



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Shades Of Style

Pleated shades and vertical blinds have become the emerging stars of alternates to the traditional window coverings. Their popularity is understandable because these window coverings look like curtains and draperies, yet offer the contemporary look and function of blinds. They are also being designed with every type of decor in mind. Whether a home is traditional or ultra-modern, these window treatments can enhance the look. Even better,

the shades and blinds require very little maintenance.

The variety of fabric vertical blinds and pleated shades available is a far cry from the old sleek look of the metallics. First, the approach was softened by combining the mini-blind profile to fabrics to make pleated shades. Then, fabric was applied to vertical vanes. Now, the very newest styles imitate the soft, see-through look of sheer curtains. This is accomplished with voile, eyelet and lace fabrics, which are similar

to the materials used in panels and priscilla curtains.

Another way that the sheer look is accomplished is by poking tiny holes in mini-blinds and verticals. When seen up close, the pinholes merge to simulate the effect of sheer curtains.

There are also semi-opaque polyester fabrics in a variety of rich tones and sophisticated prints to emphasize how versatile and stylish these window coverings can be. Other types include vertical vanes of fiberglass yarns that are coated by means of a special process to give a soft hand with a soft look.

Many of the window coverings are anti-static so that dust is repelled. Others are treated with a fabric protector for easy release of any soil. The bottom line in care is simply vacuuming with the brush attachment or a spot cleaning with detergent suds. It's no wonder that these shades and blinds have met with such popularity.

Picnic Foods: Be Safe Not Sorry

Late summer weather means picnics and other outdoor meals.

Don't spoil an enjoyable event by making people sick from food poisoning.

On a three-hour trip to the picnic site on a 90-degree day, food that starts out chilled can become dangerously warm. If you wait an hour or two to serve it, there's an even greater opportunity for harmful bacteria to grow - and a greater chance of food poisoning. Remember that bacteria grow best in warm, moist conditions.

For picnics and long-distance trips, plan meals with less perishable foods or transport foods in insulated containers with plenty of ice.

When preparing food for picnics, wash your hands after handling raw chicken to prevent the spread of bacteria to other foods. Clean your cutting board with soap and hot water after each use.

Carry perishable foods such as fried chicken, potato salad, tuna salad and hamburger in insulated bags or chests. Be sure to use plenty of ice, dry ice or reusable cold packs. An insulated container alone is not enough, especially on a hot summer day.

Cold foods such as cream pies, seafood and dishes made with eggs, meat and poultry must be

kept cold (below 40°F.). Do not let these foods stand at room temperature more than two hours. Foods meant to be served hot, such as meats, seafood, and poultry, must be kept hot (above 140°F.). Bacteria grow best in lukewarm foods. Never let these foods stand at room temperature more than two hours.

Food poisoning can cause diarrhea, vomiting, stomach cramps and other unpleasant symptoms which can last for several hours or several days. In young children and elderly people, the symptoms can be more severe. Often people mistake food poisoning for a simple "bug" or virus. The real cause may be food that was not properly handled, prepared or served.

Picnics and outdoor meals are fun, but need careful planning. Decide how many people you can safely serve by preparing food quickly and keeping it cold (or hot) until serving time. Also consider where the food will be prepared, the size and number of your cooking utensils, and your supply of insulated food containers. With careful planning and preparation, you can prevent food poisoning.

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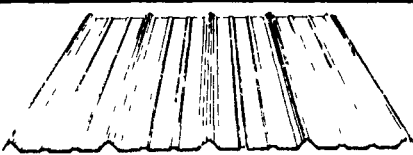
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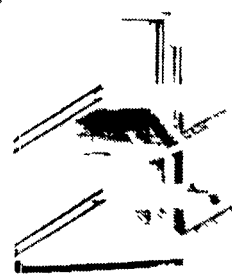
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