

## Ladies Have You Heard?

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Home Economist



### DECREASE HOLIDAY TENSION

One could go from Thanksgiving to the first of the New Year and never really relax. The rush of shopping, gift-buying, cooking, baking, entertaining, parties and programs can seem to never end. The hustle and bustle of all these activities can tax almost anyone's nerves.

The holidays can be more holiday and less strain if you decide which activities are the most important to you. Participate in those events you enjoy and convince your family and yourself not to worry about the rest.

Why not spread your holiday celebrating all year round. If you belong to several clubs and they all plan end-of-the-year parties, why not suggest that one group have a party on Saint Patrick's Day instead, or at another time of the year when you are not so busy.

When you are shopping for gifts, do you worry whether people will like what you buy them? Well don't be too concerned. The old saying "It's the thought that counts," still applies.

If you find yourself exhausted because you are giving bigger parties or decorating more elaborately each year — relax. You may not realize the holiday whirl you have been pulled into. Simplifying your schedule

might allow you more time to enjoy yourself. A personal family celebration will be more meaningful than a "show" for the neighbors.

### GATHER CONES NOW FOR HOLIDAY DECORATIONS

Big cones, little cones. Many kinds of Christmas cones are yours for the picking right now. Just like nuts, they come tumbling down in the fall. Now is the time to gather them for use in your holiday decorating.

Those cones that you pick up under the trees are already pretty well dried out and opened up. So the only extra care you need to give them between now and Christmas is storing them in a dry place. It is best to keep them in a wooden or metal container and leave air holes or lids off for ventilation.

For cones that you pick off the tree, some extra drying time may be necessary. To do this, just toss the cones in a big baking pan and set them in the oven for a short time. Do not allow the temperature to go over 150 degrees. How long you leave them there depends on how much moisture the cones contain. Check them about every 15 minutes. When they open up they are dry.

During this oven heating, the pitch in the cone may ooze out, harden on the edge of the cone. On some cones, it is white, like on a

YORK — If you recently have invested in a down-filled jacket, vest or coat, you'll be glad to know that it can be washed as well as dry cleaned.

When washing a down-filled garment use warm-never-hot-water, and a mild soap, says Marcell A. Seckman, York extension home economist. Special down soaps are available, but aren't necessary.

Whether you wash the garment by hand or on the delicate cycle of your washing machine, submerge it, then squeeze it for several minutes to make sure all the air has been pushed out. Handle the garment

## How to wash down clothes

carefully and never wring or twist it.

Proper rinsing is very important. Any soap or detergent not rinsed out will cause the down to clump together and will reduce its insulating ability. The weight of wet filling can strain or tear seams and even force the down through the fabric, so lift it out of the wash tub very carefully.

The easiest way to dry your down garment is in a dryer. Use a medium heat setting. Add two or three clean bath towels to absorb moisture and a clean pair of tennis shoes to break up the clumps of down as the dryer drum rotates. It will probably take several cycles to dry the garment completely.

Be sure there is no moisture left because down can mildew if it stays damp too long.

You can also dry a down garment outdoors on a warm, dry day. Drape it over several drying lines to evenly distribute the weight.

Check from time to time and fluff the matted clumps with your fingers.

Total drying may take several days.

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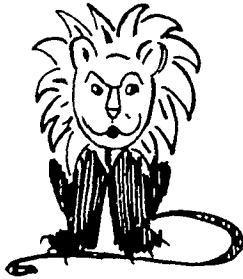
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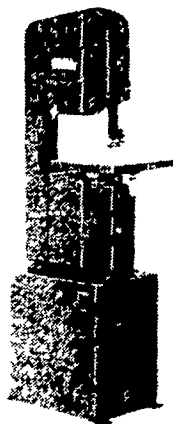
I'M NOT  
LION...

The Classified  
Livestock  
Section  
Has Beastly  
Selections!

White Pine cone. And on some, it is just clear and almost like hard, clear varnish. Some decorators like this effect. If you do not like it, you can clean the pitch off with a knife.

Use your cones in a variety of holiday decorations. You are only limited by your own creativity and imagination. If you need some new ideas, check any of the many books and magazines devoted to ideas for holiday decorations.

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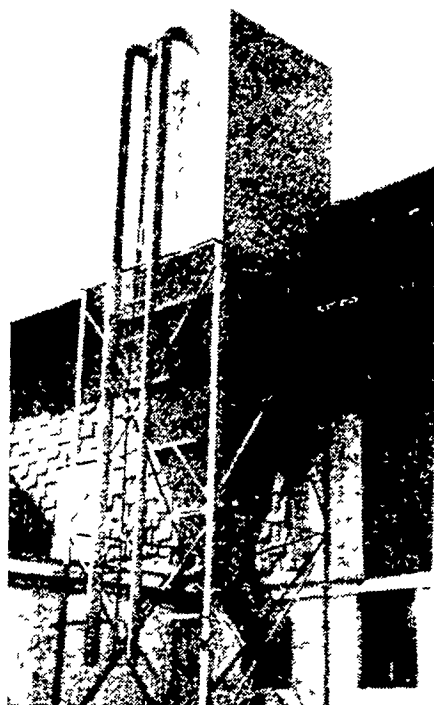
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