



Ladies Have You Heard?

By Doris Thomas
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Home Economist

**Spring Cleaning Doesn't
Have To Be A Drag**
Warm breezes, buds on the trees, the first robin — these cheery signs of spring also bring not so cheery thoughts of spring cleaning. This year, plan your cleaning so it is less of a chore. For many people the worst part of cleaning is the thought of doing it. If you begin on a positive note you may find the work gets done more quickly and easily. First, make a plan for spring cleaning. Make a list of what needs to be done and who will do it. Will

you do it all yourself or can family members help?

Then take the list of the jobs and break each down into steps. Because there are several ways to do almost any cleaning chore, decide which way will be best for you.

For example, if you know all of the curtains need to be washed and pressed, you can decide to do the curtains for each room as you do other tasks in that room. Or, you may choose to wash the curtains from all over the house on one day and get the job done all at once.

After you've made a list with all the steps that need to be done for a clean home or apartment, the best thing to do is jump right in. Do one step at a time. You may want to set a goal for yourself to do at least three tasks each day. Then, for example, if you get four done on a Thursday, you'll be one ahead and will only have to do two on Friday.

If you tire easily or work outside the home and can't spend a lot of time at cleaning all at once, you can further divide your list of steps into small parts. Then, when you have a few minutes, you can do one part of a bigger task. Say you have decided to wash all your curtains on one day, you can start taking down the curtains in each room as you have time before that day. You'll have the whole job done before you know it.

Also think about yourself when planning your cleaning schedule. Do you work better in the morning, afternoon or evening? Take advantage of the best work time for

you. And if a pretty warm day comes along, don't stay inside feeling sorry for yourself because your list says you'll do a certain task that day. Instead, change your plans and work on something outdoors. After a long winter, there's plenty to do in even the smallest yard or garden plot, not to mention the outside windows.

Take care of yourself when you're doing spring cleaning. Don't take risks by using unsafe equipment like weak stools or shaky ladders. Use tools suited for the job you're doing. And keep your amount of energy in mind, too. Plan to take rest breaks so you'll not only work better when you get back to the job, but so you have enough energy left when you're done to feel proud of yourself!

Brighten Fireplace Bricks

Cozy winter fires may have left your hearth blackened and smudged, but you can perk up those drab bricks by washing them with warm water and a washing powder, say Extension home management specialists at The Pennsylvania State University.

Try using a cleaning compound such as trisodium phosphate available from paint dealers and hardware stores. Follow directions and dissolve the recommended amount of washing powder into a gallon of warm water.

If the bricks are badly soiled, use a brush to apply the cleaning solution. Rinse off the cleaning solution and let dry.



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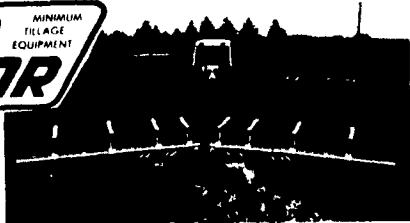
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Propeller dia — 22
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Narrow (Category III Narrow requires reducing spacers in ball joints of lower lift arms.)
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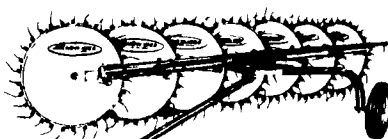
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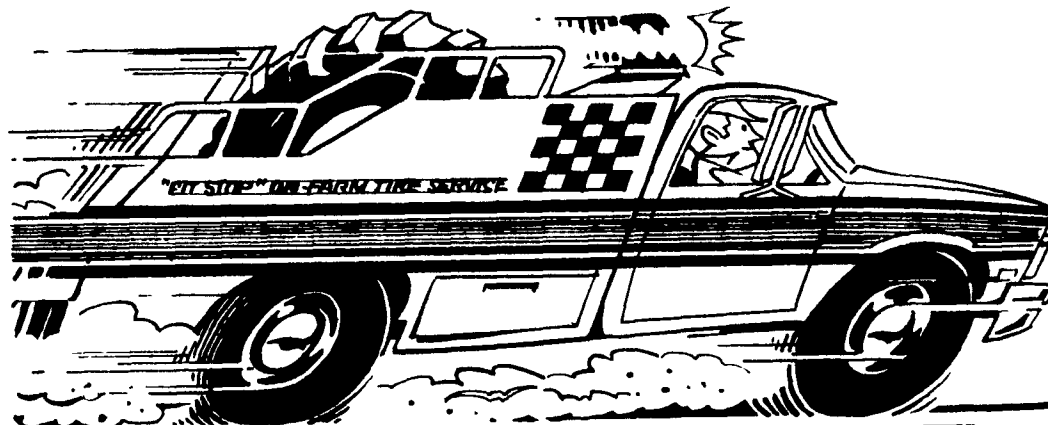
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