



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Fall Cleaning of Windows

Fall housecleaning today does not create the upheaval in most homes that it used to create when room-by-room was taken apart, cleaned and put back together. Today wise homemakers spread out the cleaning chores throughout all seasons of the year.

Summer grime on windows does need removing, however and I want to share a few tips that will make window cleaning easier.

Cleaning windows is easy with a solution of either white vinegar or household ammonia and water. For hard water or salt deposits, use a white vinegar solution, while ammonia and water is best for heavy, greasy dirt. However, do not try to accomplish the cleaning operations by combining vinegar and ammonia because they neutralize each other.

Vacuum both sides of your draperies about once every month or two. Draperies may need to be drycleaned when they get soiled, but don't wear them out by drycleaning them every year. Curtains may need to be laundered, especially if they were used near open windows during the summer months. Do not neglect the rods, carriers and drapery pulls when

curtains and draperies are down for cleaning. Remember they get dirty too.

Washable window shades can be unrolled and wiped with a mild detergent solution then rinsed and wiped dry. Hang, but do not roll up until the shade is thoroughly dry.

Vacuuming non-washable shades will take off most of the dust but to remove spots and stains, use a commercial dough-type wallpaper cleaner or an art gum eraser.

Dust venetian blinds or mini blinds with the dust brush of your vacuum cleaner regularly. Wash them with a mild detergent solution when they become soiled.

Bamboo blinds, stick blinds or roll-ups cannot be washed, unless they are made of plastic. Dusting regularly with a soft cloth or vacuum attachment will freshen their appearance.

### Be Patient During First Weeks Of School

The new school year brings on many adjustments for students. Many parents tend to minimize the importance of these adjustments, and sometimes view each school year as being similar to the last.

Children are susceptible to pressures created in school. If your

child did satisfactory work last year, that work will probably continue, but not necessarily. Each new school year, new subjects, and new teachers will call for a certain amount of adjustment on the part of the student. An individual child's manner of adjustment may even differ from year to year.

One year the child may return to school and the parent will barely notice the change. The very next year, the child may become very "cocky" or noticeably quiet or moody. In a study of ninth and tenth grade girls, who were asked to list problems or areas of difficulty, adjustment to school work was listed the greatest number of times. Other studies have shown similar results.

Patience, understanding, and encouragement are called for as each school year begins. It is important to remember that the child in your family is not the same person he/she was last year. The child has developed, has grown more and probably quite rapidly. Interests change, new doubts arise, old friends move on. This means that the child must redesign at least a few aspects of his/her life. For some children this is not an easy task.

The study found the second biggest problem centered around personal-psychological relations. Classmates of last year are no longer classmates. Everyone seems to be on a different schedule. Over

the summer some friends moved away physically or emotionally. Friends of last year may choose new friends this year.

The third leading problem reported in the study had to do with social and recreational activities. Because so many of children's waking hours are filled with school

activities, the child's social and recreational life truly belong to the school. This requires adjustment. Most children adjust very well to back-to-school pressures but some do not. With your help most of the pressures will subside in a few weeks and your child will adjust to the normal routine of school life.

## Use Pattern Guidesheet

When you sew, cutting layouts on commercial pattern guidesheets can be a big help. The layout has been carefully tested to show you how to cut out the garment with the least amount of waste. It's also useful in matching plaids or designs. Before you start, Maryetta Dorricott, Delaware County Cooperative Extension Home Economist advises that you select the pattern layout you'll need for your pattern size, the width of your fabric and the view of the pattern you plan to make. For an easy reference, circle the layout you'll be using.

The guidesheet gives directions for laying out the pattern, defines the terms used and gives direction for placing pattern pieces on the straight of grain of the fabric. To save confusion, read the directions before you pin the pattern on the fabric.

The guidesheet will also show you if some pieces of your pattern have to be cut on the right or wrong side, on a single or double thick-

ness of fabric or along a fold or a selvage. And each pattern piece is marked with a straight line or an arrow to help you accurately place on fabric grain and indicates seam widths and fold lines.

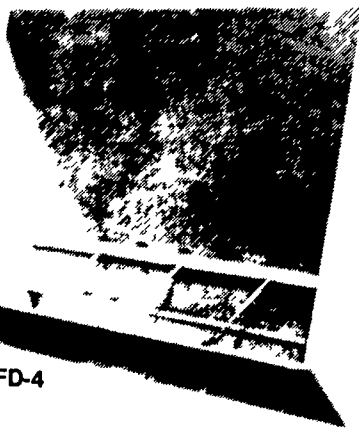
All the planning and laying out of a pattern has been done for you. Now all you need are your pins and scissors.

## Sewing Network

LANCASTER — The Lancaster Area Sewing Network will present "Fashions for All Seasons" on Monday, September 28, at 7 P.M. at Fellowship Hall, 502 Elizabeth Drive. Members will model their personally constructed fashions. Door prizes and refreshments will be served. Tickets are \$4. To receive tickets by mail, make your check payable to the Lancaster Area Sewing Network. Include a self-addressed, stamped envelope. Mail to Tommie Harsh, 392 Jay Lane, Mountville, PA 17554. For more information, call Tommie at 285-4309.

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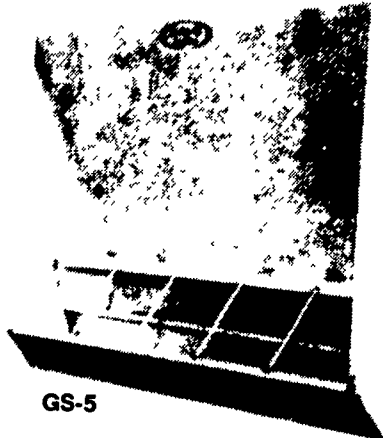


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