



## Ladies Have You Heard?

By Doris Thomas  
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Home Economist

### Washing Down-Filled Garments

If you have recently invested in a down-filled jacket, vest or coat, you will 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. Special down soaps are available, but aren't necessary.

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. 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. Lift it out of the tub very carefully.

The best way to dry your down garment is in a dryer. 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.

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 matter clumps with your fingers. Total drying may take several days.

### Freezing Eggs

If you have more eggs on hand than you plan to use in the next four or five weeks, freezing is a good way to store your surplus. Eggs cannot be frozen in their shells. Yolks and whites use different freezing techniques. Use the following directions for best results when freezing eggs.

**Whole Eggs**-Break desired number of eggs into a bowl. Mix to blend whites and yolks, but avoid incorporating air. Package, allowing 1/2-inch headspace, label as to number of eggs, date and freeze.

**Egg Whites**-Pour separated whites into freezer containers, seal tightly, label with number of egg

whites, date and freeze. To make the process even easier, freeze each white in an ice cube tray and then transfer to a freezer container.

**Egg Yolks**-Separate yolks and whites. Measure yolks. For every cup of yolks, and 1/2 to 1 tablespoon light corn syrup or 1/2 to 1 tablespoon sugar or 1 teaspoon salt. Mix to blend (avoid incorporating air). Place in freezer container. Allow 1/2-inch headspace. Seal, and freeze promptly. Egg yolks do not freeze as well as egg whites and whole eggs. The

approximate storage time for holding eggs at 0°F. is 6-12 months.

Table of Measurements for eggs: 3 tablespoons thawed frozen egg = 1 whole egg; 2 tablespoons thawed egg white = 1 egg white; 1-1/3 tablespoons thawed frozen egg yolk = 1 egg yolk.

Frozen eggs can be thawed overnight in the refrigerator or under cold running water. Once thawed, whites beat to a better volume if allowed to sit at room temperature for about 30 minutes. Use these frozen eggs just as you would use fresh eggs.

## Md. Lamb Cook-off entry deadline nears

GLENELG, Md. — The Maryland Sheep Breeders Association is accepting entries for its Second Annual Grand Lamb Cook-Off.

The Cook-Off is scheduled for May 4 at the Howard County Fairgrounds during the 12th Annual Maryland Sheep and Wool Festival.

Contest prizes include \$75 plus a Maryland lambskin, \$50 plus a gift pack of Maryland lamb, \$30 plus a Maryland leg of lamb, and prizes for 10 finalists.

A minimum of one pound of American lamb, any cut, must be used in the submitted recipe. Entries will be judged on taste (40 points), appearance (20 points), originality (20 points), and ease of preparation (20 points).

Deadline for entries is April 5. Send recipes along with complete preparation and cooking instructions along with your name, address and phone number to Peggy Howell, 14584 Triadelphia Road, Glenelg, Md. 21737 or call her at (301) 489-4342.

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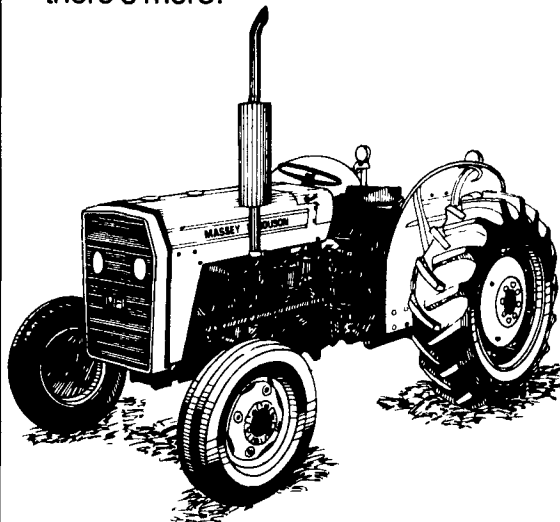
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