



Ladies Have You Heard?

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Baking Soda. For Smart Shoppers Only
With shopping dollars so scarce, the pressure's on to cut costs where we can. But do you shop smart? If you do, you'll have no trouble passing this simple test:
- How do you clean your microwave oven?
- How do you clean your countertops and tabletops?
- What do you use to clean your appliances?
What kind of bathroom cleaners do you use?

If you had more than one response to all these questions, you're wasting your supermarket dollars. The single correct answer? Baking Soda!

Baking soda simultaneously cleans and deodorizes most kitchen and bathroom fixtures and appliances safely and effectively. And it's a bargain, one pound of baking soda costs far less than many cleaners. Here's how to get all these product benefits out of one inexpensive yellow box.

Start with your kitchen. Baking

soda is the ideal cleaner for microwave ovens. Most microwave manufacturers warn against using abrasive cleaners on stainless steel or acrylic interiors, and baking soda is an effective non-abrasive that cleans without scratching. Gently wipe the inside of the oven and around the door seal with a baking soda solution of four tablespoons of baking soda to one quart of warm water.

This solution is also great for cleaning all parts of the range — surface units or burners, grates, knobs and the hood especially. Scour extra dirty and greasy areas with baking soda sprinkled on a damp sponge; rinse and dry.

With the same solution and a sponge, you can clean and deodorize most other surfaces in your kitchen. Baking soda solutions also clean formica countertops, linoleum tiles, chrome, wood cutting boards, stainless steel, and porcelain enamel. Don't throw out the

sponge when you're done, a baking soda solution neutralizes any odors.

And, most refrigerator manufacturers recommend baking soda as a cleanser. It cuts film without scouring and removes stains without scratching.

Also, leave an open box in the refrigerator and in the freezer to prevent food odors from spreading. Replace it every three months, but don't throw the old baking soda away; after three months, it still has enough power left to clean and deodorize garbage disposals and drains. Just dump the contents of the box down the drain or disposal and chase it with hot water. Baking soda helps keep drains and traps open and won't corrode the plumbing.

Cow's Milk OK For Babies Over 6 Months

Babies over six months old, whose diets include adequate amounts of vitamin C and iron, may drink whole milk. That's the latest recommendation from the American Academy of Pediatrics, and it's good news.

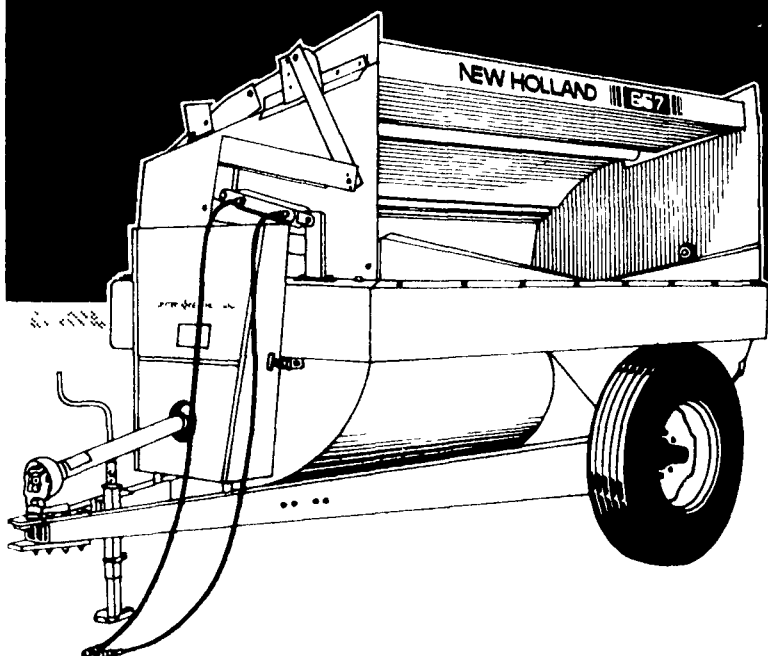
Since milk costs about one-fourth as much as infant formula, the recommendation can mean substantial savings. Formerly, the Academy recommended infant formula for babies under a year because milk is low in iron and vitamin C. Research studies indicate that cow's milk is equal in nutrition to infant formula when supplemented with vitamin C and iron.

To supplement their baby's diet parents can feed iron enriched cereals, strained or pureed meats, and a variety of fruit juices, fruits and vegetables.

SPECIAL WINTER SAVINGS

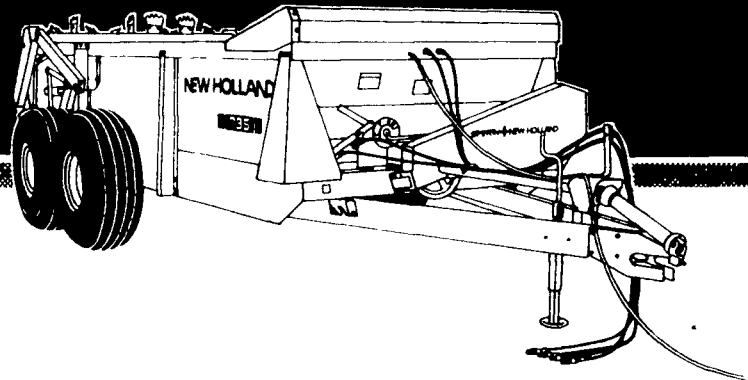
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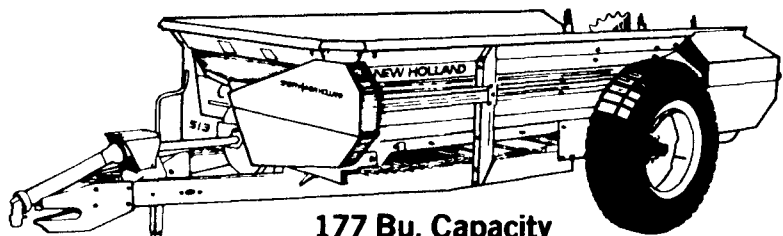
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