

Timely Tips for Women

by Doris W. Thomas

Washing Electric Blankets

When using home laundry equipment to wash and dry electric blankets, follow instructions carefully. Every new electric blanket carries washing instructions. If you misplace the instructions, follow the following general washing procedures: Use a washer that extracts water by spinning. Do not put electric bedding through a wringer because fine wires may be damaged. Pretreat soiled binding or spots with a paste of detergent and water rubbed in with a brush. Disconnect removable electrical parts. Tie any dangling parts loosely in a washcloth or small towel to protect them during laundering. If the electric blanket is made of wool, wash and dry as you would a wool blanket. Omit any stretching or wringing. For fabrics other than wool, fill the washer with warm water. Add detergent as for a normal washing and agitate to dissolve. Add the blanket, push under water. Agitate for two minutes or soak for ten minutes — whichever is indicated by the amount of soil and type of fabric. Advance the control to the spin cycle and let the machine complete the spin. Fill for the rinse and agitate two minutes. Spin again. Put through an identical rinse and spin. Add a fabric softener to the last rinse if desired. Directions on some electric blankets permit tumble drying. Others don't. Follow directions in either case. If you can tumble dry the blanket, preheat the dryer on medium heat with five or six bath towels in it. Add the blanket, tuck the warm towels into the folds of the blanket. Dry for a short time — about 10 minutes. Remove the blanket while still damp and finish drying in the air — over-drying may harm the blanket's heating elements.

February Plentiful Foods

It's Leap Year—that time once every four years when February picks up an extra day. USDA's February list of Plentiful includes eggs, split peas, peanuts and peanut products, potato products, canned corn, canned peaches, prunes and prune products, canned fruit cocktail, winter pears, apples, oranges, grapefruit, & corn (hominy) grits.

Want to be imaginative in the kitchen? Change the ordinary fare to "something special" on your menu.

Fruited Apple — Bake apples, stuffed with chopped prunes and peanuts.

chill until firm, serve on lettuce.

Apple Split Pea Soup—Top split pea soup with a few thin slices of unpeeled red apple that have been dipped in lemon juice.

Grits and Eggs—Add crumbled, cooked bacon to cooked grits, serve with scrambled eggs to which sauteed diced green pepper has been added.

Potato Topper — Spoon the garlic-whipped mashed potatoes atop a casserole of beef or lamb stew, and return to oven to brown potatoes.

Hearty Grapefruit — Top a grapefruit half with a heart-shaped slice of jellied cranberry sauce and broil a few moments.

Oranges and Ham — Place fresh orange slices atop a ham before baking.

Curried Corn — Heat canned corn and season to taste with butter, salt and curry powder. Sprinkle with chopped parsley to serve.

Valentine Salad—Add canned fruit cocktail to slightly thickened red-hued gelatin, pour into heart-shaped mold,

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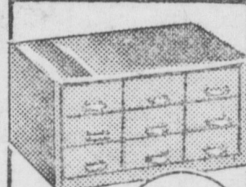
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