

Cosmetic safety urged

Cosmetics usually enhance attractiveness and self-confidence but "use with care" should be the watchword, says Mrs. Ruth Ann Wilson, Extension clothing and textiles specialist at The Pennsylvania State University.

Occasionally, severe allergic reactions to some products do occur. In other cases, consumers may misuse cosmetics and endanger their health. To in-

sure safe cosmetic use, read all labels on the containers and packages and follow directions exactly.

If a reaction such as itching, swelling, soreness, blisters or redness does occur, stop using all cosmetics that may be affecting the area. If the reaction persists, see a doctor immediately. Take the suspect cosmetic along.

To determine possible allergy to a cosmetic, Mrs.

Wilson says to place a small amount on the inside forearm and leave it for 24 hours. For hair products, choose an inconspicuous area on the back of the head and do a patch test following directions in the package. Check for any signs of redness or itching before using the product for the entire area.

To prevent contamination, keep containers closed tightly when not in use - and wash hands before applying any cosmetic. Cosmetics are usually bacteria-free before they are opened. Throw out old cosmetics because preservatives lose effectiveness over time.

Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



Super Crop of Fresh Western Winter Pears
This year's superior crop of fresh Western winter pears assures markets nationwide of an abundant supply of high quality Anjou, Bosc and Comice pears for enjoyment during the months when fresh fruit is at a minimum.

Fresh winter pears keep that right-from-the-tree good quality throughout the entire season. Grown in the sunny orchards of the Pacific coast states, the pears are harvested in the late summer and early fall at an immature state and stored in a controlled atmosphere until they are marketed.

Often the pears are not ripe when they reach the markets. Winter pears can easily be ripened at home by keeping them at room temperature until their flesh yields to soft pressure. Then, they should be refrigerated to retain their freshness.

Fresh pears are nutritious as well as delicious. They supplement diets with Vitamin A and Vitamin C along with important minerals such as iron and calcium. In addition, they have a natural sugar content that satisfies appetites, yet contributes only 75 calories per average pear.

There is no limit to the variety of ways that fresh winter pears can be enjoyed, and goodness are a special treat in lunches and snacks. Their juiciness and tender skins don't require peeling, making them perfect for salads and desserts, both fresh and cooked. The recipes that follow demonstrate some of the ways to enjoy this delicious winter fruit.

Quick Pear Waldorf Salad
3 fresh ripe Western winter pears

1 tablespoon lemon juice
½ cup chopped celery
¼ cup chopped walnuts
½ cup mayonnaise
Crisp salad greens

Core and slice pears. Sprinkle with lemon juice. Lightly toss together the pears, celery and nuts with enough mayonnaise to moisten. Arrange salad greens in bowl and fill with pear mixture. Makes 4 servings.

Pear-Berry Coffee Cake
3 fresh ripe Anjou or Bosc pears

1 teaspoon lemon juice
½ cup brown sugar
½ cup sifted all-purpose flour
¼ teaspoon cinnamon
¼ cup butter or margarine
1 (13½ oz.) package blueberry muffin mix

Peel, core and slice pears. Sprinkle with lemon juice. Mix brown sugar, flour and cinnamon; cut in butter. Prepare muffin mix using package directions. Pour into greased 9x9x2-inch pan. Top with sliced pears. Spoon cinnamon crumb mixture over top. Bake at 400 degrees for 35 minutes. Serves 9.

Tips on Conserving Hot Water

A hot water heater uses 15 percent of the energy consumed in the home. With energy bills climbing, it's more important than ever to offset some of this cost by conserving hot water.

Lowering the water temperature to 110 degrees Fahrenheit could result in considerable savings. But sanitation experts say it's not the answer. Germs lurking on dirty clothes and dishes can cause colds as well as kidney, intestinal, skin and respiratory infections. To control these germs, you need 140 degrees F water for washing dishes and clothes.

There are several safe ways to cut your water heating bill. If you're building a new home, consider installing two hot water

tanks — one set at 140 degrees for washing dishes and clothes and the other set at 110 degrees for tub baths and showers.

Save energy by reducing the distance the hot water must be piped. Locate each tank near the place where the hot water will be used. Whether your home is new or several years old, insulated hot water pipes will further cut heat losses.

Cut the amount of hot water used for dishwashing, laundering and bathing. The key to energy-saving dishwashing is to always wash a full load — whether washing by machine or in the sink. When using a dishwasher, consider skipping the dry cycle. Use the no-dry bottom or manually turn the dishwasher off after the final rinse and let dishes air dry. But do use the heat cycle to sanitize dishes if there is an illness in the family.

When machine laundering, always wash a full load. If the machine has a mini-cycle use it for washing smaller loads. Use cold water rinses unless you need to sanitize the clothes because of illness. Even then, consider substituting a chlorine bleach or other disinfectant to sanitize the laundry.

Changing the family's bathing habits can also save hot water. You will spend a shower instead of a dime for an extended shower or tub bath. And be sure to fix those leaky faucets.

The next meeting will be held March 11, 1976 at the home of Mrs. Melvin Meck, Willow Street, Pa.

Society 5

Society of Farm Women 5 held their Jan. 31 meeting at East Fairview Church of the Brethren. Speaker was Mr. Dennis Longenecker showing slides of Africa & his own personal experience as a teacher.

Feb. 28 meeting will be held at Mrs. Luke Bruckhart home, Manheim R2. Speaker, Asst. Prof. of Agronomy of Penna. University, Mr. John Yocum on "Is Your Food Safe To Eat."

Society 21

Farm Women Society 21 met February 12, 1976 at the home of Mrs. Thomas Bradley, Peach Bottom, Pa.

The roll call was answered by members showing their original valentines.

It was decided to donate \$25.00 to Meals on Wheels. Mrs. Howard Steinberg showed her collection of old valentines. Mrs. Harold Graybeal presented a program on Presidents Ladies by showing slides of the pears, and giving interesting stories of each one.

Refreshments were served by hostess Abbie Bradley and co-hostesses Libby Anne Steinberg and Mary DeLong.

Society 2

Farm Women Society 2 met recently at the Danner Home in Manheim. Hostesses for the occasion were Elizabeth Degler, Blodwin Brandt, Mae Fisher. Mrs. Mabel Pinkertown gave the devotions.

Grace Miller was installed as the new president as Mae Donough is moving. Martha Brandt was installed as the vice president. Donations were made to the Mennonite Board for donations to Guatemala and also to the One Way Chapel. For the county project, the society voted to support St. Joseph's Clinic.

Speaker for the program was Trooper Antoinette Agostino who spoke on personal safety for women. The next meeting will be at the Penryn Fire Hall and husbands will be invited.



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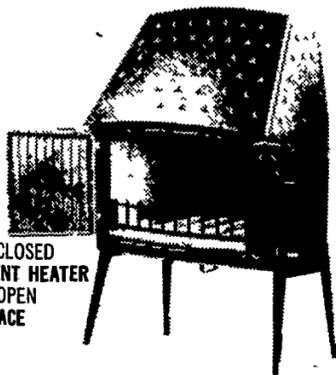
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