

**Sort Clothing Before**

**Beginning Week's Wash**

If Monday is wash day, then Friday, the last day of the work-a-day week, should be inspection day. Just dumping things into a washing machine, doing the laundry job, and hanging out to dry, is a slipshod and careless way of going about household tasks.

To do a better job, take some time out on Friday before assembling the family wash to see if there is any necessary mending. If there are any tears and rips in sheets or pillow cases, save washing time by tending to them. For those all too common triangular rips in sheets, baste or pin paper under them. Try to have the edges meet, not overlap, and use thread for mending the same size as the threads woven in the sheets. If you are mending by hand, use a running stitch, back and forth across the rip. If you use a machine, sew a quarter of an inch beyond the rip in each direction. Of course, you then remove the paper.

Look also for thin worn-out spots and patch these before the threads actually break. However, with good quality sheets, with closely woven threads and high tensile strength, a sheet would have to be very old to show thin worn-out spots. If you plan to continue using the sheet, and in these days of scarce production it's a duty to use it until the last drop, cut out a circular section of the worn part and make four slits at equal distances. Then turn under the edges so that the hole appears square, and back it with a square patch of similar material. The side portions of old sheets are very good to use for this. Make certain the warp and filler threads go the same direction as those of the sheet, and make a double row of stitching around the patch for strength. This is also a good patch system for cigarette burns.

**Good Shotguns Last**

**With Proper Care**

Apart from the quality of material which goes into its building, there are factors which govern the "life" of a shotgun: the care given it, the number of times it is fired, and many others over which the manufacturer has no control, once the firearm has left the factory.

The average hunter, unless he is also a trap or skeet shooting enthusiast, will fire his shotgun not more than 10,000 times during the term of his life. Many of them are not fired over 2,000 times. The latter, of course, applies to ordinary game hunting.

Shotguns of quality will stand a lot of use. If you own a good one, TAKE CARE OF IT. Your children and their children may use it in later years. Be sure that the gun does not have Damascus barrels. It is dangerous to use modern type of shotgun ammunition in these types of barrels, and arms manufacturers are constantly warning the public against their use.

**Organic Matter**

Compost is a decayed mixture of soil and organic matter, such as manure and any available plant remains — leaves, lawn clippings, weeds and crop residue. The soil absorbs the products of decomposition of the organic matter, prevents their loss, helps give a more desirable texture or consistency to the decayed mass and makes it easier to use.

Start your compost pile with a layer of leaves or clippings, or manure in alternate layers with soil, in a neat flat-topped pile with vertical sides, so that organic matter will rot down without leaching or other loss of decomposition products. The soil layers, two to three inches thick, alternated with layers of organic matter about twice as thick with the top layer being soil, is your compost pile. It should be kept moist and to hasten decay, a few handfuls of commercial fertilizer, high in nitrogen content, should be thrown over each layer of organic matter.

**Brooding Space**

To insure normal growth, experienced poultrymen are careful to see that their chicks have enough room. The value of plenty of brooding space is no trade secret, it's simply one principle of good poultry management. The percentage of death loss goes up as the number brooded under one hover increases, extension poultrymen say. Successful poultrymen seldom attempt to brood more than from 350 to 400 chicks under one hover. Usually they limit the number to from 250 to 300. Chicks also need plenty of fresh air without drafts. The safest practice is to provide adequate ventilation and enough heat to keep the temperature up.

**Sunshine Sabotages Milk**

Sunshine, one of man's best friends, is just a wolf in a top hat where riboflavin (vitamin G or B<sub>2</sub>) is concerned. According to extension nutritionists, almost half the riboflavin content of milk can be lost in two hours when the milk bottle is left exposed to sunlight, even on a fairly cold day. On the other hand, no loss of riboflavin occurs when milk is left in a dark room for 24 hours, nor is there any loss when milk is stored in a refrigerator for seven days. Another good reason for rushing milk to the refrigerator is that a high temperature is largely responsible for rapid bacterial growth.

**Enriched Bread Adds**

**Strength to Famed Staff**

Bread, that well known staff, does more to support life now than ever before, because, white bread and flour are enriched, as a war measure, with iron and three complex vitamins—thiamin, riboflavin and niacin. Before 1941 it was found that the diets of one-third to one-half of the American people were deficient in these nutrients, needed for healthy nerves and appetite and for extending the prime of life and delaying old age. As a result, enrichment came about as a war measure and it will expire six months after the war ends unless legislation is enacted to continue it. Enriched bread not only supplies iron and the three B complex vitamins but, since it is eaten in large amounts by almost everybody, also provides a fair amount of calcium, protein and food energy. Thus, except for vitamins A, D and C, enriched bread furnishes significant amounts of all known nutrients for which allowances have been established. It does this in a thrifty, tasty manner and in a way we like, because Americans demand their white bread. Eat your enriched bread and enjoy it, knowing that, if you are a moderately active adult and consume six slices daily, it will give you these proportions of your daily diet requirements: 21 per cent of protein, 14 per cent of calcium, 9 per cent of riboflavin and 23 per cent of thiamin.

**Discolored Lids No**

**Sign of Food Spoilage**

Discoloration of the inside of metal lids in home-canned fruits usually is harmless, and if the fruit is not otherwise spoiled, it may be eaten with safety. Even though the lid is covered with lacquer or enamel, the coating is not always perfect and a small amount of the metal may be exposed; this may rust if air is left in the jar. Certain foods, especially peas and corn, contain considerable sulfur; some of this may be broken down during the processing to the gas hydrogen sulfide which reacts with the metal of the lid to form sulfides which are brown or black, the most common cause of discolored areas in lids. Lids may be stained a purplish color by berries or dark cherries or they may have a scum of dark mold on them. After a time the mold may grow into the food in which case it should be discarded as the mold may make possible spoilage by Bacillus botulinus. Acid foods such as fruits, tomatoes or pickles may dissolve considerable zinc by working behind the porcelain in the old type of lids. Zinc poisoning is not apt to result in death, but it can cause severe digestive disturbances.

**Palm Tree**

The Carnauba palm tree belongs to the Palmaceae family. In addition to producing wax, the lower leaves are used to cover roofs of houses, and storerooms. They can also be used for the manufacture of ropes, sacks, mats, fire-fans and cheap hats. The upper leaves are used for baskets and better hats. The fibers are excellent for cordage, nets, blankets, casting nets and for stuffing cushions and mattresses. The heart of the plant produces a nutritive fecula with a starch content of 89.83 per cent. If allowed to ferment, it produces a wine-like beverage and even vinegar. A preparation similar to sarsaparilla can be extracted from the roots, and it is used for medicinal purposes. It produces a nutritive wine beverage and also vinegar. The fruit has an astringent pulp but animals like it, and it is used in the fattening of hogs. A very pleasant beverage can be obtained from the fruit and flour from the residue.

**Steam Irons**

Steam irons are electric irons that steam and dampen as they work. They require the same care as other electric irons. Some steam irons can be used without water as an ordinary electric iron. Follow the manufacturer's directions for your particular iron. If water is required in your iron set it flat before you start to fill it. Use soft or boiled water. Minerals of hard water deposit on the inside lining of the water compartment and may clog the steam holes. It saves time and current to put hot water in the iron. Ordinarily iron on the right side of materials. To steam velvet or velour hold the iron about one-fourth inch above the right side, for knitted materials about one-half inch. Rest the iron on a stand when not ironing. When you are through ironing, empty all water from the iron and store with filler cap off to dry out the water compartment.

**Toaster Care**

Many women do not understand the care which their electric toasters require. While the instrument of the breakfast table seems comparatively simple it requires a few simple treatments. Turn off the current as soon as toast is made to prolong the life of the heating element. Be sure it is disconnected when you clean it. Gently brush out crumbs with a small brush, being careful not to bend or injure the heating element. Never shake it to get crumbs out. Wipe the exterior with a soft cloth wrung out in warm mild soapy water, but do not let water touch the element.

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