

## LADIES, HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Energy-Saving Dishwashing

Several dishwashers on the market today are called "energy savers" because the models have a feature which automatically eliminates the drying cycle. The drying cycle uses more electricity than the actual washing and rinsing because the heating element dries the dishes.

If your dishwasher doesn't

have this feature you can eliminate the drying cycle manually. When washing and rinsing is completed, just turn the control to the OFF position and open the door or lid slightly to allow the steam to escape. The heat build-up in the dishwasher will dry the dishes.

However, it's not recommended that you eliminate the drying cycle if

someone in your home has a cold or infectious disease. The heat of the drying cycle, along with the hot water and detergent, sanitizes the dishes and helps prevent the spread of germs.

Because the dishwasher used hot water to give good washing results, manufacturers of dishwashers caution you not to turn down the thermostat of your water heater too low. Generally, a temperature of 140 to 160 degrees is recommended. But a lower temperature — around 130 degrees — may give satisfactory results if you have soft or softened water.

The best way to conserve electricity when using your dishwasher is to run it only when you have a full, not too full, load. Save the space in the dishwasher for glasses, dishes, silverware, bowls and food preparation utensils. Wash the pots and pans, which take up more space, by hand. And if you have a short cycle, use it when dishes are not heavily soiled.

### Cleanliness Discourages Household Pests

Summertime, and the living may be easy for unwanted houseguests, such as, ants. However, these perennial pests are less likely to stay where they can't "freeload" meals easily! Now is the time to maintain a high level of cleanliness to discourage ants, flies, mosquitos and other household pests from home building on your property.

The first line of defense is keeping ants and other insects outside. Be sure screens fit tightly and have no tears. Check that windows and doors fit snugly, too. Use caulking compound, weather stripping or modeling clay around crevices in entryways, foundation, water and radiator pipes and cracks around sinks, toilet bowl, baseboards and between floor boards.

Discourage insects from building nests by wrapping garbage securely, keeping garbage cans tightly covered, and occasionally scrubbing the cans with suds and water. Where pests have set up home, treat with a suitable insecticide being careful to follow label directions.

Inside the home, be sure to keep food out of reach as much as possible. Scrape and wash dishes right after a meal or snack. Store leftovers and dry goods in containers with tight-fitting covers. Use a sudsy sponge frequently to wipe countertops, appliances and the outside of storage containers. Wash around water pipes, sinks and toilets; behind drawers and washtubs; shelves and storage places, especially in the kitchen and bathroom.

Scrub up baseboards, window frames and cracks and openings in walls, floors and cupboards. Crumbs, spills and food smears are an open invitation to come for dinner.

Don't overlook the floor. Wash away spills promptly and sweep up crumbs as often as necessary.

Garbage is a gourmet delight to household pests. Try not to leave any food peelings or leftovers open to invasion. Small amounts can be securely wrapped or placed in bags and sealed. Always rinse bottles, jars and cans, especially if collected for return to the store or disposal at a local recycling center.

Keep wastebaskets and kitchen garbage cans clean, too. Empty the contents when necessary but at least once every day. As a special tip, line trash baskets with special bags, grocery bags, plastic bags or newspaper to make it easy to empty them and to keep them clean.

Should ants find their way into a home, get rid of them right away. Treat the nest with liquid insecticide; if outdoors, destroy it by pouring on boiling water or ashes.

Keep these pests out by spraying an insecticide on

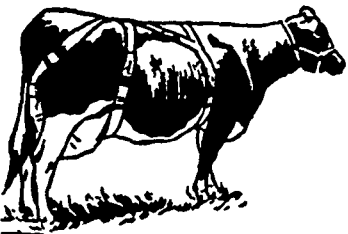
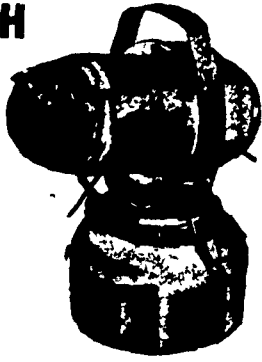
cracks with a small paintbrush so that it does not spread to utensils or food!

Adhere to basic safety precautions when using insecticides or rodenticides. Keep these and other chemicals in a safe place — away from children and pets. Do not store near food, under sinks or in medicine chests. Keep children and pets out of a room when using these products. After working with sprays or liquids, wash face and hands and change to clean clothing. Then wash the clothing before reuse.

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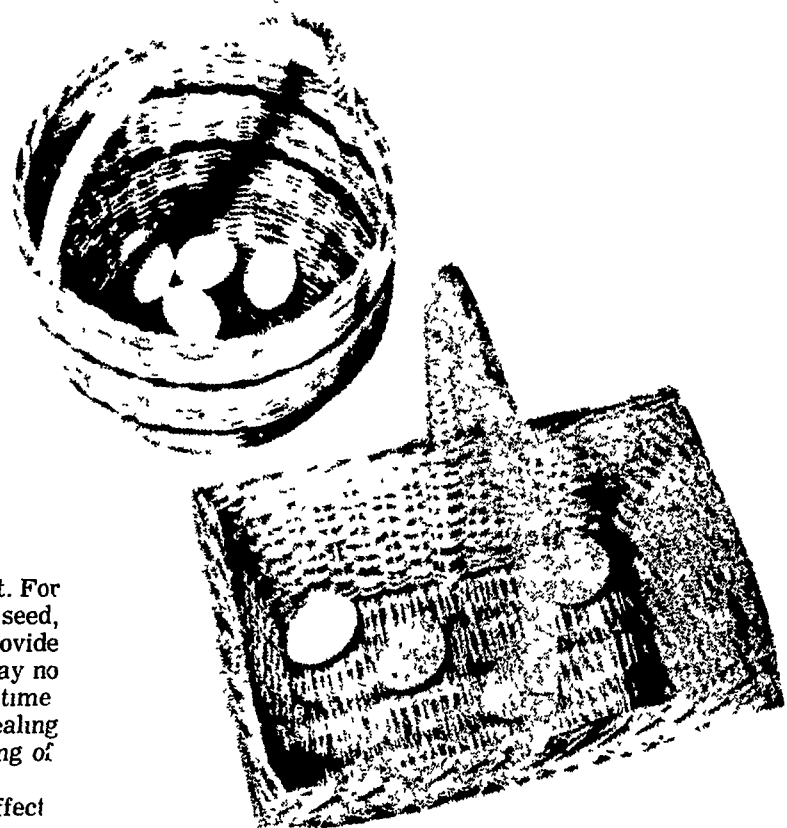


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