Have You

Heard?

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Don't forget your carpet when you clean after the holidays

Holiday time often brings an increase in home entertaining. When you put away your Christmas decorations you may notice that your carpet appears dingy.

If your carpet has that forlorn "clean me" look when you put your Christmas decorations away, consider some do-it-yourself revitalization.

For light cleaning, try dry powders. Sprinkle oil and dirt absorbing granules over the carpet's surface, working them into the pile with a brush. This method does not distort the texture, but vacuuming up all the powder can by tricky.

Aerosol spray foams are convenient for spot cleaning. Spray a thin layer onto the carpet; work the foam into the pile with a damp sponge or still brush. When dry, vacuum to remove the loosened dirt. Spray foams are effective on lightly soiled areas, but they are expensive and may leave a slight residue which can become a magnet for dirt.

Shampooing with water and a detergent solution cleans the top portion of a carpet to leave it looking brighter. But be careful not to overbrush the pile in any spot. This can cause textural damage to the fibers, especially in low density carpeting with long pile or soft yarn twists. Also, frequent cleansing with this method may leave a residue that leads to resoiling.

Often called "steam" cleaning, hot water extraction is the method

Extension service seeks volunteers

NEWARK, Del. - Volunteers are critically needed for the Volunteer Financial Counselor Training program set up by the New Castle County Cooperative Extension Office.

Home economist Debbie Amsden states that a need for the program is indicated by increasing reports from social service agents and weekly telephone calls to the extension offices from families who are in debt or have recently had an income loss.

Volunteers need no previous experience and may develop personally helpful skills in the training program. They will be required to meet with four families during the year under the supervision of an Extension agent or

used most frequently by carpet care professionals. If you are interested but don't want to hire the work out, equipment is available at most rental stores. This method uses a special machine to force hot water and nonfoaming detergent into carpet pile. A powerful vacuum removes dissoved soil, causing little or no textural change and leaving no residue to dull a carpet's color or attract more dirt. In fact, steam cleaning is the best way to remove residues left from other cleaning methods.

If you follow instructions, each of these do-it-yourself cleaning methods can produce satisfactory results, and your carpet can look as though it had a face lift.

Does holiday time bring cavities?

The time between Christmas and New Year seems to be candy time and many parents wonder if candy will give their child cavities? According to food scientist the answer is mixed. While many studies link sugar consumption to cavities, the number of dental cavities depends more frequently of sugar consumption than on the total amount your child may eat.

A bag-full of box of candy does not have to lead to cavities if your children can be persuaded to be reasonable about how they eat it. First of all, encourage them to share the holiday candy they really don't want - nicely wrapped, extra candy can be a welcome gift to many adults. The candy they eat should be eaten as part of a regular meal (and save you the trouble of making desserts). Be sure they always brush their teeth after eating sweets.

program in other ways.

The Cooperative Extension Service decided to expand its financial counseling program through volunteers after more than 80 families with budget problems were helped in the past year by Amsden and Mary Alice Morris, an extension home economist in Wilmington.

Anyone interested in volunteering for the seven-session program is asked to call the Cooperative Extension Office in Newark at 451-1239 or in Wilmington at 571-2284 for registration forms or questions. Fee for the course is \$5 for a notebook of materials. Scholarships are available.

Deadline for registration is Jan.

