

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Fall Housecleaning Tips

Housecleaning is awesome—especially if you're trying to do a complete and thorough job in a short time each year. If you're doing fall housecleaning, use your head as well as your muscles.

Take your time. When tired, take a break. No rule says thorough housecleaning is limited to just a few weeks in a year. Thorough

housecleaning may be done in other ways.

If it fits into your schedule, you might find it less tiring to clean one room at a time. Or perhaps, just do one big job a week throughout the year.

Dress comfortably so you'll get your house cleaned safely. For some women, pants are suitable housecleaning attire. But if you choose to wear a dress, put on a simple dress with a moderately full skirt—one not so full catches it on things and not so tight it restricts your movements.

Don't wear a dress with huge, gapping pockets. They could get in the way and catch on things. But you'll find smaller pockets an advantage for safekeeping of smaller items you pick up when cleaning and want to keep track of until you can put them where they belong.

Choose a sleeveless dress or one with short sleeves.

Long, flowing sleeves will get in the way. And wear good fitting, comfortable shoes you won't mind getting soiled.

If you make your home safer as well as cleaner, you'll get even greater satisfaction from your housecleaning. When you clean, throw out unused items, rearrange closets and storage areas. And correct any possible safety hazards you find.

### New Look for Potato Chips?

Potato chips—fried with the peels intact—may be a new item in the market place soon. Scientists at the Red River Valley Potato Research Center in Minnesota have been experimenting with this new product.

Unpeeled potato chips probably are more nutritious because many of the nutrients in the potato are found close to the peel. Appearance wise, the only difference is a "golden ring" on the unpeeled potato chips.

Reactions from taster-testers were favorable because either peeled or unpeeled potatoes rated similar in flavor, appearance and shelf-life.

Not peeling potatoes could eliminate one of the problem areas of processing—and result in lower costs to the consumer. It would also eliminate disposal of the waste. The research, thus far, is still experimental and there are no potato chips with skins now in commercial production.

### How To Care for Umbrellas

Prevent wrinkling of your umbrella by allowing it to dry in an open position. Avoid leaving a closed umbrella in the sun, warn Extension specialists at The Pennsylvania State University for it will develop faded streaks. To remove spots, the specialists suggest you spray it with a solution made with warm water and detergent, working carefully to avoid streaking the fabric.

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### Thought For Food



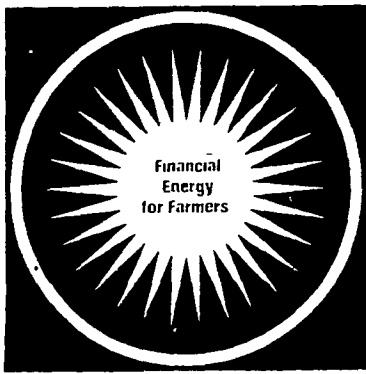
### Mushroom Stuffed Chicken Breast

Rinse, pat dry and finely chop 1/4 pound fresh mushrooms; slice another 1/4 pound and set aside. Cut pockets into thickest part of 6 whole, split, boned and skinned chicken breasts. Sprinkle both sides of breasts with 1 teaspoon lemon juice and 1/2 teaspoon salt; set aside. Sauté 1/4 pound Italian finely chopped sausage links, 3 tablespoons finely chopped cel-

and 2 tablespoons finely chopped onion in a small skillet. Combine sausage mixture with chopped fresh mushrooms, 1/2 cup soft bread crumbs, three tablespoons chopped parsley, 1 teaspoon salt and 1/2 cup dry sherry; mix well. Place a heaping tablespoon of stuffing in each breast "pocket"; secure opening with toothpick. Brush with 3 tablespoons melted butter or margarine and roll in dry bread crumbs. Place in a buttered baking dish and bake in a pre-heated moderate oven-350°F for 30 minutes. Combine 1 cup chicken broth with 1/2 cup sherry. Pour over chicken. Add reserved sliced mushrooms and bake 20-25 minutes more, basting frequently. Remove chicken breasts to serving platter. Reduce liquid in pan to 1 cup. Serve with chicken breasts. Yields 8-10 portions.

In the past year, the State Civil Service Commission's policy of open test scheduling has attracted a record number of applicants for state civil service positions.

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