



Ladies Have You Heard?

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Bed Linens: A Variety Of Choices

After a long day, nothing is more relaxing than curling up in a clean, neatly-made bed. A clean bed can always be yours. If there are at least three sets of sheets and pillowcases for every bed: one on the bed, one in the laundry, and one set in the closet so a quick change of bed linens can be made at any time.

Always note the care instructions on the package when purchasing sheets. In general, sheets should be washed on the permanent press cycle in warm or hot water. Follow usage instructions on the package of detergent and bleach or other laundry additives for best results. Wash two sheets at a time, filling out the load with pillowcases and other items that can be washed and dried together. Tumble dry on the permanent press setting. Remove as soon as cycle is finished. Then fold, since little or no ironing is necessary.

Put clean sheets on a bed in a systematic way, so the bed will be

neat and easy to make each morning until the next sheet change. Smooth the bottom sheet over the bed. If it is not a contour sheet, first tuck under mattress at the foot and head of the bed. Then make square hospital corners so the sheet will stay firmly in place.

The top sheet should be put on the bed with enough of the sheet at the head so that it can be folded back over the blanket. The sheet keeps the blanket clean. Put the blanket over the sheets, and tuck both top sheet and blanket in at the foot of the bed. The bed is now ready for the spread.

Sheets come in a choice of two basic types: muslin and percale. The fabrics differ in thread count (number of thread per square inch) and the type and size of yarn used. Muslin sheets have lower thread counts and heavier weights than percales because of their coarser yarns. However, a good muslin is durable and economical. Percale is generally made of combed as well as carded yarns that are finer, smoother and lighter in weight than muslin.

Consequently, the sheets have a lighter, more luxurious feel. A percale thread count can vary from 170-200.

The majority of bed linens today are blends of cotton and polyester. The combination offers durability, wrinkle resistance and easy maintenance.

Bed sheets, both flat and fitted, come in standard sizes to fit standard-sized mattresses. The most common are twin, double, queen and king sizes. Crib, cot or youth bed sizes may also be available. Mattresses vary in thickness so the size sheet (particularly the fitted type) needed must be determined after measuring the length, width and depth of the mattress.

Pillowcases are sized for regular, queen or king size pillows. Most manufacturers label sizes by the torn length, before the sheet or pillowcase is hemmed. Top sheets should be approximately 10 inches larger than the mattress size so they can be comfortably tucked in on all sides.

The use of color and designs in bed linens makes sleeping areas one of the most decorative areas in the home. Most sheets today are printed and styled to suit any decor including a baby's or child's room. For a dramatic effect, mix and match color-coordinated designs.

Consider, for example, combining a floral print with a striped design. Color coordinate a room using additional sheet material to make curtains, dust ruffles, chair cushions, even robes.

Wash Down-Filled Garments With Care

If you have recently 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.

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 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 a 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.

Milk Bottle Celebrates a Birthday

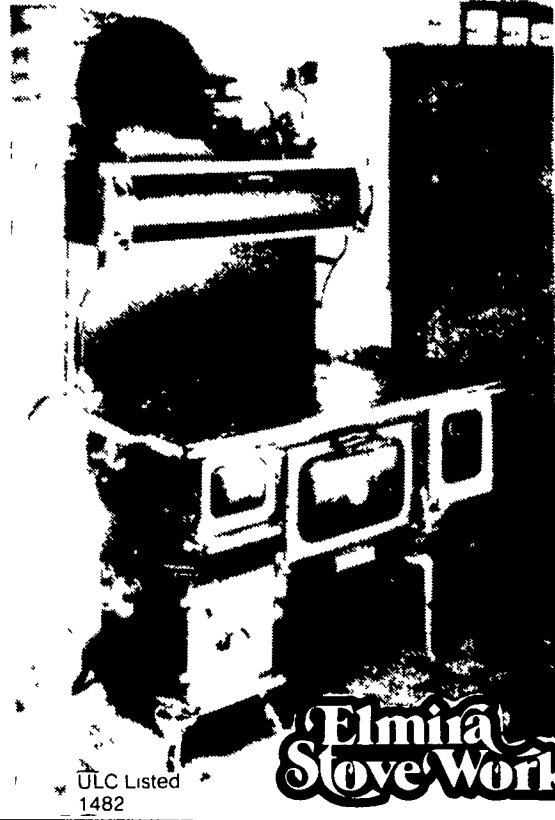
The glass milk bottle celebrates its centennial in 1984. Introduced by Thatcher Glass Company in 1884, the glass bottle was the only container used for milk for nearly fifty years. Milk has since been offered for sale in waxed and

plasticized paper, blow-molded polyethylene, plastic bags and rigid polycarbonate containers. Sanitation, safety, cost, ecology and convenience are all considered in selecting a package for milk.

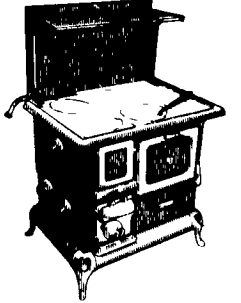
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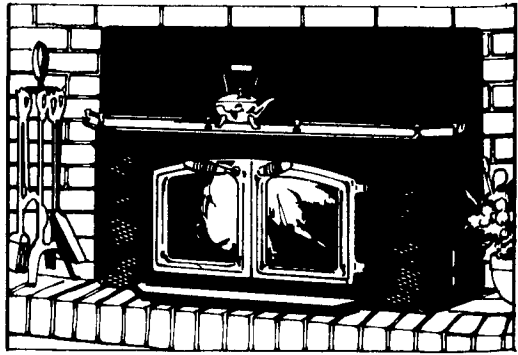
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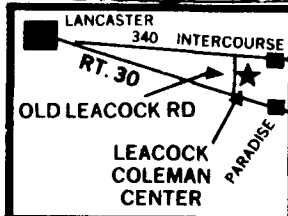
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