



## Ladies Have You Heard?

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Home Economist

### CHECK CHILDREN'S CLOTHING NOW

Now that signs of Spring are in the air, it's a good time to check closets, drawers and storage boxes to sort wearable and repairable children's clothing.

Check all garments for faulty zippers, ripped seams or pockets and stretched elastic. Try to repair these as soon as possible so that the garments may be used while they fit the child.

Replace missing buttons and lengthen pants and dresses that are too short. If there is no hem to let down, consider adding a contrasting band to the hemline. End-of-season fabric sales may provide suitable fabric at a low cost.

If your child's shoes are scuffed but still fit, polish the shoes and replace shoe strings. Wash soiled tennis shoes and replace dingy shoe laces with new ones.

Allow your children to help make choices on repairs, items to store away for later use and items to discard. Whenever possible, allow

children to perform some of the tasks of renewal, such as polishing shoes and replacing the shoe strings.

### MOVING APPLIANCES? MAKE SURE THEY ARE CLEAN AND DRY

Major appliances must be thoroughly clean and dry before moving them to a new residence. This is especially important if items will be in storage for a time.

Here are several areas of concern in preparing appliances for the long haul. Mildew can develop from moisture and cause musty odors. Stains may also occur from mildew and mar the appearance of appliances. Grease left on or in a range can become rancid and sticky. Water left in a dishwasher, washer or refrigerator may freeze when moved in extremely cold weather.

If appliances are connected to water and utilities, they should be disconnected by a professional. For instance, a refrigerator-freezer hooked up to a water line that accommodates a dispenser or automatic ice-

maker should be disconnected, or a dryer from a gas line.

Appliances kept in good condition and cleaned regularly require less work to prepare them for moving. Make sure all removable parts — racks, bins, trays, filters, dispensers, etc. — are taken out and thoroughly cleaned with suds or specialty cleaners. Follow care instructions included in the appliance use and care manual. When washing the units, give special attention to crevices, drawer or shelf slides, door or lid gaskets, knobs or handles. A freezer compartment needs to be defrosted and cleaned. Don't forget to clean the evaporator pan and dust the compressor unit.

Rinse appliances and parts thoroughly. Dry. Be sure to leave doors or lids open, and parts to air dry long enough after cleaning to ensure thorough drying. Replace clean, dry parts and secure using masking tape, or pack separately. After appliances have been discontinued, tie up electric cords. Fasten them securely to the appliance.

Consult an appliance service company about any special servicing necessary to prevent possible damage in transit or ask the moving company. These may include adding braces or inserts to prevent swaying of a washer tub and motor vibration; or bolting down a refrigerator motor or compressor. Arrange for appliance servicing at the new residence or check with the moving company to see if they will take care of this.

### CLOTHING NEEDS OF THE ELDERLY AND HANDICAPPED

Being well dressed and comfortable gives everyone a psychological lift. The elderly and handicapped may have special clothing needs. This group can have mobility limitations and tend to lose the ability to grasp and manipulate small parts. Thinning and drying skin is another problem.

Desirable clothing features include comfort, ease of dressing and undressing, easy-care fabrics, becoming styles and attractive colors.

Garments should have generous openings and fasteners which are easy to see, reach, grasp and use. Front fasteners are preferred. Where dexterity is a problem, a decorative trim can be attached to zipper pulls. Or, large flat buttons sewn with a thread

shank so they stand away from the fabric. Snaps and hooks and eyes are generally more difficult to handle. Woven nylon strips that adhere when pressed together are useful.

Semi-fitted waistlines and gently elasticized waists are comfortable. Pockets are convenient for carrying tissues, coins, etc. Avoid high, close-fitting necklines and tight sleeves. If a person uses crutches, choose sleeves that are cut high in the underarm.

Other considerations are wrap-around styles in slips and skirts which provide extra width over the hips and greater convenience in toileting. Skirts should be full but not drag on the floor while a person is sitting in a chair, wheel-chair or using crutches. A size zipper on pants for women, that opens all the way down the leg, is convenient. Lined pants

prevent wear, is braces are used. Shorter lengths will not catch under crutches.

The type of fabric and how a garment is made influence wearability as well as style. Choose soft, non-irritating and non-binding fabrics. Rough textures and heavy fabrics are often annoying to the older person and can irritate dry skin. Check for seams with adequate seam allowance and small, even stitches. Consider reinforcing areas of strain. For washable garments, check for easy-care characteristics. Look for wrinkle resistant and no-iron features.

If there is a lack of styles, sizes and convenience features in ready-to-wear to accommodate the elderly or handicapped, a homemaker can perhaps stitch up simple, easy-care attire and adjust a garment's features to suit an individual's needs.

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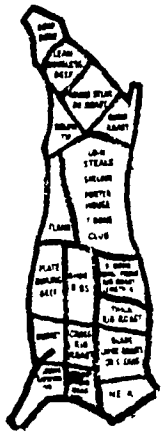
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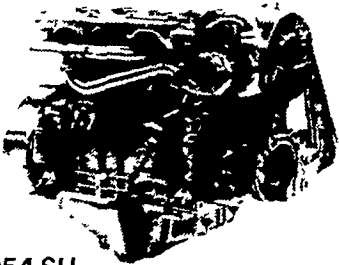


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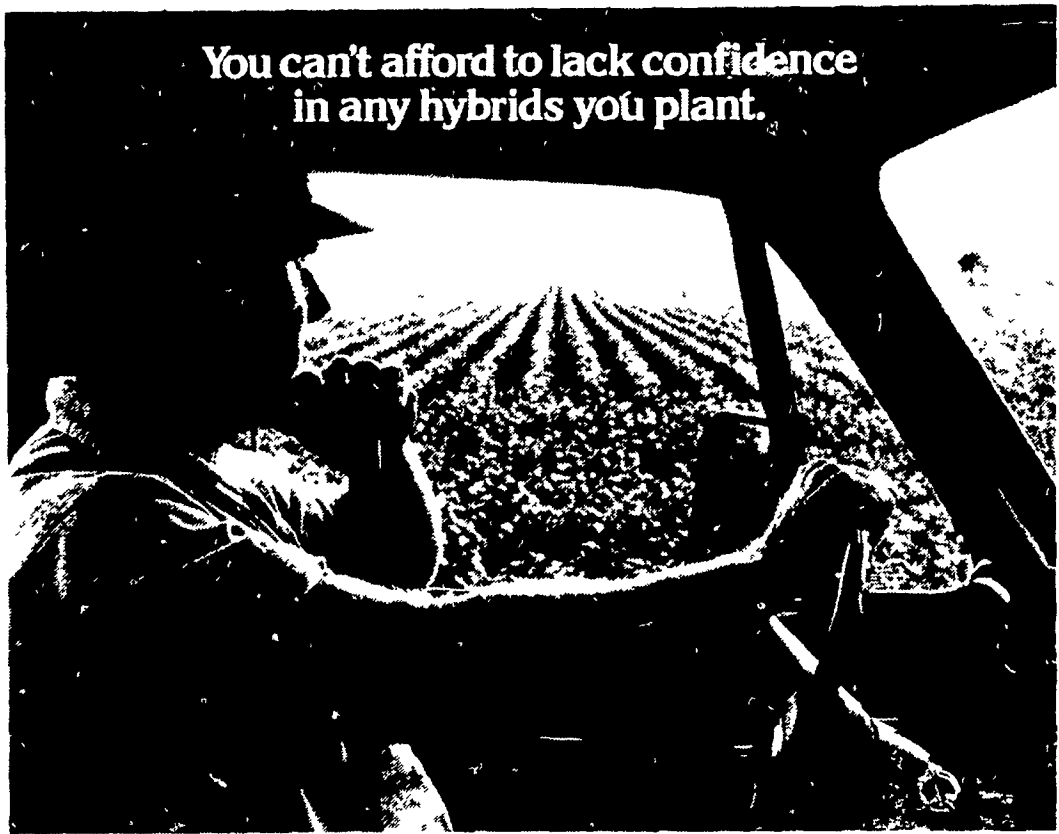
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