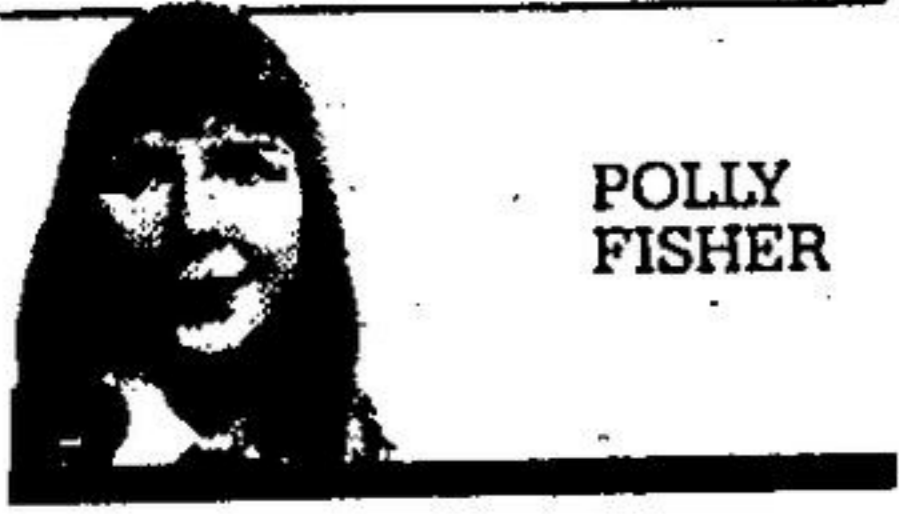


Outlook on Lifestyle

Baking soda beats back bad odors

POLLY'S POINTERS



POLLY FISHER

DEAR POLLY — We just moved into an apartment that was formerly inhabited by smokers. Is there any way to get the cigarette odor out of the living-room carpet? — A.J.

DEAR A.J. — Tobacco odors do linger and are difficult to remove. However, baking soda might lessen the odor.

Sprinkle the carpet generously with baking soda. Let it sit for 20 minutes or so, then vacuum thoroughly to remove all the baking soda. Repeat if necessary.

If this doesn't eliminate the problem, a thorough steam-cleaning of the carpet, using one of those rental cleaning machines, should probably be your next course of action. A professional cleaning — of course the most expensive option — should also be helpful if your own measures don't solve the problem.

I'm sending you a copy of my newsletter "Eliminating Household Odors," which offers more tips for ridding a room of smoke odors, along with ways to freshen up the entire house, get rid of cooking odors, paint odors, musty odors, and more. Others who would like a copy of this issue should send \$1 for each copy to POLLY'S POINTERS, in care of this newspaper, P.O. Box 93863, Cleveland, OH 44101-5863. Be sure to include the title. — POLLY

DEAR POLLY — Ever had a pretty card you hated to throw away? Cut the card in half, then tape a recipe or one of Polly's pointers to it. You have saved your card and put it to use, and the recipe or pointer won't get wrinkled or torn. — L.F.B.

POLLY'S NOTE: Use these to make your own file cards for your recipe or hints file box! — POLLY

DEAR POLLY — It's getting to be that time of year when clothes are hung out on the line to dry. When my wooden clothespins turn dark gray, they leave spots on my clothes. To solve this problem, I soak the clothes-

pins in a bleach-and-water solution, then rinse with fresh water. This cleans them and eliminates spotting on the clothes. — LORETTA

DEAR POLLY — An easy way to eliminate the fat in a can of soup (and lower the cholesterol) is to place the can in the refrigerator upside down overnight. To open the next day, turn the can right side up, open it, and pour out the contents. The excess fat, which has been solidified in the refrigerator, clings to the bottom of the can and can be thrown away. — C.H.

DEAR C.H. — Since my husband and I have gone on a stringent low-fat diet in the past few months, your simple pointer is really helpful. I like to use canned chicken broth occasionally, but I'm appalled at how much fat is in the broth. Your little trick is easier than trying to spoon the soft fat off the top of the can. Many thanks from all our fat-conscious readers! Your helpful pointer earns you the Pointer of the Week award, a copy of my book "Polly's Pointers: 1,081 Helpful Hints for Making Everything Last Longer."

Others may order it for \$6.50. Make your check payable to POLLY'S POINTERS and send to POLLY'S POINTERS, P.O. Box 93863, Cleveland, OH 44101-5863. — POLLY

DEAR POLLY — You recently provided a recipe for glazed nuts. I thought you might like this one for sugar-coated peanuts. My family loves them and they are easy to make. Just be careful your oven is not too hot. I have also used almonds and they turn out really good, too.

Dissolve 1 cup granulated sugar in ½ cup water in a saucepan over medium heat. Add 2 cups raw shelled peanuts, with the skins on, and cook over medium heat, stirring frequently, until the peanuts are completely sugar coated and no syrup remains (takes about 30 minutes). Pour out onto an ungreased cookie sheet and separate the peanuts with a fork. Bake at 300 degrees for 30 minutes. Stir at 10-minute intervals. Makes 1 pound of candy. — LOIS

DEAR POLLY — We buy sugar substitute in bulk packages, which is cheaper than buying the individual packets. To make it easy to use, we put it in an attractive shaker jar. This makes it simple to shake on cereal, into beverages, etc. — JANE

Learn about rural heritage

This summer children will have an opportunity to learn about Ontario's rural heritage by participating in activities from the past, at the Ontario Agricultural Museum. During July and August summer workshops will run in three day sessions from 9:30 a.m. to 3 p.m. daily.

Farm Friends will be offered for children ages six and seven. The program will focus on familiarizing children with the characteristics and historical uses of animals that are typical of Ontario farms. This program will be offered July 17-19, July 31-August 2 and August 8-10.

During the Food 'n Feed workshop children ages eight and nine will examine various crops that were grown in Ontario by early settlers to provide for their families and their livestock. Demonstrations, crafts and the opportunity to prepare a meal assisted by a historically costumed interpreter are but a few of the exciting activities included in this program. Food 'n Feed will be offered July 4-6, July 10-12 and August 14-16.

In Search of Our Rural Roots is a workshop for children ages 10 to 12. This program will focus on the crafts and skills that were required of people living in rural Ontario over the past 150 years. This workshop will be offered July 24-26 and August 21-23.

Parents may register their children at the Ontario Agricultural Museum between 10 a.m. and 5 p.m. from June 17 to June 24, only. Sorry, registration will not be accepted over the phone.

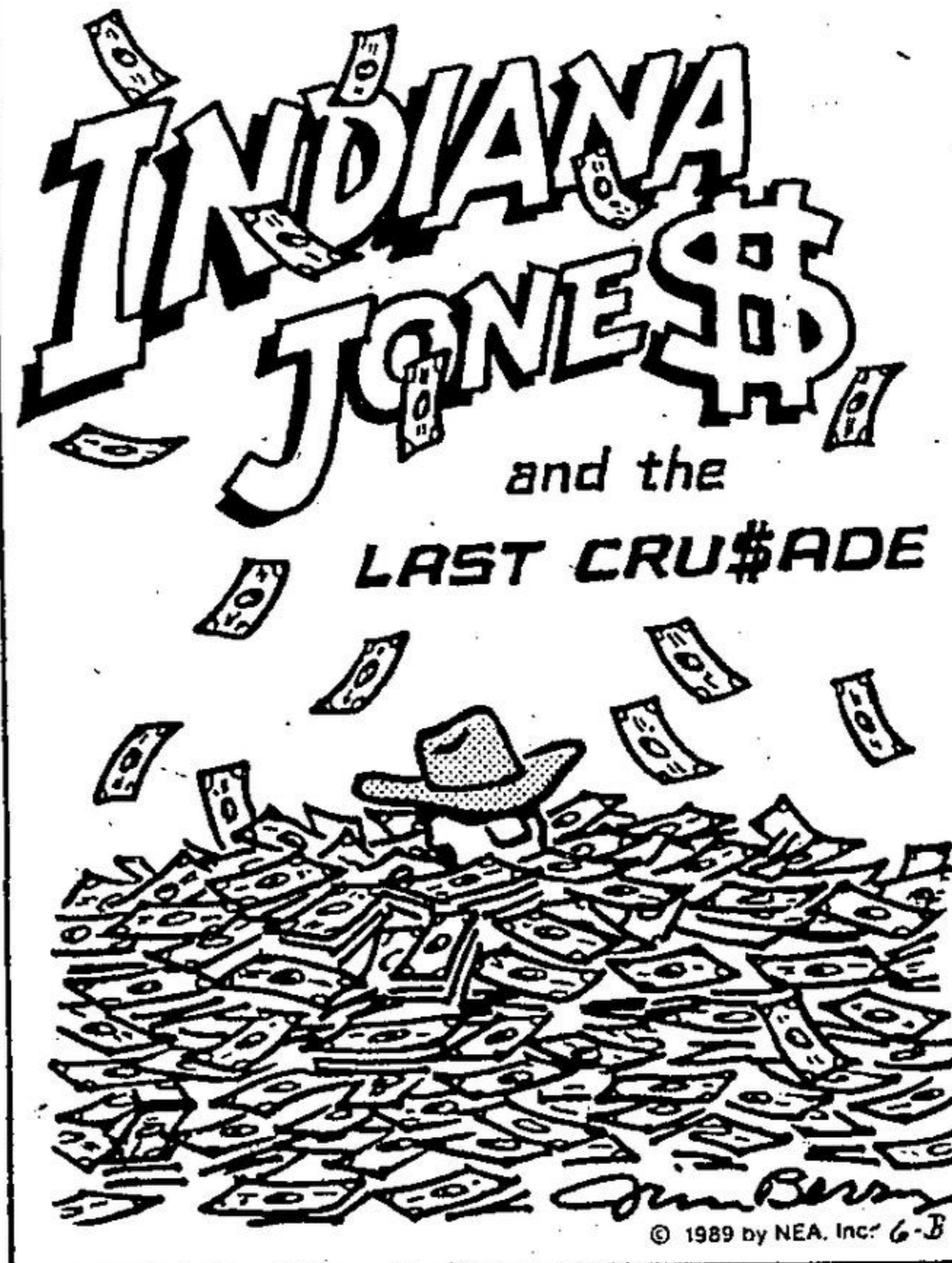
Situated eight kilometres west of Milton, the Ontario Agricultural Museum consists of 32 hectares and over 30 buildings. From Highway 401, take exit 320B or 312 north and follow the signs.

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by Jeffrey McQuain

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