

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

LAUNDERING SHEETS AND PILLOWCASES

Sheets and pillowcases will give you a longer wear if laundered often, rotated on beds if possible and properly stored when not in use.

Read the label on sheets and pillowcases for laun-

dering instructions. Pretreat stains or badly soiled areas before washing.

Don't overload the washing machine. It's a good idea not to wash more than two sheets in an average machine load. You may want to make up the balance with smaller items. But make

sure you allow plenty of room for the water to circulate. If you crowd the washer you will get more wrinkles in the sheets and soil may be left in the wash load. This will cause the fibers in the sheets to deteriorate.

You can wash white sheets and pillowcases in hot water, but use warm water to wash colored ones. Launder deep-tone colored sheets or pillowcases before using them to avoid any possible discoloration of mattress pads or light colored blankets. Launder durable press sheets the same way you launder all cotton sheets. A cold water rinse and fabric softener added to the final rinse water helps to eliminate wrinkles.

You can use bleach when washing white sheets, but don't use it on colored sheets unless it states on the label that you may do so. Never pour undiluted bleach into a washer containing a load of sheets. This concentration of bleach may cause

deterioration wherever it touches the fabric.

For best results dry iron sheets in a dryer and remove them as soon as they are dry.

STORE MILK PROPERLY

Milk will keep for ten or more days after processing if properly handled. Store and home handling determine shelf life of milk. Under ideal conditions, processing plants can keep milk three or four weeks.

The reason for shortened shelf life of milk are temperatures above 40 degrees and exposure to light. They occasionally cause flavor and spoilage problems. And these factors are beyond the control of the dairy farmers and milk processors.

A survey of 461 samples of milk bought at stores in Pennsylvania during 1973 showed 22 percent of the samples were over 45 degrees. About 35 percent were at the ideal temperature of 40 degrees or below. Every 5 degree rise in temperature above 40

degrees cuts shelf life in half. At 40 degrees milk may keep 10 days, but at 45 degrees only five days and at 50 degrees two to three days.

Keep milk out of sunlight. Just 20 minutes exposure to light may cause a tallowy taste. Go directly home after buying milk and other perishable foods.

Return milk to the refrigerator after pouring a

glass. Don't return milk from a pitcher to the original container. For longer keeping quality use milk directly from the container.

Check your refrigerator to be sure it is below 40 degrees. Many are in the 45 to 50 degree range. Keep containers in the refrigerator tightly closed to prevent absorption of other odors.

Effects of Fat On Your Health

A publication designed to answer some questions about the health effects of fat in the diet has been released by the U.S. Department of Agriculture.

"Fats in Food and Diet," by nutritionists of USDA's Agricultural Research Service (ARS), defines different terms that may confuse consumers, such as monounsaturated and polyunsaturated fatty acids.

The section on cholesterol, which is a normal constituent of blood and tissues and is found in every animal cell, includes a table listing the approximate amounts of cholesterol in servings of selected foods. Foods of plant origin—such as fruits, vegetables, cereal grains, legumes and nuts—do not contain cholesterol.

According to the bulletin, the utilization of fats in man is affected by many factors—the food we eat all our lives and our state of nutrition,

our endocrine system, how active we are and what our emotional characteristics are, to name a few.

There are still many things that are not known about the effects of dietary fat on health, according to the bulletin, and more basic research must be done to resolve such questions as: what body processes control the handling of fat and cholesterol that come both from the diet and from synthesis in tissues, and how these processes are influenced by diet and other factors.

Single copies of "Fats in Food and Diet," Agriculture Information Bulletin No. 361, may be purchased for 25 cents from the Superintendent of Documents, U.S. Government Printing Office, Washington, D. C., 20402. Use zipcodes.

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Egg Decorating

(Continued from Page 24)

Pecan Tasties

¼ lb. butter
3 ounce cream cheese
1 cup flour

Mix butter and cream cheese well. Add flour. Divide dough into 24 balls and press each ball flat and fit into tiny muffin tins. Fill with favorite pecan pie filling and bake at 350 degrees for 30 minutes.

Coffee Cake

¾ cup shortening (part butter and part vegetable shortening)

1 egg

Mix together and stir in:

½ cup milk

Sift together:

1½ cups flour

2 teaspoons baking powder

½ teaspoon salt

Mix all together and spread in a greased and floured 9 inch pan. 2 cups of fresh or frozen blueberries can be added to the batter. If blueberries are used increase the flour to 2 cups.

Topping

½ cup sugar

1-3 cup flour

½ teaspoon cinnamon

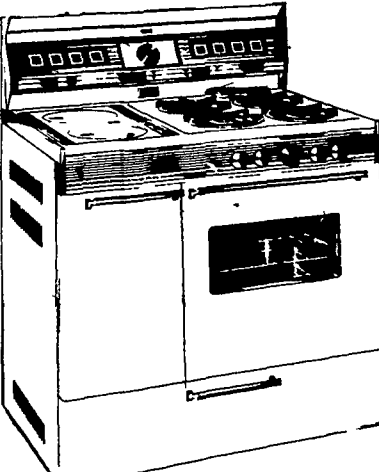
¼ cup soft butter

Cream together and sprinkle on top batter. You can put sliced raw apples on top the batter then the topping if you wish.

Bake at 350 degrees for 45 to 50 minutes.

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