



## Have You Heard?

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Home Economist

### About Blanket Care?

It will soon be time to store winter blankets. Woolen blankets need to be cleaned before being stored. CHECK CARE LABEL, and if laundering is recommended consider the following method. Carefully read the following directions to avoid a combination of heat, moisture, and agitation that can cause wool fiber to felt.

Fill your washer with cool water, add detergent and agitate to completely disperse the product. Stop the washer and load the unfolded blanket evenly around the agitator. Soak for 10 to 15 minutes, then agitate on the gentle cycle for one minute. Stop the washer. Advance the timer to the drain cycle and spin for about one minute.

Rinse by filling the washer with cold water for a deep rinse. Add fabric softener and allow washer to complete the rest of the cycle automatically. For dryer drying, set temperature selector to the "high" setting. Place three or four dry bath towels in the dryer and turn the dryer on for a few minutes. Heated towels help to absorb moisture and dry the blanket more quickly. Reset your temperature control to "air" or

"fluff" and place the blanket in dryer. Set timer control to 20 minutes.

Check after ten minutes and remove the blanket while still damp. Over-drying and excessive tumbling may cause shrinkage. Place the blanket on a flat surface or stretch over two clothes lines to complete drying. Brush up the nap using a nylon brush. Press the binding with a cool iron, if necessary. To line dry, hang the blanket over two parallel lines and straighten. Then brush up the nap with a nylon brush.

### Fine Tune Your Retirement Marriage

If a marriage is to satisfy the needs of both husband and wife in retirement, some fine tuning is probably in order. Perhaps you have been able to do some advance planning. That's a good start, but developing some strategies for everyday living can add smoothness, purpose and variety to each week.

Joint planning helps you maintain a sense of control over your life as a couple. Instead of being propelled by outside forces, you can be the planners for much of your life. You will feel a greater sense of accomplishment and relaxation if you get out the calen-

dar and figure out the right balance of activities for each of you a week or more in advance.

Prior to planning, assess how well you are monitoring two extremely important factors in retirement life satisfaction: HEALTH and FINANCES. Are you assuming responsibility for maintaining the highest level of health fitness as possible? Regular medical checkups? An exercise program in consultation with your

physician? Treatment for chronic ailments? Nutritious meals? Weight watching?

What about your FINANCES? Regardless of your income, do you discuss and shop for the best interest on savings? Do you plan expenditures together? Do you have a clear picture of your financial situation? Do you know how much each of you would have to live on if widowed?

As you plan together, ask if you

are doing the following: Showing interest in your spouse's abilities and individual activities? Planning some time together each day doing something you both enjoy? Allowing time for personal neatness and grooming? Planning special activities with other people? Planning time to help others in whatever ways you can?

If you and your spouse disagree about use of time or the kitchen be ready to compromise.

## Cedar Crest

Recently the Cedar Crest FFA participated in the Berks, Lebanon, Schuylkill Area Small Gas Engines and Meats Judging Contest held at the Berks County Ag Center.

The Small Gas Engines Contest consists of a written test and repairing a bugged engine so that it will start and run to specifications. There were two different teams that represented Cedar Crest. Tom Camasta and Andy Ill comprised team 1 and Eric Williams and Brian Boyd were team 2. As a team, Camasta and Ill placed seventh and the Williams and Boyd team placed second. Camasta was fifteenth individual, Ill was eleventh, Williams placed second, and Boyd placed fourth. They were the first place Lebanon County team. Williams and Boyd will represent the Berks, Lebanon, Schuylkill area in the State Engine Contest in June.

The Meats Judging participants from Cedar Crest were Brian Knapp and John Risser. The contestants took a written exam and were required to identify various cuts of beef, pork, and veal as well as evaluate a class of beef carcasses.

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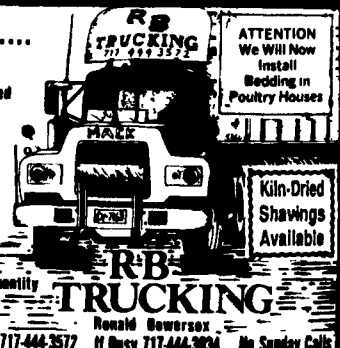
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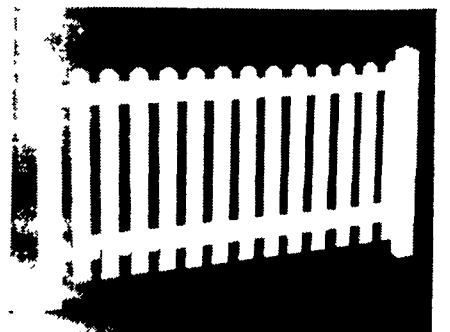
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