

Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



ADJUST WASHER LOAD TO SAVE ENERGY

In these times of energy shortages you should plan your laundering so you have full washer loads to save detergent, water and energy to heat the water. But what is a full washer load? If your washer is one that holds an 18-pound load, perhaps you think you need to weigh the clothes. It's easy to weigh towels or jeans but an 18-pound load of sheer nylon or dacron curtains would fill a room. You have to use common sense.

Most washer instruction booklets list typical small, medium, and large loads. But if you can't locate your booklet, here's an easy way to determine a full load in a top-loading machine. Drop clothing in the washer around the center post until the tub is loosely filled to the rim. Don't push garments in compactly or you'll overload the washer and the clothes won't wash properly.

There are times when you may not have enough clothes of one kind to fill the washer. That's when a water-level selector on an automatic washer comes in handy. It lets you adjust the water intake for the size of the load. If using a wringer-washer, manually adjust the water level according to the load size.

Before loading the washer, sort the clothes by color, texture and fabric as well as by the amount and type of soil. Pretreat stains as most stains are easier to remove right after they occur - - you're more likely to know what caused the stain and, therefore, how to treat it.

Check also for rips and tears. Mend before washing to prevent rips and tears from becoming larger.

Then select the proper water temperature. Not all fabrics require hot water for washing. Use warm or even cold water for lightly soiled clothes. Cold-water rinsing works satisfactorily for practically all loads and can save up to one-third of the water heating costs of each washer load. At present, one automatic washer manufacturer offers only cold-water rinsing on its washers. Review the manufacturer's instructions in your care and use booklets to make sure you're using both washer and dryer efficiently. That is the most effective way to save energy as well as get good results with your laundry.

TIPS ON USING TODAY'S THREAD IN HOME SEWING

Selecting the best thread for sewing is only part of the job of constructing quality fashions at home. There are some important things you should know about using thread. These tips will take

the tangles out of sewing, and make it easier and more fun, too.

Before you start sewing, check your needle. Make sure that you have selected the correct size and point for the weight and type of fabric you are sewing. In both hand and machine sewing, ball point needles are the best for knits, while regular points are best for woven fabrics.

Be sure to change your machine needle and clean your machine often. Finishes on synthetic and banded fabrics tend to dull the needle. They also form lint which clogs the needles' eye. Before you begin to sew on the actual garment, always test your machine stitching. Use a double layer fabric swatch and stitch on the bias. For regular machine stitching, use the same type of thread in both the machine needle and bobbin.

When sewing by hand, cut the thread between 18 and 20 inches long. This gives you plenty of thread to work

with. Too much thread will only get in your way. When using the sewing machine, just as in hand sewing, never break the thread - always use scissors to cut the thread on an angle so you thread your needle easily.

When basting, use a similar, but slightly contrasting color of thread. If you are sewing a pale green, for example, you might baste with white. Never use a strongly contrasting color for basting as it may leave marks when you remove it.

When selecting the right color thread for a particular fabric, choose a slightly darker shade. Thread tends to sew in a little lighter than it appears on the spool.

Flower farmers? Yes, as a matter of fact, according to a brand new survey done.

The Maryland Department of Agriculture and the Crop Reporting Service, reports the state's flower and foliage plant growers produced a "crop" last year valued at \$8,698,000!

Poultry industry firms win 'agri-marketing' ad awards

GAINESVILLE, Ga. - Six poultry-oriented companies were among the winners of National Agri-Marketing Association - awards for outstanding advertising as the Southeastern Chapter of NAMA held its annual awards dinner.

Farm Credit Banks of Columbia, Gold Kist, Hy-Line International, Indian River Broiler Breeders, Read Steel Products and Sanderson Farms were all awarded trophies for outstanding advertising in various categories.

Among the advertising agencies: Tucker Wayne and Company won five awards, all for advertising prepared for Gold Kist.

Sawyer Advertising, Inc., won four awards, one each for Hy-Line International, Indian River Broiler Breeders, Read Steel

Products and Sanderson Farms, Inc.

Rogers and Cauthen, Inc., won three awards, all for Farm Credit Banks of Columbia.

In other agricultural areas, Ciba-Geigy Corporation, handled by Keenan and McLaughlin Inc., of New York, won four awards; and

Smith-Douglas, served by Chesapeake Advertising Agency took one.

Winners of the regional event automatically entered in the national "Best of Agriculture" advertising awards program and will be displayed at the National Agri-Marketing Conference in St. Louis.

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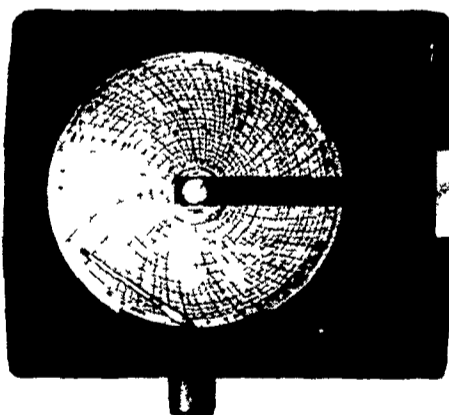
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PARTLOW

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