



## Ladies Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### The Causes And Solutions Of Lint

Washing large loads of clothing that have not been sorted may seem like a timesaver. But is it really? Consider the time it takes to rewash or brush lint from a pair of dark slacks. Linting occurred because those slacks were not washed properly.

Linting can easily be avoided by following a few simple steps. First, take the time to sort clothes. Do not think only of color, stopping after putting darks in one pile, lights in another. Also, separate garments that shed lint from those that attract it. Lint producers include bath towels, sweaters, flannel and chenille items. And very new or old clothes tend to shed the most. Lint receivers include synthetic, permanent press and corduroy items.

The next step is to use enough detergent. A sufficient amount is necessary to hold the lint in suspension until it is flushed out with the dirty wash water. Read the instructions on the detergent package and adjust the amount according to your needs. Use more detergent for larger loads, heavy soil, harder water, cooler wash temperatures or larger capacity washers.

Avoid overloading the washer. Overloading causes unnecessary fabric abrasion that increases linting. Furthermore, too big a load does not wash or rinse properly. Clothes must have room

to circulate in the washer. Be certain to select the correct water level for the size of each load.

Drying clothes in a dryer also helps to remove lint from clothes. The excess lint gathers on the lint screen. Do not let clothes overdry, particularly synthetics. A build-up of static electricity occurs that attracts lint. And like the washer, a dryer should not be overloaded. Clothes need room to tumble so that lint is removed and collected on the lint screen.

An essential routine of laundering is the cleaning of the lint filter on the washer and the lint screen on the dryer after each use.

Other suggestions for avoiding lint include shaking garments before washing; emptying pockets of contents, especially tissues; turning down cuffs to brush away lint and dirt; turning clothes that attract lint inside out before washing; and using fabric softener to reduce static electricity.

### Save Energy In Your Kitchen

Keep your kitchen cool with energy conservation. Eliminate those cooking practices that let hot air escape into the kitchen.

To save energy, adjust the oven racks before you turn on the oven heat. When basting meat, take the roast out of the oven and shut the door and then baste.

Keep your kitchen cool by making the most of your oven while it is on. Plan meals that can

be cooked completely in your oven, or double a recipe and freeze half for later.

Oven peekers are energy wasters. Do not open your oven door to check on things. Instead use your timer, thermometer, and oven window to do that. With surface cooking, the way to save energy is to use pans that fit the burners. For example, do not put a 5-inch pan on a 10-inch burner.

Another conservation technique is to start foods on high and then reduce the temperature once boiling begins. With electric ranges you can turn the burner off a few minutes before the food is finished cooking and the remaining heat will continue to cook the food.

Of course, one of the best ways to stop the fuel bills from rising is to keep your oven and range in good working order.

It does have, however, as much taste, texture, nutritional value, and stability as ice milk, says Douglas Goff who developed the tasty, low-calorie recipe. Goff is a doctoral candidate in the Department of Food Science in the New York State College of Agriculture and Life Sciences at Cornell.

Two new food ingredients - polydextrose and aspartame - have made the creamy concoction

possible. Polydextrose is a starchlike compound that is used as a bulking agent in puddings, baked goods, candy, salad dressings, and gum. Most of it is indigestible, passing through the human body with only a little of it absorbed.

Aspartame, a sweetener 200 times more potent than table sugar, is a popular low-calorie sweetener used in soft drinks, powdered drink mixes, cereals, gum, and gelatin desserts. It has not yet been approved by the Food and Drug Administration for use in frozen desserts, however.

By blending polydextrose and aspartame, Goff was able to develop a sweet, smooth, and creamy frozen dairy dessert with only two percent butterfat, compared with ice milk which may be two to seven percent fat but usually is about four to five percent fat, and ice cream, which is 10 to 20 percent fat.

Goff's dessert also has only 44 calories per serving, compared with 100 calories in ice milk and 135 calories in ice cream.

That's a boon to millions of health and calorie-conscious Americans. With 30 percent of middle-aged women and 15 percent of the middle-aged men considered obese (more than 20 percent over their desired weight), many consumers are turning to foods that are "light" or calorie reduced.

Such a tasty low-cal, low-fat frozen dairy dessert also would benefit the millions of Americans who are trying to cut down on the amount of fat, particularly saturated fats, that they consume in their diets as recommended by

the National Academy of Sciences. "Light is in vogue and weight watching is serious business," Goff observes.

Nevertheless, ice cream, which uses about 10 percent of the nation's milk output, is one of the country's most popular desserts. We consume almost 18 pounds of it a year - more than any other nation on earth. In fact, it is the third most common item in our supermarket baskets. As more consumers have been trying lower-calorie alternatives, ice milks, frozen yogurts, and dietary frozen desserts have become increasingly common. Soon, they may have another dessert to choose from.

"Although not as creamy as ice cream, our 35 experienced taste panelists rated our dessert as good as a nationally available, very successful ice milk," says Goff. "In fact, except for the calories and fat, the product is very similar to ice milk."

Several commercial firms have adapted Goff's recipe for their own low-calorie dairy frozen dessert, but none have yet been able to market their products because they are waiting for FDA approval of aspartame in frozen desserts. Goff expects, however, that approval will come within the next few months.

"Within a month of approval, these products should be available," Goff says. "Hopefully, they will be on the market by the end of the year."

Goff is a graduate student working with William Jordan, professor of food science and an ice cream specialist at Cornell.

## Listen up dieters - a new dairy dessert with half the calories of ice milk

### Solanco 4-H Club

The Solanco Community 4-H Club met recently at the Hoffman Building in Quarryville.

Two demonstrations were given. One, from Pet Care, told the members how to take care of a pet goat. The other, from Sewing,

demonstrated the proper accessories and posture for modeling a finished sewing project.

Fred Stauffer and Jim Lefever, kite enthusiasts, showed the 4-Hers many different types of kite string and kites, and gave safety tips for flying a kite.



### WOOD BUTTER STAMPS & MOLDS (Clamp Molds Pictured In June '84 "Country Living")



Make butter special, or use to decorate your country kitchen. Made of easy-care boxwood and ashwood.

#### Butter Stamps

- L2580: 1 1/2" diam. (flower only) ..... \*10\* plus 1.00 P/H
  - L2580A: 2" diam. (flower only) ..... \*11\* plus 1.00 P/H
  - L2581: 4 1/4" diam. .... \*14\* plus 1.50 P/H
  - L2582: Round Dish Mold 4 3/4" diam. .... \*19\* plus 2.00 P/H
- Clamp Molds w/fluted sides
- L2584: 10" long ..... \*24\* plus 2.50 P/H
  - L2585: 8 1/2" long ..... \*20\* plus 2.00 P/H
  - L2586: 6" long ..... \*17\* plus 1.75 P/H

\* NYS residents add 7% sales tax  
PLEASE SPECIFY: Cow or Flower pattern  
Send check or money order to:

**UPCOUNTRY CRAFTS & COMFORTS**  
RD 1, Stevens Rd., Box 134, Gouverneur, NY 13642

**HOSKINS MFG.**  
HOSKINS NEBRASKA

BULLS EYE FOR QUALITY

*Automatic*  
**RED TOP LIVESTOCK WATERERS**

RED TOP CATTLE & HOG WATERERS      RUB MOST HOG OILERS

*Quality Doesn't Cost it Pays*

**HORSE AND CATTLE WATERERS**

**HC 14-26"**  
Horse & Cattle Waterer  
5 gallon s.s. tank, with Brass Bob valve. Ideal for fence line use. Model A (250 watt) heat unit 28" long by 14" wide

**SC 32-16" or 26"**  
15 Gallon s.s. Tank  
Handles 50 or more head of cattle  
Brass Bob valve, Model B (500 watt) heat unit

**MANY OTHER MODELS AVAILABLE**

**COMPLETE SYSTEMS, EQUIPMENT, SALES, INSTALLATION, SERVICE FOR CATTLE, HOG, POULTRY AND GRAIN**

AGRI-EQUIPMENT, INC.

RD 4, East Farmersville Rd., Ephrata, PA 17522  
(Lancaster County)  
**(717) 354-6520**

STORE HOURS: Mon.-Fri. 7:30 to 4:30; Sat. 7:30 to 11:30 (Parts Only)