

## Clean-up Hints For Thrifty Housewives

New York N.Y. . . Dread the thought of the coming Fall clean-up campaign? Don't fret! Fran Lawrence, Consumer Corner columnist for "Essence" magazine comes to the rescue with helpful hints on how to sparkle up your house or apartment with the greatest of ease . . . and for less money than you'd ever imagine.

Think of all the cleaning ahead, and all the money you could spend doing it. The super-market shelves are filled with expensive products for every cleaning job; but smart housewives know that cleaning doesn't have to be costly. You can really economize by using items already on your pantry shelf, or inexpensive products that serve many purposes.

For instance, if you've bought costly aerosol window cleaners only to have the sprayers clog, you'll surely find one of the following, time-tested methods simpler and less expensive:

\*\*\* Plain water works well on bathroom windows, mirrors and any glass that isn't severely stained. Use a wet washcloth to clean; dry with an old bath towel.

\*\*\* A mixture of water and ammonia will cut through film on windows, mirrors, and glassware. Add two tablespoons of ammonia to one pail of water.

\*\*\* If the outsides of your windows have a heavy film, use a scratchless cleanser before washing. Or, try a dash of cream of tartar on the wet window and wipe off with a paper towel. (This also works well on grimy car windshields.) For drying, use lintless dish towels, paper towels or old newspapers.

Most housewives unnecessarily buy vast quantities of several bathroom cleaning products. Why add to that ever-increasing grocery bill when you can obtain the same results with inexpensive substitutes?

\*\*\* Clean toilet bowls with a solution of one-half cup washing soda in warm water. Flush and pour solution into bowl; swab with brush, reaching under rim. Flush at once.

\*\*\* Clean bathroom tiles with one-half cup borax in one gallon warm water. For stubborn soap film sprinkle borax onto damp sponge, or nylon net ball and rub briskly. Rinse and dry.

\*\*\* Remove lime deposits around faucets with a clean cloth dipped in vinegar.

\*\*\* Clean plastic shower curtains in a solution of three teaspoons washing soda to one gallon warm water. Or, wash in washing machine with ammonia. "Do not spin dry" hang curtains back on rod and let them drip dry in tub or shower.

There are lots more moneysaving clean-up hints in this month's Consumer Corner that could save you a mint; you'll be pleasantly surprised how easy, and inexpensive, it can be to clean up . . . with being "cleaned out!"

## DELTAS BEGIN NEW PROGRAMS

ATLANTA, GA. -- Delta Sigma Theta, Inc., an action-oriented national public service sorority of 60,000 predominately Black professional women, is expanding its program efforts "to help people, where they are, to move where they want to be."

Delta President, Mrs. Lillina P. Benbow, who is Acting Director of Housing Programs for the Michigan Civil Rights Commission, said the main thrust of the Delta Sigma Theta is to develop and implement grassroots programs to meet the needs of Blacks and other disadvantaged minorities in the 425 communities where Delta chapters are located.

Mrs. Benbow and members of the Delta Executive Board are in Atlanta for a week-long meeting to outline detailed plans for the sorority's 33rd biennial convention which will be held in Atlanta in August of 1973.

Mrs. Maynard Jackson, wife of the Vice-Mayor, is chairman of the Delta National Projects Committee, and Mrs. Harriet Walton and Mrs. Mattie Greenwood, of Atlanta, are coordinators of the 1973 convention.

Present Delta programs, according to Mrs. Benbow, include the following:

- . An 18-month rehabilitation program for 300 women ex-offenders--200 from the Federal Reformatory for Women at Alderson, West Virginia, and 100 from state and local institutions;

- . A 10-city public information program designed to increase the number of poor and minority youth in the health professions;

- . A talent Search Program to locate, identify, counsel, and place youth with potential in higher education opportunities; more than 10,000 youth have been served, and approximately 1,000 have been placed;

- . A Right To Read program, with emphasis on tutoring young adults and returning veterans to provide them with the skills necessary to enter the job market.

Delta Sigma Theta was one of nine organizations to co-sponsor with the Congressional Black Caucus, the National Policy Conference on Education for Blacks, which was held in Washington, D.C. in March.

Mrs. Benbow, who also serves as National Chairman of the Women's Campaign for Hungry Children, and on the executive board of the Leadership Conference on Civil Rights, described Delta's program emphasis as "reflecting the basic concerns of Black people, and demonstrating the determination of a large group of Black women to pool their experiences and mobilize local resources to do something about problems of housing, health, and employment."

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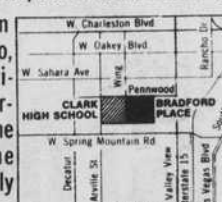
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