

Work Smarter -- Not Harder

Resolution Time Calls for Plans for Entire Year

By BERNICE STRAWN
OSU Extension Specialist
MAKE A NEW YEAR'S RESOLUTION—and carry it out one month at a time for the next 12 months.

For instance, in January exercise your mind by taking a short course in a subject that interests you, or attend at least one educational program. In February, reorganize your storage, clean cupboards. For March, pamper yourself. How long since you changed your hairstyle? And so on for each month of the year. Maybe these ideas don't fit

you—but we hope they'll spark your thinking about what you'd like to have on your calendar before the end of 1969 rolls around.

BUY EXTRA TIME FOR YOURSELF at white sales, says Mrs. Dorothy Brown, Oregon State University Extension home furnishings specialist. The trick is to select durable press and stain-repellant finishes on tablecloths, placemats and napkins. Some of the joy of these easy-care finishes may be transferred to your old placemats and

tablecloths by spraying with a stain repellent, available in aerosol cans. Stains are easier to remove, but treat them promptly because stains that set are hard to remove even with this extra protection.

IF HOLIDAY PARTIES LEAVE A BURNED SPOT on a table, chair, or rug, check your fire insurance agent before trying to make repairs yourself. Chances are, this mishap is covered and you are entitled to professional help.

THOSE STEAMY WINDOWS and "sweating" walls are bringing many phone calls to our Extension offices.

One of the main sources of this moisture is the soil under the crawl space of a house without a basement. Cover the ground with plastic sheeting and weight it down with gravel to keep it in place.

Good ventilation inside the house is also important. Use your kitchen and bathroom fans if you have them. If not, a portable electric fan will help to keep air in motion. Open a window to let excess moisture escape.

Many other suggestions are listed in our fact sheet, "How to Prevent Moisture Damage in Your Home." Ask your County Extension office for a copy.

YOU HAVE 100 HOURS PER WEEK LEFT if you sleep 8 or 9 hours each night.

How you use this 100-hour week makes you the kind of person you are. Many people think time planning is too cut and dried for family living, too likely to interfere with spontaneous good times.

We would like to be the first to say there are occasions when a time plan should be temporarily checked if something more worthwhile than a routine job offers itself. But that shouldn't keep you from having a plan which certainly can make homework move more

smoothly. Besides it may also make it possible for you to squeeze in some of the things you especially want to do for the fun of it.

WHAT SHOULD YOU BELIEVE about claims for stain removal by detergents? Something new has really been added—enzymes.

These products, used either for soaking or washing, contain ingredients that break down certain complex stains such as gravy, blood, and perspiration.

You may remember from school days that enzymes in the stomach break down foods to make them more digestible. This is the same type of chemical action that takes place with enzymes in detergents so that stains are loosened from fabrics. However, detergent enzymes do not act on greasy stains.

CLEANING BEHIND THE REFRIGERATOR is as important for fire prevention as for sanitation. Lint and dust accumulate here and act as fuel which can be ignited by a spark from the motor.

Thoroughly clean the floor and back of the refrigerator with the vacuum cleaner. Don't miss running the brush or crevice tool around the motor because this is where a fire would begin.

NON-SKID THROW RUGS MAY LOSE THEIR GRIP simply because of dirt. The backing is designed to create a suction action which holds the rug to the floor. Suction is broken when dirt or floor wax clogs the ridges of the backing.

Try turning the rug over, then scrubbing the underside with a stiff brush and soap suds. Rinse and dry before flipping over.

If the backing becomes worn off, the rug may skid. In this case you can buy a special preparation to spray on. It's made especially to help rugs stay put. Hardware or department stores have this for sale.

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