



Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Baking Soda: For Smart Shoppers Only

With shopping dollars so scarce, the pressure's on to cut costs where we can. Are you a smart shopper? If you are, 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 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 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 the kitchen. Baking soda solutions also clean 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.

The Extension Service is an affirmative action, equal opportunity institution.

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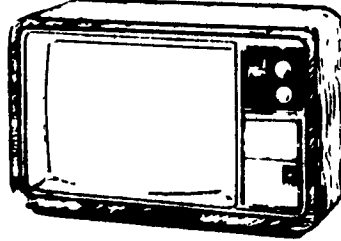
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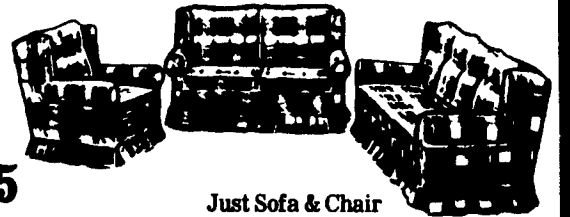


50 - 19" Color TV's
Remote...20 Channels...
Portable
Reg. Retail Price \$589.95

OUR CASH PRICE

\$299.95

**20 - 3 pc. Early American
Herculon Plaid Sofa -
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Reg. Retail Price
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OUR CASH PRICE **\$289.95**

Just Sofa & Chair

25 - Same Suite in Antron Nylon 3 pc.

Reg. Price \$1829.95

OUR CASH PRICE

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Herculon **\$200.00**

Nylon **\$295.00**



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Claim Tag #51

OUR CASH PRICE **\$79.95**

55 - Solid Wood Shelves...78" High

**Pedestal
Plant Stand
Green Marble Top
(Close-Out)
OUR CASH PRICE**

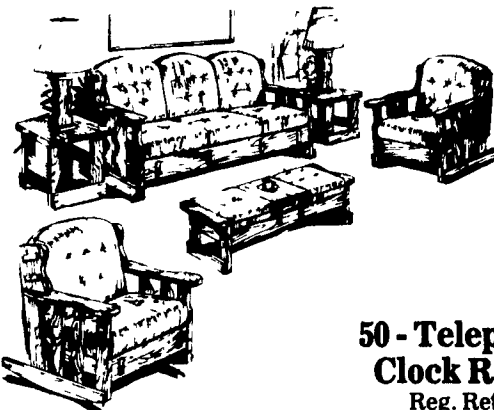
\$9.95

(40 Stands In Stock)



**Square Victorian
PLANT
STAND
Green Marble Top
(50 in Stock)
(Close-Out)
OUR CASH PRICE**
\$19.95

Not Exactly As Shown



Almost Identical, Not Mickey Mouse
**FULL SIZE
6 PC. PINE GROUPS**

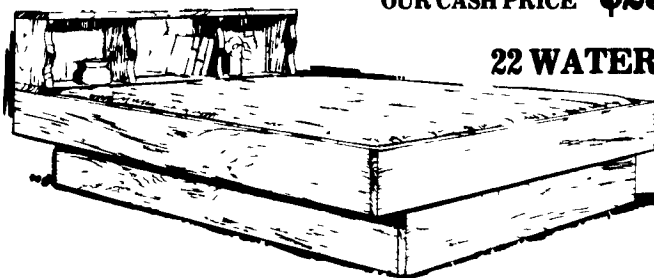
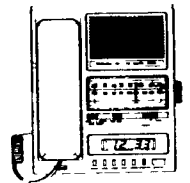
With Party Ottoman

Regular Retail Price \$1099.95

OUR CASH PRICE **\$300.00**
85 Groups In Stock

**50 - Telephone AM/FM
Clock Radio...Alarm**
Reg. Retail Price \$98.95

OUR CASH PRICE **\$29.95**



22 WATERBEDS King or Queen Size

Complete...Ready To Go
Reg. Retail price \$669.95

OUR CASH PRICE **\$289.95**

**24 - 6 Gun
Cabinets**

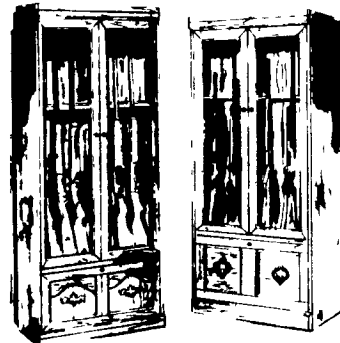
Reg. Retail Price \$329.95

OUR CASH PRICE **\$129.95**

**37 - 10 Gun
Cabinets**

Reg. Retail Price \$369.95

OUR CASH PRICE **\$159.95**



**103 Brass
Hall Trees**

Reg. Retail Price
\$98.95

OUR CASH PRICE
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Benches have no backs... no arm chairs

50 Sets Only...
**60" Trestle Table
with 2-60" Benches**
Reg. Retail Price \$659.95

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40 - 19" TV's...Color...Reg. Price \$509.95 CASH PRICE \$239.95
28 - 13" TV's...Color...Reg. Price \$389.95 CASH PRICE \$190.00
25 - 13" TV's...Color...Remote...Reg. Price \$469.95 ... CASH PRICE \$279.95

**MATTRESS & FOUNDATION SETS...QUILTED...252 COIL...
FULL WARRANTY**

21 - Singles...Reg. Price \$279.95 CASH PRICE \$79.95 set
50 - Doubles...Reg. Price \$359.90 CASH PRICE \$99.95 set
15 - Queens...Reg. Price \$459.95 CASH PRICE \$129.95 set
24 - 6 Gun Cabinets...Reg. Price \$329.95 CASH PRICE \$129.95
37 - 10 Gun Cabinets...Reg. Price \$369.95 CASH PRICE \$159.95
15 - Single Mattress & Foundation...Foam...
Reg. Price \$149.00 CASH PRICE \$49.00 set
15 - Full Size Mattress & Found...Foam...
Reg. Price \$169.00 CASH PRICE \$59.00 set
12 - Sofa...Chair & Loveseat...Early American...
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10 - Sofa and Chair...Early American & Traditional...
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75 - 2x4 Bunk Beds Complete with Mattress...
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50 - 19" Color TV's...Portable...Remote...
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50 - AM/FM Clock Radio with Telephone...
Reg. Price \$98.95 CASH PRICE \$29.95
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