



Have You Heard?

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Oily Stains: A Laundry Problem
Oily greasy stains on clothing are a common laundering problem. They can be caused by a number of factors including the use of an insufficient amount of detergent to hold the soil in solution until the end of the wash cycle. To resolve the problem, treat the stains with a prewash stain remover or a liquid laundry detergent. Then, launder with an increased amount of detergent. To prevent the problem, use a sufficient amount of detergent.
A wash water temperature that is too low is another cause. The problem can be remedied by increasing the temperature and can be prevented by using the hottest water safe for the fabric being laundered.

Another major cause of oily stains is the incorrect use of a fabric softener. When undiluted fabric softener is poured directly on fabrics, staining can occur. Remove the stains by rubbing with a bar of soap before laundering. To prevent the problem, dilute a liquid fabric softener before adding to the washer.
Problems arising with the use of a dryer-added fabric softener can be caused by drying too small a load, selecting an improper dryer cycle or using too high a temperature. In each instance, remove the stains by rubbing the fabric softener stains with a bar soap, and launder. Prevent a recurrence caused by too small a load by adding a few bath towels to the dryer load for proper tumbling.

Select the appropriate dryer cycle to avoid staining caused by an improper cycle selection. If a dryer is too hot, reduce the dryer temperature.

An Update on Sulfites
Sulfites, used extensively in the food industry as a preservative, have been linked with health problems, and even death, in certain people eating sulfite-treated food. Asthmatics are particularly sensitive to sulfites.

In the past year 21 deaths and 500 adverse reactions associated with sulfites have been reported to the Food and Drug Administration, eliciting consumer concern and several FDA recommendations concerning product labeling and use restrictions.

To date, the FDA recommendations are still proposals, not regulations. So consumers have very few food labels and only voluntary restaurant labeling as guides.

The list of foods containing sulfites is extensive—many baked goods, alcoholic beverages, some fruit juices and cola drinks, some condiments, confections, fish products and some seafood, grain products, jams and jellies, nuts, processed fruits and vegetables, snack foods, canned and dried soups, sugars, gravies and sauces, and sweet sauces. The amount of sulfite in each food varies considerably.
When you cook vegetables and

grain products at home the sulfites are lost because heating causes volatilization, or evaporation. The same effect minimizes sulfite content in processed (canned, frozen and baked) foods. The foods that appear to cause the most problems are fresh fruits and vegetables used for display such as in salad bars, along with dried fruits and instant potatoes.

Forty percent of the sulfite complaints received by the FDA were associated with raw fruits and vegetables in restaurants. Last August FDA proposed banning the use of sulfites on raw or processed fruits and vegetables which are served or sold to consumers as fresh in food service establishments. In November the agency added prescription drugs to the list, proposing a mandatory warning label on all drugs containing sulfites. A proposal

tightening food labeling standards has also been proposed.

Until some action is taken to change these proposals into enforceable regulations, consumers, especially those who suffer from asthma or other allergies, should carefully consider what foods they eat.

Read all food and drug ingredient labels carefully for any mention of the sulfiting agents used in food and drugs. Look for sulfide dioxide, sodium and potassium sulfite, sodium and potassium bisulfite, and sodium and potassium metabisulfite.

Avoid eating dried fruits and processed potato products.

If a sign is not posted, ask the managers of restaurants with salad bars if sulfites are used in food preparation.

Drink alcohol in moderation.

Summer camping trips are easier with Camp Stamps

WASHINGTON, D.C. — Camping in National Forests will be more convenient and economical than ever before because of Camp Stamps, which provide a 15 percent discount on camping fees.

Campers may purchase Camp Stamps from Forest Service offices or at participating local merchants before arriving at a campground. With the discount, for example, campers can purchase stamps valued at \$10 for \$8.50.

The stamps come in various denominations and are color coded for ease of use.

After arriving at the campground, campers can pay for their stay by using the stamps instead of cash. This is done by

affixing the stamps to the fee envelope and depositing them instead of cash at self-service fee stations.

Camp Stamps benefit both campers and the Forest Service. They can eliminate the problem of having the exact change to insert in the self-service fee collection stations. They also help reduce administrative costs for the Forest Service by reducing the need to collect and count cash, make change, process checks and deposit funds.

For more information on Camp Stamps, contact your local Forest Service office or send a postcard to Camp Stamps, Forest Service, USDA, Dept. B, P.O. Box 2417, Washington, DC 20013.

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