

season when screens are ineffective against the small insects which swarm around light bulbs in the evening.

Avoid fabrics that are all, or partly, rayon. This kind of material is irresistible to cockroaches.

Mosquitos seek dark places in the house during the day and come out at night. Persistent disturbance of their favorite hiding places will send them elsewhere. Cleaning daily under all furniture is usually more effective than spraying.

In malaria areas, try to stay indoors after sundown. If your house is not adequately screened, learn to sleep under a mosquito netting. The netting should be large enough so it can be tucked securely under the mattress all round and not touch you at any point. If it's close enough to touch you, a mosquito can bite right through it. Any little holes should be mended as soon as they develop.

In an insect-infested country, store cereal, flour, sugar, etc. in glass screw-top jars, plastic containers with tightly fitting lids, or in the freezer. Another piece of kitchen equipment commonly found in the tropics is a very fine-meshed sieve usually bound with a sort of balsa-wood hoop. This is used to sift the weevils and other insects out of sugar, flour, etc. (or use a nylon stocking).

Regular spraying will help control cockroach infestation. Concentrate on crevices in wood where the eggs tend to be deposited. Cockroaches live in the soil under houses, around water and sewage pipes, in cesspools, etc. A mixture of mashed potatoes and boric acid is lethal to cockroaches but it is also a dangerous poison that should be kept far from the reach of children and pets. Cockroaches will avoid any area that carries the odor of mothballs.

A bag of mothballs tied to the handles of a garbage pail and dropped just inside the top of the pail will eliminate both odors and maggots when the cover is kept tightly closed.

Jewellery

Overseas, it is sometimes possible to buy pieces of jewellery for less than they cost at home. Before purchasing any ready-made item that is all gold, learn the exact local price for gold and have the item weighed. Handwork is, of course, an additional value, but knowing the value of the gold helps. If you decide to set a collection of semiprecious stones, 9-carat gold is satisfactory for jewellery rather than the more expensive 18-carat gold.

Jewellery should be cleaned regularly. Pearls should be wiped with a soft cloth every time they are worn to remove skin oils. All-gold items look best if washed frequently in any mild soap and water, followed by a thorough rinsing and drying. Use of a polishing cloth helps. Stones can be cleaned with a jeweller's preparation or soaked in a cup of gin, then cleaned with a camel's hair brush and wiped dry with a piece of tissue paper.

You may wish to consider insurance for any jewellery of value accumulated overseas. Replacement costs in Canada are generally much higher than the original purchase price, so it is perhaps prudent to insure for more than you paid.

Laundry problems

Residual soap in the fabric of your clothes may irritate your skin when you perspire. Check to be sure clothes are rinsed thoroughly during the laundering process.

In countries where there is very strong sunlight your clothes will retain their colors longer if hung out to dry in a shady place. In the Middle East, where clothes are usually dried on flat rooftops, this is impossible, but it helps to turn colored things inside out before hanging them out.

In many countries, materials go directly from the looms into shops without being sanforized. To be on the safe side, wash all such materials and iron them before cutting them into clothes, curtains, or