

# Ladies Have You Heard?

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### Handle Home Appliances Carefully

Food processors, mixers and blenders have made home cooking easier, but they have also made it easier for cooks to injure themselves. About 7,000 people visit hospital emergency rooms each year with an injury related to one of these appliances, according to the Consumer Product Safety Commission.

Most of these injuries can be avoided by following simple, common-sense guidelines.

- Read all instructions. This will reduce your chance of being injured and prevents damage to an expensive machine. Not only that, food will taste better if properly prepared. Keep your instruction book on file so you can refresh your memory from time to time.

- Supervise appliance use when children are around. Children

often don't realize how powerful these machines are and a moment's distraction can be disastrous.

- Avoid contact with moving parts. Contact with blades or cutting edges is the major cause of injury. Many appliances, like food processors whose blades spin as fast as 1,700 times a minute, are designed with safety features that keep the machine from operating unless the safety cover is on, but be sure the cover is locked into place.

- Use a food pusher to slice or shred food. This makes it impossible for fingers to touch the discs that fit into the top of the work bowl.

- Don't reach into the chute. If your machine becomes jammed, make sure it is off before attempting to unclog it. This is especially important with blenders or mixers because the blades are

easier to reach.

- Unplug appliances when not in use, before inserting or removing parts and before cleaning to prevent a machine from accidentally being turned on and causing an injury.

- Handle blade carefully. This is common sense, but many cooks still suffer injury because they do not think before they act. The most common injury is dropping a blade into soapy water and then reaching in to pick it up. Keep blades on the counter until you are ready to wash them. Also, never remove food from a blade with your finger. Scrape it off with a spatula.

- Unplug an appliance by grasping the plug and pulling in from the electrical outlet. Don't pull it by the cord. You'll damage the wiring.

- Never let the cord dangle over the edge of the counter. Don't make it easy to knock the appliance to the floor.

- Never immerse the motor in water or other liquid. This creates electrical shock hazards. Instead, wipe machine bases clean with a damp cloth.

- Don't use damaged machines. The instructions will tell you to return the appliance to an authorized service facility for examination, adjustment or repair.

### Sunlight, Heat and Moisture Are Fabric Enemies

What happened to your cotton curtains? If yours are no longer crisp and bright, moisture and sunlight may be the culprits. Fabrics for home furnishings may deteriorate from exposure as well as from normal dirt and wear. Before you buy curtains, upholstered furniture, or other fabrics for your home, think about the types of exposure they will have to resist.

The ideal fabric should resist heat, moisture, sunlight, and air pollution, but, alas, such a fabric is practically impossible to find. However, you can look for fabrics that resist the use problems most prevalent in your home. Here's a check list of common home furnishing fabrics and their characteristics.

- Acrylics resist sunlight and do not discolor. They resist solar heat and have a low moisture absorbency.

- Cotton loses strength, eventually rots and gradually yellows from sunlight. It is resistant to deterioration from solar heat and, depending on its finish, has a medium to high moisture absorbency rate.

- Glass fiber is not damaged by sunlight, solar heat, or moisture.
- Linen gradually loses strength from sunlight, discolors at high temperatures from solar heat and has a high moisture absorbency.
- Modacrylic does not lose its strength in sunlight and absorbs little moisture but is heat sensitive and can soften at solar heat temperatures above 150°.
- Nylon gradually loses strength from sunlight but deteriorates little from solar heat. It does not absorb moisture.

- Olefin has a moderate loss of strength from sunlight but becomes brittle and gradually decomposes in solar heat. It does not absorb moisture.

- Polyester loses very little strength from sunlight, deteriorates very little from solar heat and has low moisture absorbency.

- Silk loses strength when exposed to sunlight and yellows when exposed to heat. It absorbs a moderate amount of moisture.

- Wool loses strength in sunlight, loses softness with prolonged exposure to solar heat and has a high moisture absorbency rate.

- Acetates and rayons are not suitable where sun damage is possible.

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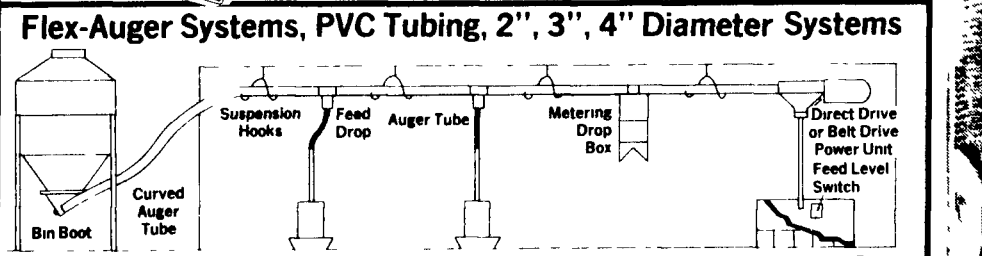
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