

Better Living

Keep these timesaving tips close at hand

By JOANNE FALLS
Home Economics Extension Agent

Every homemaker should keep an Energy and Timesaving Facts Folder handy for quick reference. The folder should contain individual notebook-size envelopes with clasps. These are available at bookstores, drug stores, ten-cent stores and some supermarkets.

List on the outside of each envelope the information that is contained on the inside. This will serve as a quick index for any facts you need on the spur of the moment as you go about your household tasks.

Start your Energy and Timesaving Facts Folder with this information:

- Stained teflon coated utensils may be cleaned by boiling 5-10 minutes in a solution of 2 tablespoons of baking soda and ¼ cup of bleach per cup of water.
- Clean stainless steel and remove sticky or burned food by soaking in hot water and then scouring with a stainless steel sponge or soap pad. Wash, rinse and dry to prevent water spotting.

- To clean aluminum, use powder especially for cleaning aluminum -- not harsh scouring



Falls

powders -- or rub with steel wool soap pads. The inside of an aluminum pot or pan can be brightened by soaking in vinegar water (1 cup vinegar to 1 gallon of water) or 2 tablespoons of cream of tartar per quart of water.

The following facts were gathered from *USA Today*:

Homer Formby says that you can use these inexpensive methods to clean furniture, because these cleaners have the same ingredients as commercial furniture cleaners. Formby says they will keep your furniture beautiful.

- Furniture cleaners: Oil paint thinner or charcoal lighter fluid will do a good job of cleaning.

- For white rings on furniture: Dip a cotton cloth into water. Fold the ends toward the center, so no edges face out. Squeeze

toothpaste onto the wet cloth. Rub the wood with the cloth until the ring disappears. This will take anywhere from 2 to 10 minutes. Buff with a dry cloth.

- For cigarette burns on furniture: Apply fingernail polish remover or varnish remover with a Q-tip. You should then take a pen knife and scrape out any remainder of the burn. Then, using a 50-50 combination of clear nail polish and nail polish remover, apply to the hole. As many as 5 to

6 coatings may be necessary.

- Dents and chips: To repair wood dents, holes, mars, missing veneer, chipped picture frames, mix crayon colors over heat. Once you get the right color, fill in the area needing repair. Scrape off any excess dried crayon with a credit card.

"Formby's wood care and refinishing products are now in more than 30,000 home centers and hardware stores," reports *USA Today*.

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Flash Backs

From Page B1

Answers to Magazine Page photos.

For those who gave up, these are the answers to the Magazine Page "Flashbacks." Photo Essay:

- 1) Beaufort Bailey, City-County School Board Vice Chairman;
- 2) Lester Ervin, Fire Chief;
- 3) WSSU: Coach Clarence "Bighouse" Gaines;
- 4) Mutter Evans, owner of WAAA-AM Radio Station;
- 5) The Rev. Carlton Eversley, Pastor of Dellabrook Presbyterian Church;
- 6) Attorney Billy D. Friend, Jr.;
- 7) Tom Elijah, Executive Director of the Winston-Salem Urban League;
- 8) Richard Glover, Patterson Avenue Y, Executive Director;
- 9) Larry Leon Hamlin, Director of the North Carolina Black Repertory Company;
- 10) North Ward Alderman Larry Little;
- 11) Norma Smith, Board President of Winston-Salem Crime Task Force, Inc.; and
- 12) Mary Johnson, Assistant Fire Marshall.

Briefs

From Page B2

have been a first-round NFL pick but decided to sign with the United States Football League....

Jackson State thought it had lost sophomore defensive tackle Ben McGhee when he announced late in the summer that he was transferring to Texas Southern. McGhee changed his mind, though, and is back at JSU. He considered transferring because his father is an assistant coach at Texas Southern....

Prairie View has now lost 19 straight football games....

Black college teams with the best chance of reaching the I-AA playoffs: 1. Tennessee State, 2. Alcorn State, 3. Bethune-Cookman....

Alabama A&M, which may have the best small-college soccer program in the country, continues to roll. A&M was unbeaten after its first four conference games....

Delaware State was given a rude introduction to the big time when it played South Carolina State in football in Philadelphia. The game opened the season for both schools, but competition is so tight for space in the Philly papers that neither offered much more than a paragraph on the game. About 12,000 people attended, short of the 25,000 Delaware State had hoped for....

Howard University, off to a 1-4 start, at least has something to cheer about. Against South Carolina State recently, freshman Harvey Reed ran for 197 yards on 18 carries.

Local merchants in New Orleans, concerned about consumer backlash, are considering lowering hotel prices for the Bayou Classic between Grambling and Southern this Thanksgiving weekend. The hotels have caught flack for inflating their rates....

With the addition of Earl Jones, the Los Angeles Lakers now have two former black college stars on their roster. Jones played for the University of District of Columbia. The other Laker who played at a black college is Larry Spriggs, formerly of Howard University....

Former tennis great Arthur Ashe is writing a book on the black athlete. It'll be printed by the Howard University Press.

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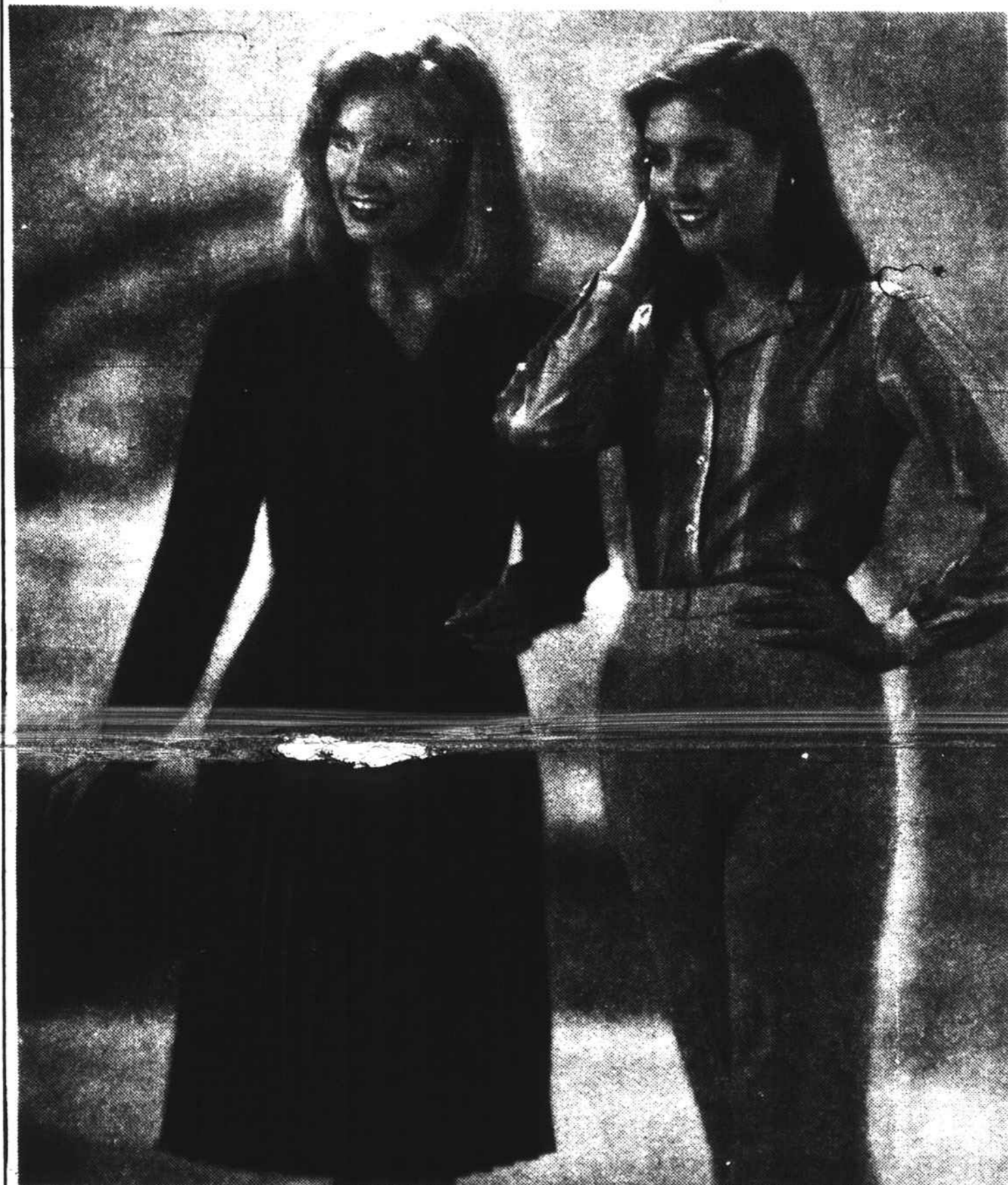
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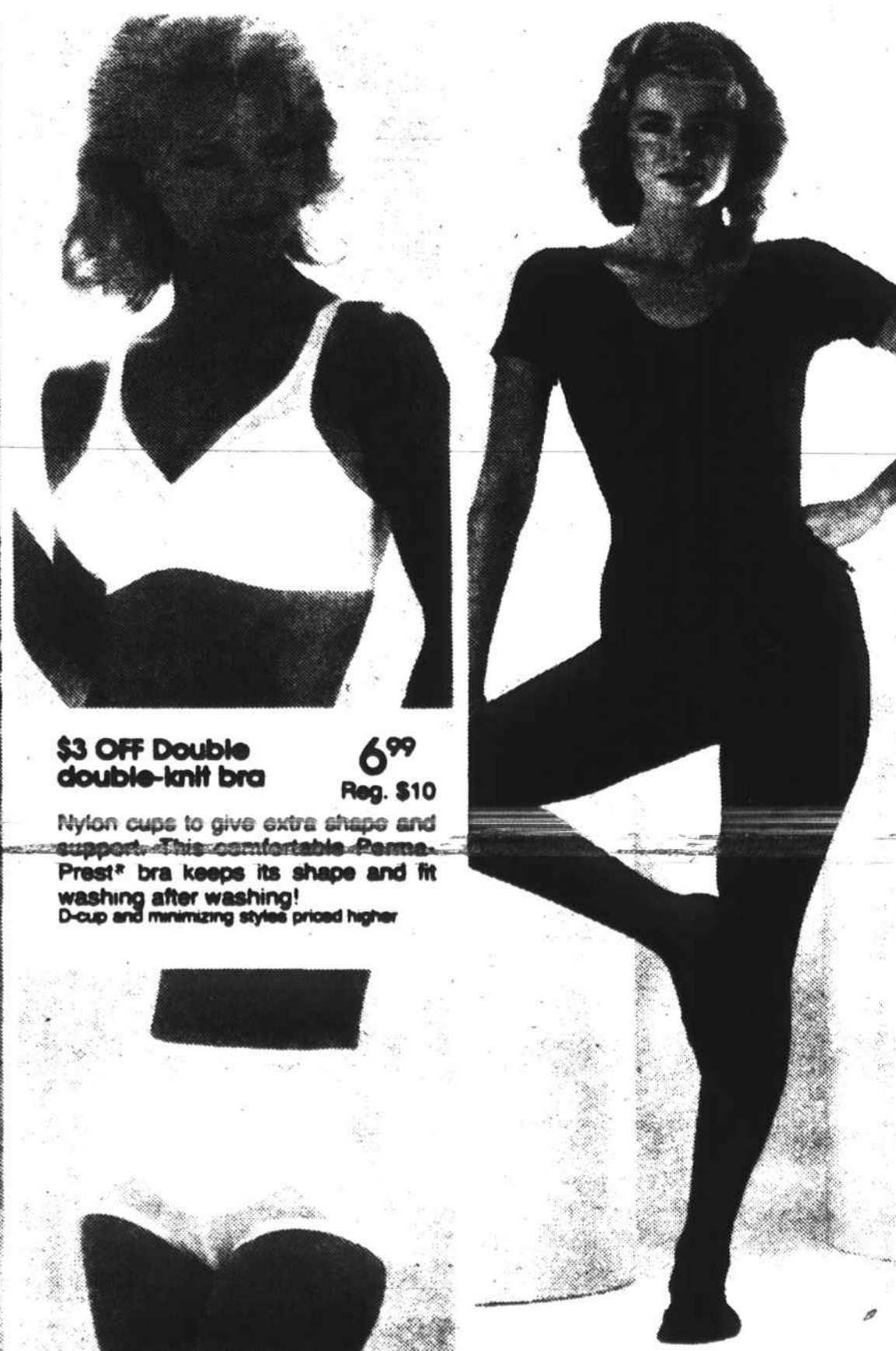
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