

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

**Efficient Air Cooling**  
Window air conditioners need to have a good annual cleaning to serve you most effectively.

First, take time out to read the instruction book which came with your conditioner. Disconnect the unit and follow directions for cleaning the chassis and exposed parts. Oil if and where indicated. Check all fittings around the unit to make sure

they are light-, water-, and insect-proof.

If you are bothered by birds that want to nest on the window ledge beneath the air conditioner, clean, scrub and spray the sill, then seal out the birds with fine-meshed hardware cloth.

Replace or wash the filter, whichever is necessary. Check and tighten exposed screws and bolts. Wipe the cord with a damp cloth and examine it to make sure the cord and connector are in good condition. Reconnect the unit and turn it on. Check all controls. If the air conditioner does not seem to be dehumidifying the air or lowering the temperature, call an experienced serviceman.

The secret to cost-controlled, successful air conditioning in a room or an entire house, is good cooperation and management by all members of the family. Throughout the day, screen-out and black-out direct sun rays from large window and door areas. Keep doors and windows closed. And check door latches and closures to make sure doors close firmly.

It's a good idea to exhaust moist hot air as quickly as possible from kitchen laundry and bathing areas. And adjust cooking, laundry and bathing schedules during extremely hot weather. This will help reduce heat infiltration into the house. Also, keep fireplace dampers closed when not in use during summer months.

If your house needs airing out, do it after sundown or sunrise, when outdoor

temperatures are coolest. For maximum efficiency for air cooling units, keep filters clean at all times. Check them weekly and clean or replace as necessary.

### Tips on Sewing a Swimsuit

Are you having trouble this summer finding a reasonably priced swimsuit that looks smashing, fits you perfectly and flatters your figure? If you can't find the perfect suit, sew your own. You'll have a swimsuit that meets all your needs but costs only about half the amount of a ready-made model.

You'll find a wide variety of patterns, both one- and two-piece, on the market this year. There are many fabrics you can use for swimsuits—with several intended specifically for that purpose. But take special care to choose a fabric that is not damaged by chlorine if you plan to swim in a pool.

It's generally best to use a fabric with stretch for swimsuits. Cire tricot, for example, is a wet-looking fabric that's ideal for two-piece swimwear. For one-piece suits, on the other hand, fabric with a two-way stretch is usually best.

If you're sewing with a stretch fabric, select a pattern designed especially for stretch fabrics. Lay the pattern pieces on the fabric so that the greatest amount of stretch goes in the direction that you want and need most.

Use polyester, polyester core or nylon thread because it will stretch with your fabric. And a ball-point needle will go smoothly through fabric without breaking the yarns?

Be sure to buy elastic made especially for swimwear. Some elastic will lose its stretch when exposed to salt water or chlorine. You can also buy special bra cups or use the one from an old suit.

If possible, use a zigzag or stretch stitch for sewing

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swimwear. If your machine sews only a straight stitch, use two or three rows of stitching close together to prevent seams from breaking. To start the seams, lower the needle in the fabric, and hold the top and bobbin threads in your hand behind the pressure foot. This technique will help feed the fabric to prevent it from bunching up under the pressure foot.

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