

Ladies Have You Heard?

By Susan Doyle

Lancaster Home Economist

NEW HAIR DRYER

FOR CURLY HAIR Many women, and men too, find the new curly hair styles a good way to look nice with minimum effort.

The only snag comes in the drying. Most blow dryers tend to straighten the hair and spoils the style. Natural drying takes a while and many of us prefer not to go to work or to the store with scraggly wet hair.

Now, several manufacturers have come up with a solution-an attachment which diffuses the air flow from the dryer so that curly styles can be dried without

straightening.
Because the diffuser spreads out the heated air, the hair dries more evently.

Diffuser attachments can be purchased to fit most compact and pro-style pistol hair dryers. Suggested retail price is around \$10. At least one manufacturer sells the attachment along with the blow dryer.

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SOAP SLIVERS-HANDY MARKERS FOR SEWING

Bar soap can be used for drawing a design on washable material for embroidering, stenciling or appliqueing and for marking hems. The advantage is its easy removal.

"Erasing" errors in design or the mark when the work is complete is done quickly by dabbing with a soft damp sponge or cloth, or by laundering.

To fashion a soap marker, use a soap sliver left over from a used piece of soap, or cut a wedge from a bar. Whittle a point or thin edge with a sharp knife and use as a crayon.

CUTTING WOODEN **SURFACES**

AND CUTTING BOARDS **REQUIRE CARE**

Chopping boards, butcher blocks and other wooden surfaces used for cutting foods retain soils and odors if not cleaned properly.

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Always clean the surface with a sudsy cloth or sponge after use with food. Rinse and dry.

To disinfect and deodorize the wood, soak or keep the surface wet 5-15 minutes with a solution of 34-cup liquid chlorine bleach to a gallon of warm water. Rinse thoroughly and dry with a clean towel.

Periodically, stains and scratches may need to be sanded away with fine sandpaper. Wash the surface after sanding. When dry, rub the board with clear mineral oil. Let stand a few hours, then wipe off excess oil.

Washing, then rubbing with oil should also be done prior to using a wood surface the first time.

GOOD BUY IN ONIONS

Recipes featuring onions

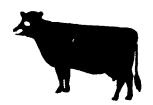
onion supplies.

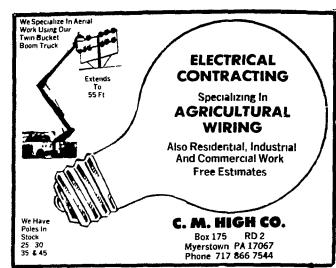
The market is dominated by three different types of onions: Bermuda-Granex-Grano, either flat or shaped like a top, mild and early maturing; late crop onions, mostly globes which vary in color from yellow, white or red; and Creole types and other strong flavored varieties.

The main crop of onions encompasses a wide number of varieties. The ones in heavy supply right now include western yellow Spanish hybrids and yellow globes from upstate New York and Michigan.

If you feel you can't eat raw onions without unwelcome after-effects, U.S. Department of Agriculture home economists suggest sprinkling sugar

are bountiful and so are freshly-cut slices and letting the slices set for a half hour. They also suggest cooling down particularly hotflavored onions by soaking them for a few minutes in





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