



**HINTS TO  
Homemakers**  
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**FOR A DO-IT-YOURSELF PAINT JOB**—Use a good brush or a good roller. What you use (brush or roller) depends on where you are painting—inside or outside the house.

A good paint job requires a clean surface before you paint. Clean

surface as thoroughly as possible—wash or dust. Patch cracks or breaks in plaster. Be sure to use quality patching plaster or spackling compound. Allow to dry. Sand to smooth surface. Fill nail holes with patching plaster.

Remove switch plates, wall brack-

ets, and loosen lighting fixtures. This will permit easier, faster painting. Doing this will enable you to do a more professional job.

Protect furniture and rugs from paint drops. For best results, dip the brush half length of the bristles. Before removing the brush from the can, lightly wipe off excess paint against the side of the container.

Paint covers better if you put it on with short, slightly curved strokes. If you plan to paint the walls and ceiling, start with the ceiling and paint a narrow strip. When painting wall, paint in narrow strips—always working with wet edge. This will avoid noticeable laps.

It is helpful to use a paint shield when painting window sash. It will reduce clean-up time of removing paint from the glass. Paint shields can be bought at leading paint stores. A paint shield also is helpful when painting baseboards, trim, or bottom edge of doors. It protects surfaces not to be painted.

Paint panel of doors first. Then coat remaining portion or sides of doors.

To save time and obtain a neat professional paint job, remove doors of cabinets wherever possible. Then take off hardware. Paint interior of cabinets first. Begin by painting areas which are difficult to reach. Painting trim is last operation. Use a trim brush for best results.

Paint radiators for pleasing appearance.

**NUTRITION NOTES ON PRUNES**—Prunes rate high in the list of foods rich in Vitamin A and contain more of this important vita-

min than any other fruit, with the lone exception of apricots. Prunes contain considerable amounts of calcium, phosphorous and iron and, like most fruits, are low in sodium content. A serving of cooked prunes has three times the iron content of other common fruits.

Our nutritionists recommend ideas on serving prunes, the economy fruit with the rich fruit flavor, the nutritious fruit with new popularity. You will like the following combinations:

Prunes and sliced bananas; prunes, grapefruit and orange wedges; prunes on grapefruit, honey dribbled, heated in broiler; and prunes, marinated in orange and lemon slices, cinnamon, nutmeg, and water (refrigerated a day or

two).

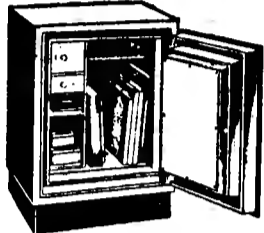
For making spiced prunes, pour boiling water on dried prunes. Add cloves and cinnamon stick. Let stand 24 hours. Serve with cream.

Hot plumped prunes served with cream are delicious, too. Plump enough prunes to serve cold the next day, adding nutmeg.

The juice of prunes is good for mixings. Prune juice can be a different drink every morning, but start with prune juice well chilled.

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