

Ladies Have You Heard

By Doris Thomas
Lancaster Home Economist



SHAMPCO VERSUS "STEAM" CLEANING
A question frequently asked is, "Is 'steam' cleaning better than shampooing?" Newspaper ads compare the two methods and professional carpet cleaners may give conflicting information. Some background information is needed so the answer can be understood. Over 50 years ago, a handle, flat brush and solution tank were attached

to an electric motor and the shampoo method of cleaning carpet was born. There have been many changes in the equipment, but the principle is still basically the same. The detergent solution is applied to the carpet pile and worked in by the action of the brush bristles.

The rotary brush method gives a good surface appearance to most carpet. On deeply soiled carpet, the mechanical action of the brush may be required to loosen the soil. The action of the brush may produce pile distortion, especially in the hands of the unskilled operator. Carpet with a long pile, soft yarn twist or low density are most likely to have their textures changed.

A few years ago, a machine was developed to redye upholstery furniture in a plant. The machine used boiling water to get better dye penetration and it was observed that the steam laden with water produced cleaning. The machine was then used to clean rugs in the plant. The next step was to adapt the machine so it could be taken into the home. These machines did not produce true steam, but the name carried over from the original upholstery furniture dyeing machine. Today many of these machines no longer have heaters in them and the temperature is determined

by the temperature of water used. Some machines do have heaters to maintain the temperature of the cleaning solution, and several machines do produce solutions with high temperatures.

Increasing the temperature of the cleaning solution will increase the soil removal. Even though the solution in the tank is hot, it may increase the temperature of the carpet only a small amount. It is then blown into the pile in a vaporized form. Almost immediately a large portion of the solution is removed from the carpet by a vacuum. Each of these steps reduces the temperature of the solution. A more accurate term of describing this method of cleaning is "hot water extraction."

Hot water extraction will remove a large amount of soil with little or no texture change. On deeply soiled carpet some mechanical brushing action may be necessary. Several machines have a brush attachment or the shampoo machine may be used first.

From this it would appear that the hot water extraction system is superior to the shampoo method. This is not necessarily true as the appearance of the carpet cleaned by the shampoo method may look better. In

most cases the appearance is of the greatest interest.

When the hot water extraction systems were first introduced to the professional cleaners, they used a very hard sell. Some of this hard sell has been continued by the professional cleaners. These ads attempt to discredit the shampoo method of cleaning. In turn, the professionals who use the shampoo method have retaliated in their ads. This has produced consumer confusion.

A reputable cleaner should have both types of machines and, after examining the soiled carpet, he should determine the best procedure to use. After all, he should have much more knowledge and experience to make this decision than the consumer who has obtained the information from advertising.

In the hands of a skilled operator, either machine will clean satisfactorily.

DIETARY FIBER — NATURAL VERSUS COMMERCIAL LAXATIVES
Scientific research cannot at this time substantiate the claims that added fiber in the diet will cure, alleviate or prevent diseases and disorders of the gastrointestinal tract. But both scientists and medical authorities agree that foods containing fiber, eaten in sufficient quantities, can maintain normal elimination processes.

If you are buying over-the-counter products termed as "laxatives" and swallowing, chewing and choking down various curealls for constipation ills, perhaps the addition of fiber in your diet cannot only make you feel better but save you money.

Occasional use of commercially prepared products may be in order. But if taking these products is a habit, you should first check with your physician. No such product should be taken or is designed for constant use.

Be aware that some physical conditions resulting in constipation and abdominal pain require medical attention and could even be aggravated by self-diagnosis and self-administered commercial laxatives or a binge of fibrous food. For your best

interests and future health, check with your physician if you are experiencing irregularity problems or abdominal pain.

If a medical examination reveals no problem, you can replace the more expensive over-the-counter products with foods that taste good and are good for you — fruits and vegetables, cereals and breads containing whole grains. Ask your physician about fiber in the diet — yours in particular.

Farm Women's Calendar

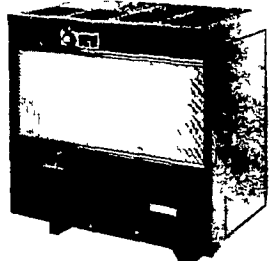
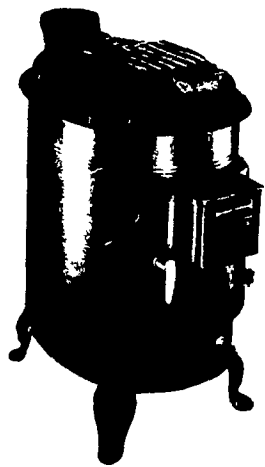
- Today, June 10
Lancaster Co. Society 13 meeting.
Lancaster Co. Society 25 meeting, 1 p.m., at the Donegal Mills Plantation.
Tuesday, June 13
Dauphin Co. Society 1 night out.
York Co. Society 26 meeting, 7 p.m., hostess Anna Marisberger.
York Co. Society 29 meeting, hostess Edna Walteinger.
Wednesday, June 14
Berks Co. Society 1 meeting, hostess Catherine Yanos.
Lancaster Co. Society 14 meeting, 1 p.m., at the Strasburg Mennonite Church. Members are to bring a lawn chair.
Thursday, June 15
Lancaster Co. Society 8 meeting, 7 p.m., entertaining Society 28.
Saturday, June 17
Lancaster Co. Society 3 meeting, 2 p.m.; hostess Mrs. William Gerhart.
Lancaster Co. Society 18 meeting, 7 p.m., at the United Church of Christ, Rohrerstown.

COWTOWN RODEO

EVERY SATURDAY NIGHT - 7:30 P.M.
Through September 2nd.
Rain or Shine



At Cowtown on Route 40 Woodstown, NJ
(8 mi. E. Del. Mem. Bridge)
Adults \$3.00 Children \$1.00



THE DELUXE ASHLEY IMPERIAL Model C-60

ASHLEY COLUMBIAN Model 25HF

Fill only once in 12 hours!

ASHLEY
THERMOSTATICALLY CONTROLLED WOODBURNING HEATERS

Save fuss, save fuel, save money!

Ashley's exclusive, patented downdraft system controls combustion...keeps logs burning evenly...extracts maximum heating comfort from every fueling! Sensitive thermostatic controls maintain the heat level you select.

Heat up to 6 rooms with inexpensive, readily available firewood (any kind) and enjoy unbelievable fuel savings. Install an ASHLEY now!

The new 7150 Model Ashley combination now also in stock. Large feed door plus many other features and improvements making it one of the most efficient wood and coal heaters on the market. All heaters now at summer prices. Free brochures.

FISHER'S FURNITURE

Route 896 - 6 mi. south of Strasburg
In Village of Georgetown
Box 57, Bart, Pa.
Hrs. 8 a.m. to 9 p.m. - Mon, Wed & Fri
8 a.m. to 6 p.m. - Tues, Thurs & Sat.

HERSHEY FARM'S Open House

IN THE PRETZEL BARN

ALSO

CELEBRATING

OUR

2nd ANNIVERSARY FOR THE RESTAURANT

JUNE 12-17, 1978

Located on Rt. 896 between Rt. 30 and Strasburg.

OFFERING:

- BARGAINS IN THE PRETZEL BARN
- FREE ICE CREAM WITH DINNERS IN THE RESTAURANT.

RANGES - REFRIGERATORS - DISHWASHERS

WE GIVE YOU SPECIAL AT TENTION AT OUR TENT SALE — FREEZERS

Admiral

TOM B. MORRISSEY ELECTRONIC SERVICE
ROUTE 501 SOUTH OF MYERSTOWN
ON THE SQUARE IN REISTVILLE
PHONE 717-949-3006

CHEST & UPRIGHT

RANGES - REFRIGERATORS - DISHWASHERS - WASHERS - DRYERS
STEREOS - TV'S - AIR CONDITIONERS - FREEZERS - MICROWAVE

have a nice weekend...



trust somebody

DUAL FUEL FURNACE OR BOILER

BURNS WOOD AND GAS OR OIL

PROVIDES HEAT DURING POWER FAILURES

CAPACITY FOR 5 FOOT LOGS



IGNITES WOOD AUTOMATICALLY

WE SERVICE & INSTALL ALL TYPES OF HEATING SYSTEMS

HAVE COAL STOKERS & HAND FIRED

LESTER E. WEAVER

EPHRATA #4, PA.
Area (717) 733-8806 or 354-5307