



Ladies Have You Heard?

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Home Economist

COOK OUT CAREFULLY
Before you ask your friends over
for a summer backyard cookout,

make sure you plan for safety.
Set up and use the barbecue
according to the manufacturer's

directions and follow correct
safety procedures. Keep a hose
nearby in case of fire.

Make sure the cook has a heavy
apron and pot-holder gloves for
protection from heat and spitting
grease. Use long-handled utensils
such as a fork, tongs, a spoon and a
turner.

If you plan to use lawn torches
around the yard, make sure they
are securely anchored and placed
at a proper distance from walk-
ways and activity areas.

Avoid foot injuries that
sometimes accompany an outdoor
party, don't go barefoot, watch
your step and don't throw empty

bottles and cans on the ground
where people walk.

Cookouts are notorious for bugs
and bees. If a bee swarms near
you, move slowly away. Don't flap
your arms about since this
aggravates bees to attack. Wear
white or other solid light-colored
clothing. Insects are more at-
tracted to flowery prints and
darker colors. Avoid hair oil or
perfume and sticky foods or
drinks. These also attract bees and
bugs.

When planning the food, make
sure you keep the cooked food hot
and the cold food cold. Food
poisoning can turn a pleasant
cookout into a disaster. Foods such
as ham, chicken, potato salad, egg
salads, puddings and custards,
sandwich spreads and meat or fish
salads are particularly susceptible
to the bacteria that cause food
poisoning. Potato chips, raw fruit
and vegetables, cheese, peanut
butter, jam and canned goods
usually keep best.

If you plan to cook some sort of
meat over the fire, make sure it is
lean or trim away as much fat as
possible. This limits the chance of
a fire flare-up from spattered
grease.

Be sure to clean up after a
cookout, too. Put all foods away in
the refrigerator as soon as possible
to avoid spoilage or food poisoning.
Clean the grill and utensils im-
mediately to avoid sticking food
particles to them which can cause
dangerous bacteria to grow.

FIGHT FADING — FIND "FAST" FABRICS

Sunlight is great when it makes
your lawn turn green, but
destructive when it turns your

bright red curtains pink. Some
fabric dyes fade in sunlight. So, be
careful when buying curtains and
upholstery fabric — look for those
that resist fading.

When you purchase fabric, ask
the salesperson about its colorfast
properties. Some draperies may
have a one to two year guarantee
against color fading.

Look at fabric labels for in-
dications that they are sun-
resistant. "Solution-dyed" on a
label means that man-made
fabrics have been dyed while in the
fiber-forming liquid state. This
type of dyeing gives an excellent
colorfast fabric. "Vat dye"
penetrates the fabric and is often
used on cotton and polyester-cotton
blends. This also gives a good
colorfast dye. The term "sun-
resistant" indicates that the dye
resists fading, but is not a
guarantee against fading unless
the label says so.

Different classes of dyes are
used for different types of fabrics
and not all resist fading. A
manufacturer will usually try to
match a class of dye with the way a
fabric is intended to be used.
Drapery fabric must be resistant
to sun fading while upholstery
fabric should resist both sun fading
and color rub-off.

When choosing fabrics for your
home, consider their color. Light
colors reflect heat and dark colors
absorb it. The more sunlight ab-
sorbed, the greater the risk of
fabric damage. Light and medium
colors do not show sun fading as
much as bright and vivid or dark
colors do. Before you buy fabric,
always read the label.



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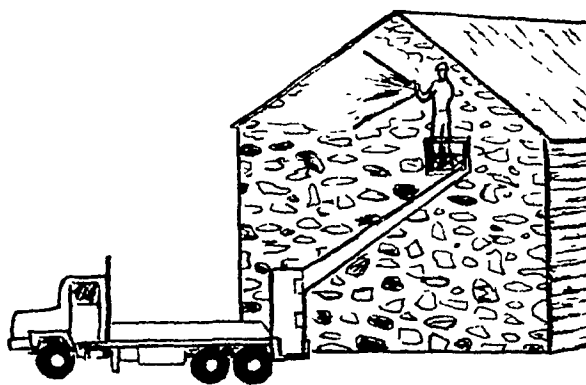


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