

**Family Living  
Focus**

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Lancaster County**



**Mildew: A Sign of Summer**

Just as sure as summer is on its way so is mildew. The warm, humid conditions of summer days are perfect for growing a thriving crop of this fungus.

It can appear on siding, walls, bathrooms, carpets, shoes and anywhere that there is sufficient food and moisture for growth. Mildew is a form of fungus and although most types are black, some are red, green, or other colors. Mildew spores are almost everywhere. But to grow they need the right conditions.

Its favorite foods include organic materials like paper, leather, natural fibers, or surfaces coated with even the slightest amount of organic matter such as food, grease, soap scum, or soil.

Its favorite temperature is in a range of 77 to 86 degrees Fahrenheit, but some will grow in temperatures as low as 32 degrees or as high as 95 degrees Fahrenheit. Mildew does not require oxygen for growth nor does it need light. In fact, strong sunlight will kill it. To prevent mildew growth, remove

the source of moisture, ventilate the area adequately, and dry the air. Without moisture mildew will not grow. The optimal relative humidity range is from 70 to 93 percent. Relative humidity below 70 percent inhibits most mildew growth.

Adequate ventilation will also inhibit mildew growth. Be sure to use bathroom exhaust fans and exterior vented range hood fans, or open windows and doors to exhaust excess steam from the bathroom or kitchen. Clothes dryers should be vented outdoors. During the air conditioning season, windows and doors probably should not be opened at night unless the outside air is at least 15 degrees Fahrenheit lower than inside temperatures. As much as 7 or 8 pints of water can be brought into the house during the night. The next day, the air conditioner would have to work much harder to remove the moisture.

If you have no air conditioner, a dehumidifier can be used. Dampness in the basement is often caused by condensation of warm,

moist air on cooler interior wall and floor surfaces. There are three ways to overcome this effect: improve the insulation of the walls, provide heat in the basement, or use a dehumidifier in the basement. If the basement is continually wet from water leaking through cracks in the walls or floor, be sure that outside drainage is adequate.

The procedure for removing mildew depends on the surface on which it is growing. For exterior painted surfaces, scrub with a soft brush and a solution of 1/3 cup detergent, 1 quart household chlorine bleach, and 3 quarts warm water. Use rubber gloves when scrubbing. Then rinse well. The surface can then be treated with a commercial fungicide and, if necessary, repainted with a mildew-resistant paint.

To prevent mildew from growing on siding, be sure there is good air circulation between plantings and the house. At least two feet of air space is recommended between the house and the plantings. Paints such as latex flat paints are the most susceptible to mildew, especially when linseed oil base primer is used.

For interior painted surfaces, scrub mildew paint or plaster with a solution of 3/4 cup household bleach to 1 gallon of water. Rinse clean with water and allow to dry thoroughly before painting or papering.

For bathroom or basement walls, scrub surfaces with a solution of 1 quart of chlorine bleach, 2 tablespoons of liquid detergent,

and 9 quarts of water. An old toothbrush can work well to scrub the grout around the bathroom tile. After letting the surface dry, rinse with plenty of water.

Plastic shower curtains can be washed by machine with chlorine bleach and detergent. Use a warm water rinse for plastics and hang to dry while warm to minimize the wrinkles.

Wood furniture should be vacuumed first. Then clean with a soft cloth dipped in a mild detergent and water solution and wrung

almost dry. Work with a small area at a time, rinsing with a cloth dipped in clean water and wrung almost dry.

Dry each area thoroughly before going on to the next area. Keep in mind that water will damage wood if allowed to stay on it. But better than cleaning up the mildew after it occurs is to prevent it by removing the source of moisture. Be sure the area is well ventilated, and that the air is dry. Summer will be more enjoyable if you don't have to keep after the mildew.

**Checkoff-Funded  
Efforts Keep  
Beef Popular**

Magazines and newspapers are rediscovering the appeal beef has with readers, as evidenced by increasing numbers of articles and features appearing nationwide. Much of the publicity is inspired or enhanced through checkoff-funded assistance to publication editors and writers.

A recent article in the April 1996 issue of Country Living symbolizes the editorial return to beef. "Beef is Back," headlined the 8 1/2-page article. "After a brief fall from grace, beef is again drawing crowds to steak houses, while leaner cuts have reclaimed starring roles at home." With six recipes and four full-page color photographs, the article showcases recipes and meal ideas that encourage consumers to choose beef more frequently. It was made possible by an ongoing, one-on-one

relationship between the test kitchen staff of the National Cattlemen's Beef Association (NCBA) and the food writers at Country Living, which has a circulation of 1.8 million and reach of 4 million readers.

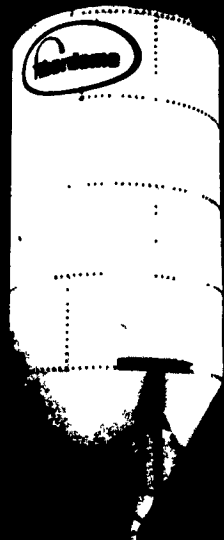
Overall, efforts by the test kitchen staff to place more stories about beef are having tremendous success in 1996. Since Oct. 1, 1995, editorial placement efforts have resulted in 3,669 placements, with a combined circulation of more than 488 million. Last year at this time, 3,092 placements had been made to publications with a similar combined circulation.

"The relationships we've developed with these publications are really helping to generate more great exposure for beef," according to Marlys Bielunski of the NCBAS test kitchens.

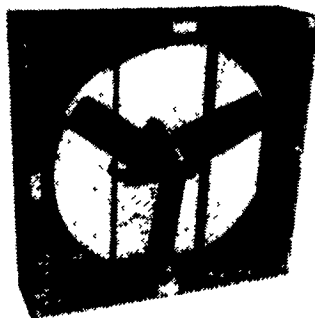


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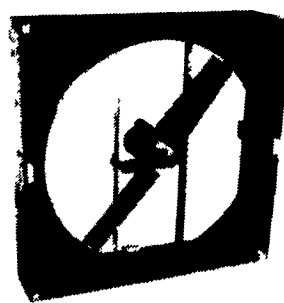


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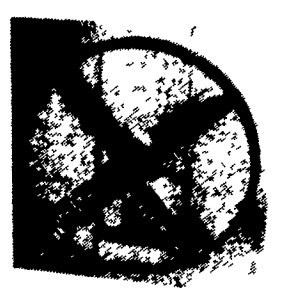
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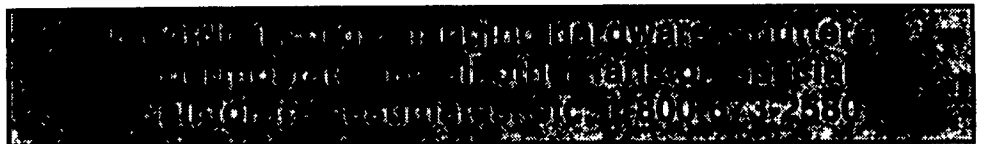
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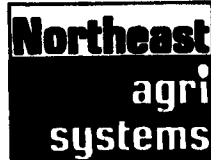
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