

# EMGY TAT!

In 490 B.C., legend has it, a Greek soldier ran from Marathon to Athens—about 25 miles—to report his country's victory over Persia. This was the beginning of the marathon, the traditional end of the track and field portion of the Olympic Games.



The U.S. Olympic Marathon Trial, sponsored by Kennecott Copper Corp. through its subsidiary, The Carborundum Co., will be May 24, when an estimated 170 of the top marathoners in the country will compete. The 26.2 mile re-enactment of the legendary race will begin at Buffalo, N.Y., and end at Niagara Falls, Ontario, Canada. It will determine the three U.S. representatives and the alternate at the 1980 Summer Olympic Games in Moscow.

The marathon was a 25-mile run from 1896 when the Games began, until 1908 when the distance was increased by one mile. Why? The marathon was held in England that year, where a British Olympic Committee decided to start the race at Windsor Castle and finish it at the Royal Family's box in a London stadium.



## Not for singles only... Get it right the first time



in her column as space permits. Write her % Rubbermaid, Not For Singles Only, 1147 Akron Road, Wooster, OH 44691.

The number of single households is growing each year, as more people than ever before choose to be "on their own." This is the second in a series of monthly columns to help the single person (or anyone) organize a successful lifestyle. Linda Whyte, who serves as home organization consultant at Rubbermaid, welcomes questions and suggestions from readers on the topic of keeping a single household running smoothly. Questions will be answered

The ideal time to organize a household is, of course, when you first move in.

If your plight, however, is similar to that of a Michigan bachelor who recently wrote us that "the only way I can see to organize this mess is to pick up

and move to a new apartment," don't despair.

And, if you've just come home with a fourth jar of oregano because the other three are lost somewhere in your cabinets, I've got plans for you. The plans are simple. Since

the kitchen might aptly be called America's "heartland," I'll concentrate on that room in this column. In one short word—attack!

If there is any "pack rat" in you at all, you might find kitchen cabinets tend to accumulate items you seldom if ever use.

If cluttered drawers and cabinets are a particular frustration, start there. The next time you're at the supermarket (hopefully not buying more oregano) bring home some cardboard boxes.

Now begin to discard useless items. (Pack rats, arm yourselves with an attitude of intensive ruthlessness!) Softies will want to use at least one box for items they think will someday come in handy.

"Someday" usually never comes, so when these boxes are full, quickly cart them off to the nearest church sale or charity outlet before resolve weakens. (I speak from experience!)

The key to using accessible cabinet space wisely is to store items close to where they are first used, and by frequency of use.

That means seasonal items go into out-of-the-way storage areas (difficult to reach cabinets, top-of-hall closets, attics) while everyday items occupy up-front space.

Unrefrigerated food items, for instance, should be stored in cabinets near the range or sink where food is usually prepared.

Don't be bound by rules though. Single living, especially, allows room for all sorts of creative options.

I know one early riser who saves a trip to the kitchen by keeping instant coffee and a plug-in wand (for quick boiling water) in the bathroom.

Most people find storing dishes near the sink or dishwasher most convenient. In my own kitchen I've moved cups to a turntable above the range.

Since I make coffee at the range, it's handier to keep cups there rather than near my dish drainer. Whatever works best for you is best!

There are tools you can lean on to make better use of space you have. Dinnerware confusion vanishes with a dinnerware rack.

You can mute the racket of clattering pots and pans and bring them into easy reach by organizing them in slideout drawers mounted in lower cabinets.

One lady told me recently she decided not to nest her favorite pan, so it's always free to use without picking up others in the set first.

Cleaning supplies and plastic bags or foil are at arms-reach

when stored inside cabinet doors with help from a clean-up caddy or a wrap and bag organizer.

Another woman told me she alphabetized her spices on turntables; one quick spin and she finds what she's looking for. Now, that's organized!

These accessories are surprisingly inexpensive. And a little effort to organizing now will save hours of time and lots of energy in the future (not to mention money spent for extra jars of oregano!).

For more hints on getting organized, Rubbermaid offers a free pamphlet, "New Room in Your Kitchen," available by sending a self-addressed stamped envelope to: Rubbermaid Incorporated, Media Dept. NS-2, 1147 Akron Road, Wooster, OH 44691.

Wishing you K.P. (that's Kitchen Pleasure)!

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