



## Have You Heard?

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### WARM YOUR WORLD WITH COLOR

If you are planning to paint your home this fall, let color help you conserve energy and feel warmer during the coming winter months.

Interior ceiling and walls should be painted in light colors for energy conservation. These colors reflect light so that less artificial lighting is needed. The amount of light reflected by various colors varies considerably. White reflects eighty percent of the light in a given space, while dark green reflects no more than nine percent. Some fashionable colors, listed in order of their usefulness as light reflectors, are white, pale ivory, peachy beige, lemon yellow, buff, peach, pale green, pale blue, rose and dark green. Glossy paint finishes reflect more light than flat finishes.

Psychological warmth can be added to a home by certain colors. Reds, oranges and yellows make a room warmer looking. Rooms dominated by blues, greens and violets will seem cooler.

Another way to add warmth is through the use of decorative accessories. Use accent colors of red, yellow and orange in fabrics, pillows, artwork and other furnishings. Textured materials as opposed to shiny ones also lend a warmer touch.

Once paint colors have been selected that coordinate with room accessories, it is time to prepare for the painting project. Assemble all the items necessary to complete the job. They should include the following: stepladder, paint, applicators (rollers, brushes, pads), dropcloths, screwdriver (to remove door knobs, switchplates and wall hooks), masking tape to edge areas you do not want to paint, paint thinner or turpentine (for cleaning up when using oil-based paint).

Before painting, walls should be carefully cleaned. Paint does not adhere well to a dirty surface. Walls should be washed with an all-purpose detergent starting from the bottom up. While the natural tendency is to start at the top and work down, this sequence allows water to run down over soil, creating stubborn and difficult to remove streaks. These streaks are much easier to remove from areas still damp from washing. Surfaces should be completely rinsed and allowed to dry before painting.

Any cracks and nail holes should be patched with spackling before walls are painted. Glossy surfaces need to be dulled because it is difficult to achieve good adhesion over old enamel coatings. A surface can be dulled by sanding or applying a deglosser otherwise known as "liquid sandpaper."

### KEEP THOSE APPLIANCE USE AND CARE BOOKS

You may not think of those use and care books that come with home appliances as valuable reference works, but they are. Use and care books can save you time, money and aggravation.

A clearly written, well-organized use and care book can help you select the appliance in the first place because it gives you information about what the appliance will and will not do.

They are essential for learning how to operate the appliance properly and efficiently and most of them explain safety or energy saving features in detail.

A good use and care book will tell you how to maintain the appliance, and it should contain a checklist that you can use to diagnose and possibly handle simple problems before you call for service.

This is extremely important since in-home repair service is expensive. No one wants to have a

HARRISBURG — All it takes is 15 minutes to win the Pennsylvania Dairy Promotion Program's low fat, low calorie dairy recipe contest, according to Promotion Coordinator Donna Verner. October 31 is the deadline for the statewide contest.

Co-sponsors are the Penn State's Family Living Extension and the Pennsylvania Department of Agriculture.

Food professionals and employees of sponsoring groups can not participate in the contest, but Verner timed herself just to see how tough it might be.

serviceman come to their home simply to throw a switch on the circuit breaker or plug in an electric cord that has come loose.

If you do need service, the book should tell you where to get it. In some cases it will contain the warranty.

To gain the most satisfaction from a new appliance, you should carefully read the use and care book and become familiar with its contents. Store the information where it will be easy to find and use. Consider establishing a notebook or special file just for the use and care information on all your appliances. If there is a special place for them, they will be there when you need them.

"It was easier than I thought," Verner says. "Biggest job for me was finding my favorite recipe."

To keep it simple, she notes, entries have been limited to main dishes. At least one Real low-fat dairy product must be featured.

Grand prize is \$1,000. Other awards range from \$100 for second place, \$50 for third to \$25 for four runner-ups.

Verner says contestants may submit up to five recipes but awards will be limited to one per household. All entries become property of the sponsors.

For added glamour a cookoff is scheduled January 11 for the seven finalists who will be announced November 30.

Judging will be based on effective use of lowfat dairy products,

taste and visual appeal, originality and creativity, in addition to ease of preparation and nutritional quality.

State exact amount of each ingredient in the order that it is used. No brand names or imitation dairy products should be specified.

Include approximate number of servings, and preparation time.

Name the recipe. "This is important. It helps sell the recipe," Verner notes.

"Now take a minute to check entry, making sure you include your name, address and telephone number," she advises.

Mail entry to "Make It With Milk," Pennsylvania Dairy Promotion Program, 2301 North Cameron Street, Harrisburg, PA 17110-9408.

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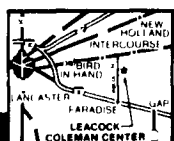
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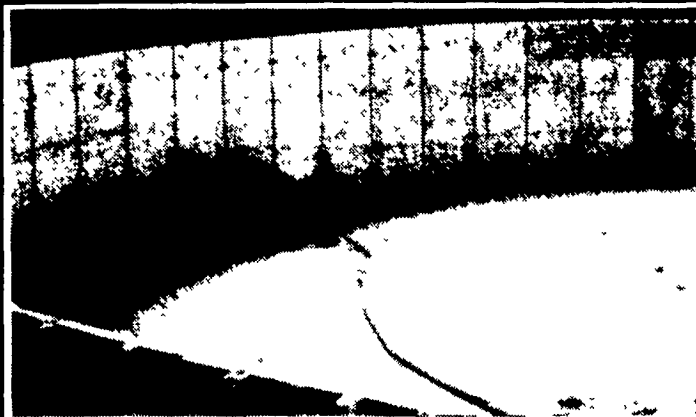


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