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CLEANING AND LAUNDERING

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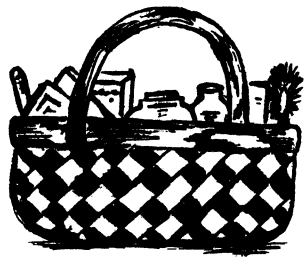
Most housekeepers are anxious to adopt any device that will simplify the tasks in the home. This is especially true of the work that is repeated regularly. A great deal of time is wasted in the ordinary daily, weekly and seasonal cleaning, which might be conserved by planning ahead, and organizing the work. Necessary equipment could be collected and ready for use and the time for cleaning shortened. The work would also be done more efficiently and without confusion.

The Cleaning Kit. A kit may be made, using a basket or a small box, either tin or wood, with or without handles. Since it is necessary that the kit contain some cleaning solutions, partitions or supports in one end or along one side will hold these containers in an upright position. Bottles with good corks, small jelly glasses or jars with screw-on lids are satisfactory holders.



The remaining space in the kit would be used for brushes, cloths, sponges and tools. The following is a list of articles that are practical in the cleaning kit:

Soap	Furniture polish	Dust cloth (kept in a covered can or jar)
Kerosene	Scourer	
Turpentine	Whiting	Brushes
Household ammonia	Soft cloths	Hammer
Wood cleaner	Sponge or chamois	Pliers
		Newspaper

Simple Cleaning Methods for Metals. Metals are discolored by:

1. Chemicals
2. Water spots
3. Burned food
4. Soot

Soap and water and friction are the agents commonly used, but when the stain is stubborn, it is necessary to use something that has the power to dissolve and remove it. (The use of acid in cleaning aluminum.)

One should consider three important things in cleaning metals, the method that means:

1. The least loss in finish
2. The least expense in time and effort
3. The most satisfactory results

Agate or Enamel—Rub with a fine scouring powder. Wash, rinse and dry.

Aluminum—Polish with fine steel wool, mild acid (vinegar) or whiting moistened with vinegar. Alkalies darken aluminum. Wash, rinse in hot water and dry.

Brass—If badly tarnished, wash in soda solution to remove grease film. Scour with whiting and vinegar. Wash, rinse and dry.

Iron—Boil in strong soda water, rub with a good scourer (use newspaper instead of cloth). Wash in hot soap suds, and dry while hot.

Nickel—Polish with whiting moistened with ammonia. Wash and polish.

Porcelain—For general cleaning, soap suds and a mild scouring powder is sufficient. If the sink or other porcelain fixtures are stained, kerosene is a good solvent.

Steel—Clean as iron. When scouring knives or forks use a cork or a pad of paper dipped in the scourer; this method protects the fingers.

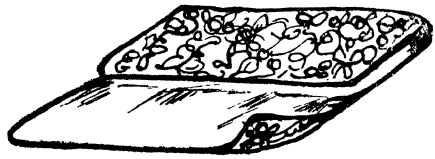
Tin—Rub with a fine scouring powder. Wash, rinse and dry.

Zinc—Rub with whiting moistened with vinegar or kerosene. Wash in hot soap suds, rinse well and dry.

Cleaning Silver—The first point in the care of silver is in the careful sorting and washing to prevent scratches. All silver needs cleaning at some time, whether it is used frequently or not.

Methods of silver cleaning:

1. Silver polish cloth. A piece of outing flannel or canton flannel about 9 inches by 18 inches is a convenient size for polish cloth. This cloth may or may not be covered and bound. If covered attach cretonne,



gingham or sateen to the unfleeced side or the flannel by cotton binding. Over the fleeced side of the flannel sprinkle ¼ to ½ teaspoon of iron oxide (ferric oxide or jewelers' rouge). One ounce is enough for 6 to 10 polishing cloths. This method is very satisfactory for silver cleaning.

2. Home-made Silver Cream. Good silver creams are on the market; however, it is possible for the housewife to make an inexpensive cleaning cream as follows:

½ lb. whiting
3 t. washing powder
½ t. oil (castor or olive oil)
½ c. boiling water

Dissolve washing powder in the hot water, add the oil and slowly stir in the whiting. Mix until it is perfectly smooth and place in a tightly covered glass jar.

3. Soda and water, and whiting mixed with water, or ammonia, are convenient and satisfactory cleaners.

4. Electrolysis method. Place the silver in an enamel or agateware pan, sprinkle with soda and salt (allowing 1 tablespoon of each to 1 quart of water). Put in strips of aluminum or bright zinc, cover with boiling water, let it boil from 3 to 5 minutes. This is usually long enough to cause the tarnish to disappear.

Refrigerators and other Food Storage Places. A refrigerator should be cleaned at least once a week at a time when it contains the smallest amount of ice. Remove the food and ice, and wash the racks in hot water containing soap or soda, scald and dry. The inside of the box should be cleaned in the same way. If the drain pipe is removable, it is easily cleaned; if it is not removable, a long brush is the best thing to use in cleaning it out. Whenever possible it is well to "sun" and air the inside of a refrigerator, bread box and other food containers after they have been washed, scalded and dried.

Cleaning Windows. Window cleaning may be well done by using paper instead of cloth. Should one prefer a cloth, choose one free from lint. Chamois is a good cleaner, but requires some care to keep it in condition. Various cleaning mixtures may be used with either paper or cloth:

1. Warm water and ammonia (about 1 tablespoon ammonia to 1 quart water).
2. Powder such as whiting mixed to a paste with water may be applied, let dry and wipe off.
3. A few drops of kerosene in a pail of water removes the grease film from windows. Polish with clean paper.

Wood Cleaning. The care and renewal of furniture and woodwork presents a problem in most households. The finish of the wood (wax, varnish, etc.) determines the method of cleaning. Steam, dust and smoke form a sticky substance which settles on the woodwork of a house. The following suggestions may help in cleaning:

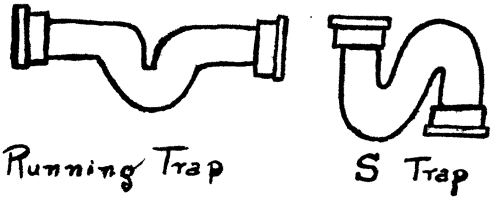
1. Painted or enameled wood will be streaked and dulled if cleaned with soapy water. Wash with clear water or warm water to which a few drops of kerosene, ammonia or turpentine have been added. Rub with a soft cloth.

2. Dutless Duster. A soft cloth may be wrung out of very hot water to which has been added 1 T. kerosene (to a quart of water) shake the cloth out, dry and keep in a covered glass jar or coffee can. This makes a satisfactory duster for all wood surfaces. Dust cloths should be washed frequently and re-oiled.

3. Home-made Floor Wax. Melt ¼ lb. beeswax over water; when melted remove from the fire, add 1 pint of turpentine, 3 ounces aqua ammonia (10%) and about 1 pint of water. Stir until the mixture is very thick and creamy. Pour into a covered jar for use as needed. (Note: Turpentine is inflammable. Be sure there is no flame in the room when adding turpentine to the wax.)
4. Furniture Polish. ½ pint raw linseed oil; ½ pint turpentine. This is a good polish for varnish or oil finish. The most satisfactory method of applying furniture polish is to pour about 2 t. of the polish into a glass jar or coffee can, then pour it out, leaving only the small amount left on the bottom and sides of the jar. Place a clean, soft cloth in the jar, cover, and leave for a day or two. The polish will penetrate the cloth uniformly and will not leave traces of the polish on the furniture, when it is used.

5. To remove spots made from heat and water on furniture the following mixture is very good: 1 t. vinegar, ½ t. turpentine, 3 t. oil. Mix and shake well before applying. Put a few drops of polish on the stain, let stand about 5 minutes then rub briskly with a soft cloth, with the grain of the wood. Go over the entire surface with an oiled cloth when the stain is removed. If the stain is stubborn, it is necessary to repeat the polishing for best results.

Plumbing Fixtures. The waste pipe leading from a plumbing fixture should be kept open by being thoroughly flushed after using. The purpose of the trap is to hold the last water which goes down the pipe, thus preventing sewer gas from coming back into the house. If the water left in the pipe is not clean, odors may come from it.



Stoppage in pipes, particularly from the kitchen sink is often due to a hardened layer of grease, and accumulated lint. The best way to care for this is to flush the sink often with a quantity of boiling water. It is possible to dissolve the grease in this way. Strong alkalies have a tendency to harden the grease rim.

Dirt should be removed frequently and systematically. This keeps the house and furnishings in good condition and makes heavy cleaning unnecessary. Orderly arrangement in the house makes cleaning easier, and is an inducement to the members of the family to keep things where they belong.

SOAP MAKING

Every thrifty housewife when cooking saves fat from meat, game and fish, for future use. This fat often becomes rancid, hence unfit for food. Such fat should not be wasted but should be made into soap. Soap making is not the drudgery that it was in olden times when the lye had to be made at home and this in itself was no slight task. Today with the modern lye, soap making is a pleasure.

A "cheap soap" is often an inferior soap which when used in laundering will injure clothing. More and better soap can be made for less money if the fats have been saved. Any fat or oil can be used in making soap, either animal or vegetable fat or both combined. In fact, the combined fats make a better soap. This makes it easier for the housewife when saving fats for soap making.

Care must be taken in collecting fats. Never save badly burned fats. All fats should be clarified (that is, remove all salt and other sediment). Two methods may be used for this process. One is to fry diced Irish potatoes in the fat until it ceases to crackle. Strain first through a sieve, then through two thicknesses of cheese cloth or thin muslin. A whiter soap may be secured if the fat is filtered through fine charcoal. The other method is the boiling method; add to the fat, water and vinegar (5 cups water and one of vinegar to 6 cups of fat). Boil for 15 minutes and set aside to cool. When cold, skim off fat, melt and use as directed.

Ingredients: The essentials

Fat—Clean
Lye—A pure uniform lye
Water—Soft water makes the best soap

Accessories:

Ammonia—Increases cleansing properties of soap
Borax—(powdered) makes whiter soap
Perfumes—Citronella, burgamont; Sassafras, oil of lavender, and oil of geranium
These take the unpleasant odors from soap

Utensils. Granite, enamel or iron should be used, as lye destroys aluminum, copper, zinc, or tin. A wooden stick or spoon should be used for stirring.

Molding. Shallow pasteboard or wooden boxes may be used for molding. Line boxes with damp cloth or heavy paper. When soap is hardened, the entire cake can be removed from mold by simply lifting cloth or heavy paper.

Cutting. The soap should be cut at once as it is more easily done and the smaller "bars" are more quickly cured. To cut—mark off into desired sized cakes or bars. Cut with heavy string or fine wire. This is done by placing wire or string around the cake and pulling through. (The left end to the right; the right to left.)

Curing. The covering of the soap with a blanket to retain the heat is the first step. Stacking and drying is the second. Storing the soap is the third. Ageing is final. The oldest soap is best. Manufacturers do not let their soap leave the plant until it is four weeks old.

Helpful Hints. Never let soap freeze. If soap is crumbly, too much lye has been used. Greasy soap lacks lye, if grease comes to the top of soap, warm slowly by setting container in warm water, stir until it thickens and looks like strained honey. Too long or too brisk stirring causes the lye and

grease to separate. A little vinegar rubbed over the face and hands helps to protect the skin while making soap.

When working with lye, particularly when dissolving it, stand well back so as not to inhale the fumes. CAUTION: Be careful with lye. Never leave it a minute where it might be reached by children.

Good soap may be made if the directions on the can are followed. For a small amount of soap, the following proportions may be used:

4 ounces of lye—6½ tablespoonfuls
1½ pounds of fat—3 measuring cups of cold lard, tallow or butter or 3½ cups of melted fat.

No. 1 Hard Without Boiling

1 can lye | 2½ pints soft water | 6 pounds grease

Pour into stone jar or granite pan: add water: stir until lve is dissolved. Cool to at least 80° (75° is better); melt clarified fat and cool to 100 to 110°; pour slowly in a steady stream into fat. Stir until the mixture drops from spoon or sticks like strained honev (5 to 15 minutes). Pour into mold; cover and let stand in warm room for a day or two. Cut and stack to dry. Do not use for 3 weeks or more.

Hard Soap—Cold Process

1 can lye | 1½ tbsp. borax | 1 tsp. oil of Sassafras
2½ pints cold water | 6 pounds fat

Dissolve lye in water, cool to room temperature. Melt fat, cool to luke warm, pour slow, steady stream of lye into warm fat; stir, add borax and sassafras, continue with intermittent stirring until mixture looks like strained honey. Pour into mold; cover with blanket or rug. Keep in warm room for several days; cut, dry, and store in a dry place.

Laundry Soap

5 pounds fat (meat cracklings will do) | 1 pound lye
4 quarts water

Dissolve lye in water, let cool to medium warm. Add fat all at once. Stir. Leave in container two days, stirring several times each day. On the third morning place on a slow fire and bring to a boil. As soon as all this mixture is melted, if the directions are followed you will have good soap. Remove from fire, stir until it becomes thick, then pour into molds as described in the above soap recipes and cure.

HOME LAUNDERING

One of the most frequently repeated tasks in the home is laundering, yet it is such a broad subject that it does not lend itself to a brief discussion. However, there are a few essentials which apply to the process of laundering under all conditions.

One of the chief time and labor savers in all home laundering is over night or even shorter time soaking. This process loosens dirt and lessens wear. After the garments and household articles to be laundered have been mended and the stains removed, they should be sorted into convenient divisions for washing. Since the bulk of the family laundry is made up of cottons and linens, the general methods of laundering are given for them.

First Suds. Remove the clothes from the water in which they have been soaked. Wash them either by hand or by machine in plenty of soap suds as hot as the hands can bear. Soap solution or soap jelly is convenient to use for suds. Soap solution is made by dissolving the soap in hot water. A soap solution made by dissolving one average sized bar of soap in one

quart of water, heated gently will make a good soap jelly. When the water gets dirty it should be drained off and replaced with clean, hot suds.

Boiling. After washing, wring the clothes as dry as possible, and if a second suds is not necessary the clothes may be boiled from 5 to 10 minutes.

Rinsing. Thorough rinsing is important so that all soap and washing powder will be removed from the clothes. A warm rinse is desirable as cold water has a tendency to harden the soap and makes it more difficult to remove.

Bluing. Dissolve bluing in clear water until the desired color is produced. Heavy fabrics require more bluing than thin ones. Stir bluing water occasionally so that it will not settle and cause streaking. The ideal method of bluing is to dip the clothes in and out quickly, not allowing them to stand in the water for any length of time to become over-blued.

Starching. The amount of starch needed for clothes or household artiles depends on the kind and weight of fabric and the stiffness desired. Because of the great variety of materials to be starched and the different methods used, an exact recipe cannot be given for making starch, but a good general rule to follow is to make a paste of starch and cold water, then add hot water and cook until smooth and transparent. A garment that is well starched does not have glazed spots on the surface.

Hanging and Drying. Dry the clothes out of doors if possible. Sunlight is an excellent bleach. Wipe the clothesline with a damp cloth before using. Be sure that the clothes pins are perfectly clean. Hang garments on the straight of the goods. Sheets and other large pieces should be placed from a fourth to a half over the line and fastened securely in three or four places. If similar garments and articles are grouped in hanging, they not only make the washing appear better, but the order saves time in removing from the line. The straight pieces and those to be put away unironed are easily folded before putting in the basket and the other articles arranged for ironing.

Sprinkling. Sprinkle the clothes evenly and thoroughly. Put the garments into shape, fold and roll. Cover snugly with a clean cloth, and allow to stand at least half an hour, so that the dampness will be evenly distributed. Clothes may be allowed to stand over night if there is no danger of mildewing.

Ironing. Iron with a clean, smooth iron until the garment is dry, otherwise it will have a puckered appearance. Iron with the straight of the goods as much as possible. For convenience in storing, all articles should be folded lengthwise and crosswise until a convenient size is reached.

Washing and ironing are among the hardest of the regular household tasks, but it is possible to lessen the work to a great extent by careful thought and planning.