

Ladies Have You Heard?

By Doris Thomas

Lancaster Extension Home Economist



STORE IT RIGHT

It's time for the seasonal switch of clothing and accessories. Simplify the task and go through closets and drawers room by room. Use one box to collect garments to be discarded or given away and another to hold items that need cleaning and repair.

Soil weakens fibers, so put everything away absolutely clean and dry.

Launder washables. Have non-washables dry cleaned. Hang garments. Place in garment bags or plastic bags. Fold items to be boxed; pack with tissue in between to reduce wrinkling. Sprinkle moth crystals or use moth balls when storing woolens.

Label boxes with contents for easy access. Keep sweaters, jackets handy for the first chill of fall. Store gloves, scarves, and hats together.

Wash boots, shoes and handbags made of synthetic materials with a sudsy sponge. Rinse and dry. Use a special leather cleaner and

polish on leather. Stuff boots, shoes and bags with paper to retain their shape. Store in boxes. Old socks make good protective shoebags.

With closets and drawers empty, it's a good time to freshen them. Wash, paint if necessary and devise new space dividers. Reline drawers with paper or vinyl. Now you're set to unpack and stock warm weather apparel and accessories.

Involve Children in Energy Conservation

Energy conservation is not a "for adults only" activity. Youngsters can do a lot to save energy, too. Parents can set the best example for their children by making some basic facts available to them and by practicing what they preach.

Water seems to hold a fascination for children. They tend to have a heavy hand on the faucet when getting a drink of water or when brushing their teeth.

Children can be taught to fill a glass with only as much as they intend to drink and to turn the water off when

brushing their teeth. Teach youngsters to turn faucets off completely to avoid drips. If height is the problem, make or buy a stool so the children can reach the faucet adequately.

When it comes to bathing, a little water can go a long way with children. Small youngsters can take a tub bath together to save water.

Another energy weakness children are prone to is standing in front of an open refrigerator while deciding what to eat. This wastes electricity by causing the refrigerator to work harder, and if you have an old-style manual defrost refrigerator with the freezer inside the unit, it will cause ice to build up rapidly during the summer months.

Teach children to think about what they want before they open the door. If they don't know what they want,

perhaps they aren't really hungry.

Be creative in thinking of ways to save energy in your home. If your children like cool drinks on hot summer days and perpetually head for the ice trays in the freezer, try filling an ice chest with enough cubes to last the day. You will save energy in your freezer and will be setting a good example for your children on how to conserve.

You can cut down on the number of drinking glasses used in a day by marking each child's cup with his or her name. One cup per child each day can go a long way toward saving you or your dishwasher time and energy.

Be patient when trying to teach children energy conservation and keep in mind that you may serve as their most prominent example of how to conserve.

Watch for danger signs of debt

YORK — Are you paying only the minimum amount due each month on your charge accounts? Or waiting longer and longer to pay bills?

These are just a few warning signs that you may be getting in over your head, says Joan Lamberson, home economist. Overuse of credit is like an illness that creeps up without your realizing what's happening.

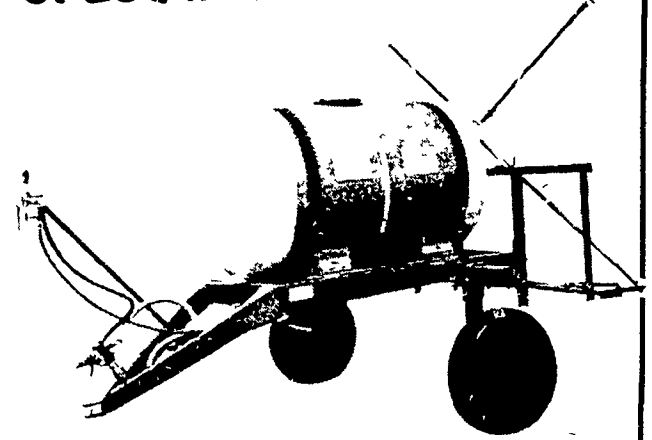
Easy credit, combined with inflation, has made many families especially vulnerable. Now the credit situation is tightening, and many retailers are requiring larger minimum monthly payments, and lowering customers' credit limits.

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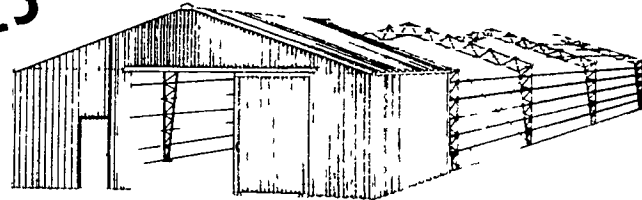
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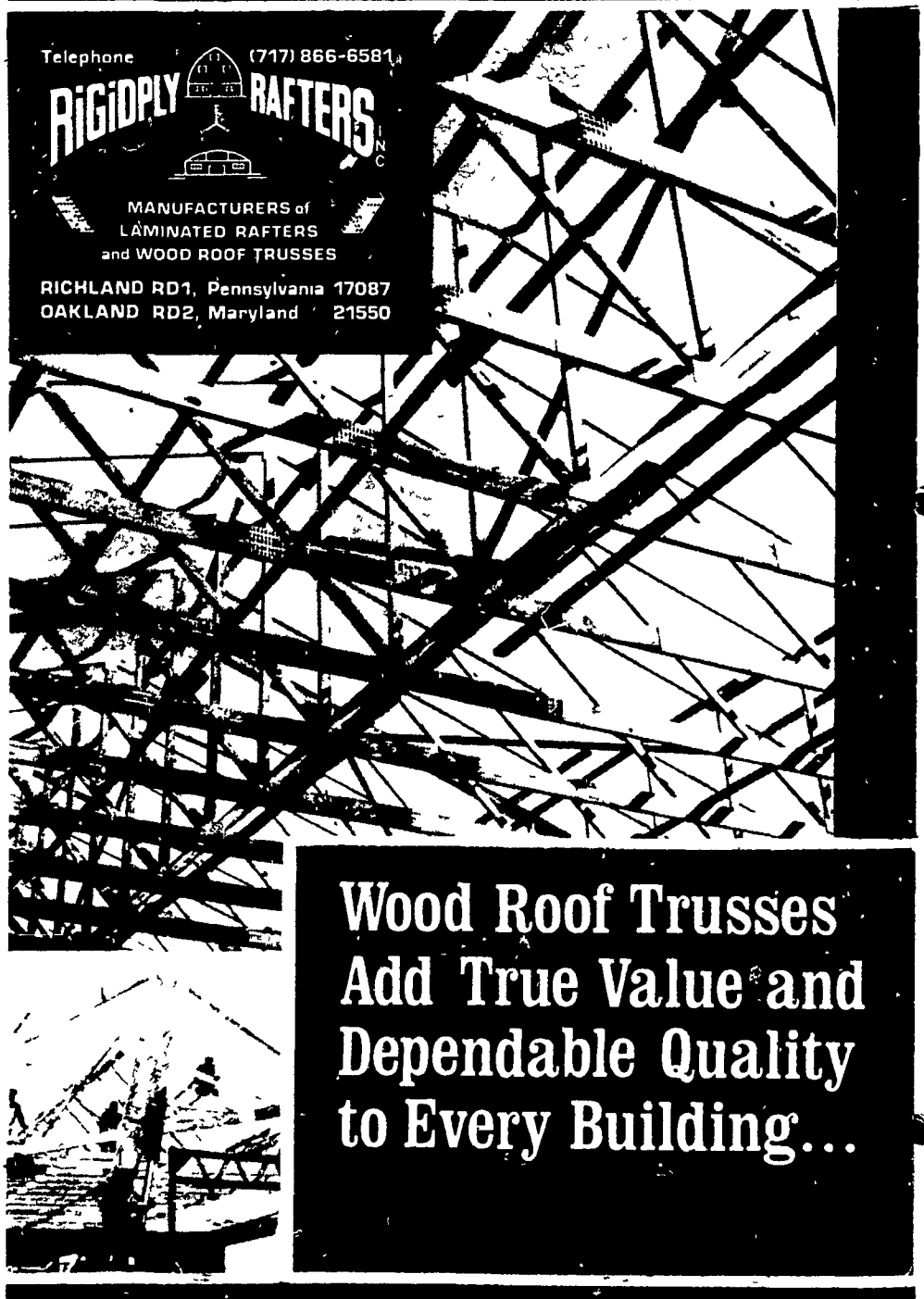
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