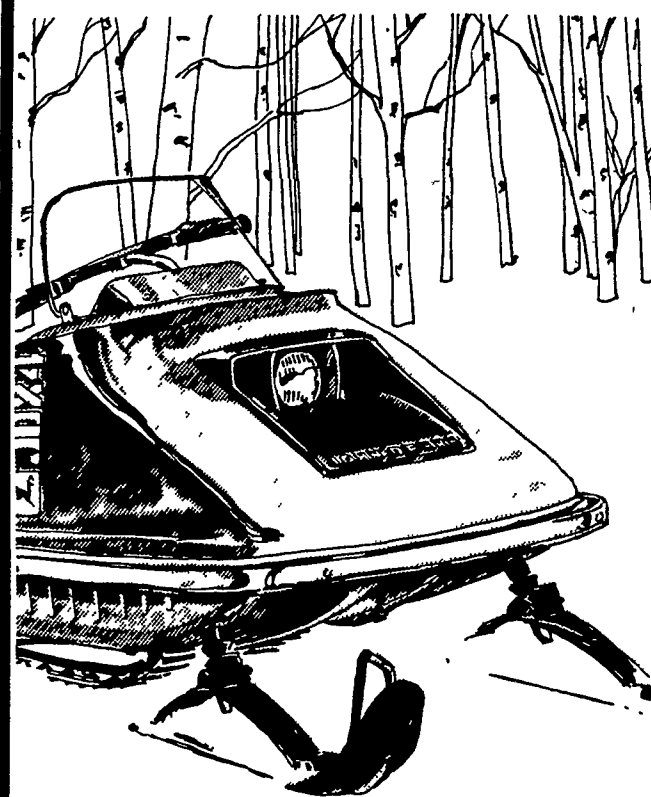
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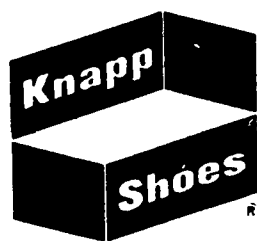
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