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COLLEGE OF HOME ECONOMICS

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FRUIT STAINS
ARE REMOVABLE

Fresh fruits are one of the pleasures of summertime, but they often leave marks on table linen and clothes that become ugly stains unless treated promptly and correctly.

"Conserving fabrics is part of our wartime work," says Miss Alice Sundquist, extension specialist in clothing at the State College of Washington. "Most stains can be removed, if homemakers just knew the right procedure and would take the time to do so.

Stains should be removed while they are still fresh and damp, if possible, and in any case, they must be removed before the article is laundered, as alkalis, such as those in soap, and heat from the iron "set" some stains, making them difficult, or impossible, to remove.

Boiling water will remove most fruit stains from white or colorfast cottons or linens, Miss Sundquist said. The stained cloth should be stretched over a bowl and fastened there with a string so that it cannot slip off. The water is then poured on the cloth from a height of three or four feet. It may be necessary to rub the fabric between applications of boiling water to help loosen the stain. Sometimes, however, warm water will work successfully in removing a stain.

If the stain is not completely gone when the water treatment is finished, a little lemon juice can be put on the spot and the article put out in the sun to bleach. Chemical bleaches, such as hydrogen peroxide and sodium perborate, hydro-sulphite, or javelle water can also be used.

"Removing stains caused by fresh peaches, pears and plums is a different thing," Miss Sundquist said, "and takes a little more time and patience."

The stain must first be sponged with cool water, then several drops of glycerine, or a soapless shampoo, put on. The glycerine can be worked into the fabric by rubbing it between the hands. After it stands for several hours, a few drops of vinegar or oxalic acid are put on and allowed to remain for a minute or two before the article is rinsed thoroughly in water.

* H O M E M A K E R S B R I E F S *

State College of Washington

White spots on varnished furniture, caused by water or hot dishes, can be rubbed off with a piece of flannel dampened in spirits of camphor or essence of peppermint, followed by a rubbing with furniture polish.

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Yellow fleshed peaches supply more Vitamin A than white fleshed ones do. Rochester, J.S. Hale, Crawford, South Haven and Elberta varieties are especially good sources of Vitamin A when they are eaten fresh.

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One way to vary bread pudding is by adding dried peaches, dried apricots, dried apples, or prunes with the stones removed. The pudding should be stirred after it becomes partially set so that the fruit will not sink to the bottom.

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If food has been scorched in an aluminum pan, water should be boiled in the pan long enough to loosen the burned food. It is then scraped off with a wooden spoon, never with a sharp utensil. If all does not come off, the pan can be scoured with fine steel wool and washed in soapy water.

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FRANK E. BALMER, DIRECTOR. CALVERT ANDERSON, EDITOR.
