

# Ladies Have You Heard?

By Doris Thomas

Lancaster Extension  
Home Economist



### SPRUCE UP BATHROOM ECONOMICALLY

The economical way to spruce up an aging bathroom is with imagination and decorative touches. Pick a theme and a color scheme. Scrub the bathroom from top to bottom. Then set about achieving a new look with easy-care fabric, washable wall paper and simple-to-apply paint.

An old-fashioned sink can be camouflaged and the plumbing and underneath storage hidden with a shirred fabric "skirt." Attached to the sink with Velcro, the skirt can be easily removed for washing. Stitch window curtains to match. A shower curtain can be made of the same fabric with pockets sewn on the inside to hold shampoo and other bath ac-

cessories. Protect the stored supplies by hanging a plastic liner from the same hooks. For fabric, consider using sheets. Whether your choice is a colorful floral print, a striped design or a special motif such as Snoopy, there are a myriad of patterns from which to choose. The permanent press feature of most sheets also adds to their appeal as a bathroom fabric because their care only calls for machine washing and drying.

A claw-footed bathtub goes mod with fabric glued to the base. Apply a coat of clear plastic and it will be easy to keep clean. Shutters or lattice-work borders disguise and decorate windows. High ceilings give the illusion of being lower with wood beams several inches away from the ceiling. To

the beams, attach hanging plants that thrive on low light and high humidity. Or place plants on glass shelves installed in a window for a touch of greenery. A washable wallpaper or paint adds color and a new dimension.

There are numerous accessories — mirrors, towel racks, storage units — that can add to convenience and decor. For applying makeup, attach lights to the sides of a mirror at face height rather than overhead. Then hook up an accordion-style mirror for closeup work. Take advantage of empty space by installing a row of towel bars up a wall for storing towels. Round rings are another handy towel holder.

A new toilet lit and decorative storage unit on top of the tank may be all that's needed to update this fixture. Add shelves above the toilet tank for additional storage space. Or hang bicycle baskets as containers for flowers or supplies. Since the baskets have flat backs, they're easy to attach to the wall.

Bathtub appliques in the bottom of the tub will add an attractive touch to an old fixture plus providing a nonskid surface as a safety measure.

Without major replacements and expense any ordinary bathroom

can be made brighter, cozier and more cheerful.

### ECONOMIZE BY CHECKING PACKAGE INSTRUCTIONS

Energy costs and the price of food, clothing, rent, home care products and furnishings are spiraling. Sometimes, it's the little things which add up. And, it's the little ways of saving energy and economizing that can help cut costs!

One way to save energy and money is to read instructions on products. How can this help? Let's consider laundering and the information on a detergent package.

The information printed on the package or label tells you how to use the laundry detergent correctly, how much to use and on

what fabrics or surfaces to use it for best results. By following package instructions for the amount of detergent to use for different water conditions, the amount and kind of soil on different fabrics and the size of the washload, you will be using the detergent most efficiently.

Reading instructions helps produce good results. In many instances, if directions are not followed, the laundry may have to be redone. This means wasting energy, time and money.

I suggest that you can help cut your energy costs and save money by reading and following instructions for every product you buy.

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Poor eating habits, use of

refined, unenriched grain products, and drinking large amounts of alcohol can lead to thiamin deficiencies. Acute thiamin deficiencies may result in mental confusion, poor attention span and muscular weakness. But these symptoms could also be caused by many factors other than diet.

To be certain of getting enough thiamin each day, it's best to eat a variety of foods. Include those high in thiamin, such as whole grain bread and cereal products, peas, beans and pork.

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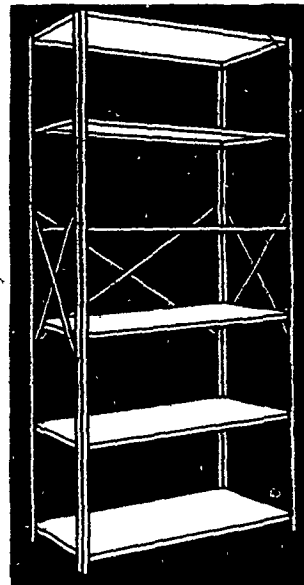
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