



## Ladies Have You Heard?

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Lancaster Extension  
Home Economist

### How To Be A Cool Buyer

So you've finally decided to beat the hot, muggy, summer weather and buy an air conditioner. How do you decide what size or kind of air conditioner is right for your needs? The two main factors to consider when buying an air conditioner are its cooling capacity and its operating efficiency.

A room air conditioner's cooling capacity is the amount of heat and moisture transferred from indoor air to the outdoors. This capacity is expressed in British Thermal Units per hour (BTU/hr.). The higher the BTU/hr., the greater the cooling capacity. The cooling capacity of many air conditioners is certified and rated by the Association of Home Appliance Manufacturers and is listed by brand and model number in an AHAM directory. The directory is available from your dealer or directly from AHAM at North Wacker Drive, Chicago, Ill. An AHAM seal is placed on air conditioners that have been certified accurate by AHAM.

A bigger BTU/hr. capacity is not always the best choice for your house. An air conditioner with too much cooling capacity for a given space, can give a room a cold, clammy feeling. But one with too little cooling capacity simply won't cool the room enough.

To figure out how much cooling capacity you need, obtain a cooling

load estimate form from your dealer or AHAM. It will help you figure out capacity using factors such as wall, ceiling and floor area and construction materials; numbers of windows and doors; amount of shade; usual number of occupants; and number of heat producing products in your room. Be sure to buy a unit closest to the estimated capacity you need - within 5 percent if possible.

An air conditioner's operating efficiency is measured by its energy efficiency ratio (EER). This ratio is figured by correlating the BTU/hr. of the unit with the number of watts it takes to operate it. A yellow label attached to air conditioners in stores gives the EER of each unit. The higher the EER, the more efficient, and the cheaper, the air conditioner is to operate. Try to find the most efficient model with the cooling capacity you need.

### Parents Need To Be Toy Smart, Too

Before you give your child anything that can go faster than he can, consider the safety of the product you buy. Accidents and serious injury can be avoided with a little thought before purchase, according to the U.S. Consumer Products Safety Commission.

When buying a bike, first make sure the bicycle fits your child's size. If you buy a bike that he can "grow into," you're risking his

safety. The wrong-sized bike can be almost impossible to control. Also, teach your child "the rules of the road" including hand signals, traffic laws and how to ride with traffic, not against it. Keep the bike safe by checking for sharp points and protruding bolts. These can be either replaced or covered with heavy, waterproof tape. If the bike is used, replace all missing, damaged or worn parts. Be sure to keep the bike indoors when not in use to avoid rusting that can weaken the bike.

When buying a mini-bike, look for exhaust pipes that point rearward away from your child's legs. Have an experienced mechanic check the brakes, wheel bearings, gas throttle, chain tensions and other components. Also check for sharp edges. If the bike is not new, cover sharp edges with heavy, waterproof tape. Be sure to fill the gas tank before riding or after the bike has been turned off and has cooled.

If you're going to buy your child roller skates, make sure they fit well and are not a pair that he can "grow into." Avoid hand-me-downs that don't fit. Keep parts on the skates tightened and broken straps replaced. Teach your child to check the skating surface for cracks, holes, branches, stones and other obstacles before skating.

When you buy your child a skateboard, make sure you buy the safety equipment (a helmet, elbow pads, knee pads and gloves) to go with it. Also make sure your child has skid-resistant shoes to ride the skateboard with. Maintain the skateboard after purchase by checking wheels that make squeaky or gritty noises, wobbly wheels and bent axles. Cracked boards should never be ridden.

Buy carefully for your child and help him to understand the safety that goes along with the product. Cooperation will help to keep your child safe.

## Efficiency tips for farm wives

LANCASTER — Both spouses work on almost all American farms today.

Although working wives are putting in full days on the farm, studies show that they still carry most of the burden of household chores. Finding time and energy for these responsibilities is a major concern for today's working wife.

These same women should apply principals of industrial efficiency to household chores. Use the same efficiency methods at home as you use on the farm. Here are some tips for greater efficiency:

1. Delegate responsibility. Make your family aware of the total quantity of work that must be done and ask them to share the housework. It may help to make a list of all things you have to do on a given day and ask them to do the same. Compare lists and present your case.

2. Learn to say "no." Saying no to a daughter, son, or husband may be harder than turning down a boss or friend. Sometimes this must be done. Saying no with courtesy may help you avoid serious conflicts.

Perhaps you can look for short cuts.

3. Organize your home as efficiently as your office. Keep housework tools where you use them, even if it means duplication.

4. Make a To-Do list the night before each day. Each Sunday, list household chores that need to be done that week. Organize errands geographically so you don't waste time covering territory more than once. Leave out in full view things that need to be returned, dropped off, or repaired. If the clutter bothers you keep these things in your car so they are with you when you find a few extra minutes to take care of an item or you are in that part of town.

5. Cut overwhelming housework chores to a manageable size by doing small tasks everyday. Instead of devoting your entire weekend to house cleaning, do a few chores each morning and evening. Throw in a load of clothes to wash before you start dinner or vacuum the carpet before you go to work.



Saturday, May 28  
Lancaster Society 5 meets for a safety program  
Thursday, June 2  
Lancaster Society 20 meets with Marion Hastings  
Lancaster Society 17 meets for a safety program

Saturday, June 4  
Lancaster Society 6 meets at the home of Mrs. Samuel Myer for demonstrations of microwave ovens  
Lancaster Society 1 meets for a tour of White Chimneys

### RED WING DEALERS

**BLOOMSBURG**  
Ed's Shoe Repair  
232 Iron Street  
717-784-3819

**CARLISLE**  
Dutreys Shoe Store  
26 N. Hanover Street  
717-249-4839

**CHAMBERSBURG**  
Gale Diehl Sporting Goods  
54 Lincoln Way West  
717-264-6074

**EASTON**  
Josephs Inc.  
222 Northampton Street  
215-258-0071

**GREENCASTLE**  
E L M Dept. Store  
On The Square  
717-597-3710

**HUGHESVILLE**  
Marks Shoe & Repair  
22 South Main  
717-584-2616

**JOHNSTOWN**  
Yankee Shoe Repair  
230 Bedford Street  
814-536-7747

**KULPMONT**  
Archies Shoe Store  
828 Chestnut  
717-373-3360

**KUTZTOWN**  
Waynes Dry Goods  
271-273 West Main Street  
215-683-7686

**LANCASTER**  
Reeds Shoe Store  
1720 Columbia Avenue  
717-299-2475

**LEBANON**  
Martin's  
20 South Eighth Street  
717-273-5665

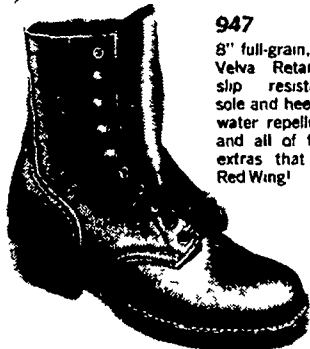
**MADISONBURG**  
Fisher Harness & Shoe Corp.  
Star Route, Box 47



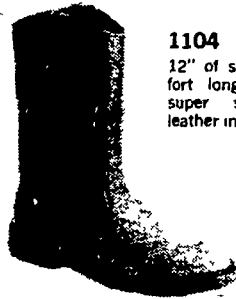
# ON-THE-FARM COMFORT

BEST WORK SHOES IN THE WORLD

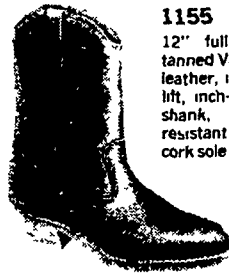
SIZES 6-16/WIDTHS AAA-EEEE  
(NOT ALL WIDTHS IN ALL SIZES)



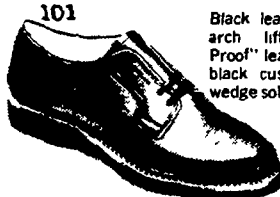
**947**  
8" full-grain, oil tanned Velve Retan leather, slip resistant cork sole and heel. Features water repellent leather and all of the quality extras that stand for Red Wing!



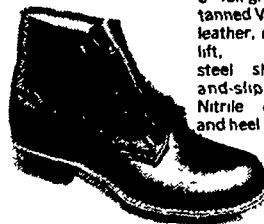
**1104**  
12" of sheer comfort long wearing super sole, full leather insole



**1155**  
12" full grain oil-tanned Velve Retan leather, inside arch lift, inch-wide steel shank, oil/slip-resistant chemigum cork sole and heel



**101**  
Black leather, inside arch lift, "Sweat-Proof" leather insole, black cushion crepe wedge sole



**777**  
6" full-grain, oil tanned Velve Retan leather, inside arch lift, inch-wide steel shank, oil and-slip-resistant Nitrile cork sole and heel

LONG LASTING SHOES — FIT FOR THE FARM — YOU'RE BUYING A HERITAGE!

TRY ON A PAIR AT ONE OF THESE LISTED REDWING DEALERS!

You've earned  
your Wings!

# Red Wings



### RED WING DEALERS

**MIFFLINTOWN**  
Troyers Shoe Saddle  
R.D. 2, Box 219

**MILTON & WILLIAMSPORT**  
Leesers Shoe Store  
18 Broadway, 2000 E 3rd St.  
717-742-8241 or 326-0211

**NORTHUMBERLAND**  
Fryes Dept. Store  
82 Queen Street  
717-473-8751

**POTTSTOWN**  
Strand Shoe Repair  
313 High Street  
215-323-4357

**QUAKERTOWN**  
Moyers Shoes  
316 West Broad Street  
215-536-6378

**QUARRYVILLE**  
Books Shoe Service  
107 East State Street  
717-786-2795

**READING**  
R P Longeneckers  
Muhlenberg Shopping Ctr.  
215-921-0571

**RED LION**  
Jack Contino Shoe Store  
61 North Main Street  
717-244-3105

**REHRERSBURG**  
Leo's Shoe Store  
Godfrey Street  
717-933-8169

**SALLADASBURG**  
Cohicks Trading Post  
Jersey Shore  
717-398-0311

**SCHUYLKILL HAVEN**  
Geary's Family Shoes  
334 W. Columbia St.  
717-385-0355