

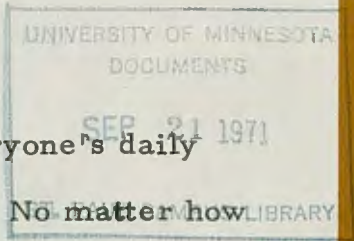
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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA

September 17, 1971

A Change Of Pace

A change of pace is good for almost everyone's daily routine. But how about your ironing routine? No matter how you iron--sitting or standing at an ironing table or board--a change of position for even a few minutes will rest muscles and help reduce fatigue. If you've been sitting, stand. If you've been standing, sit. Extension specialists in household management at the University of Minnesota say you'll find it really pays to change position from time to time when ironing.



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Plum Season Is Here

Are plums a favorite fruit among your family members? If they are you may want to look for the large, dark red Santa Rosa plums, a variety currently on the market. Their wonderful flavor combined with good supplies and lower prices make them a smart buy.

Grace Brill, extension nutritionist at the University of Minnesota, says a dark red color with a purplish cast indicates maturity and ripeness in Santa Rosa plums. For high quality, select plums that are plump, clean, full-colored and soft enough to yield to slight pressure.

Refrigerate ripe plums until they're ready for use. Immature plums, however, may be ripened at room temperature.

Plums are excellent not only for eating out-of-hand, but also for pies, preserves, cakes, ice cream and puddings.

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Pressing With Brown Paper

Here's a tip to the home seamstress from Thelma Baierl, extension specialist in clothing at the University of Minnesota. When pressing long darts and buttonholes, use heavy brown paper to protect the garment from unpleasant imprints. Make a long slit in a large piece of paper and place it under each side of the open dart or seam.

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Bottom Up

When opening a can of food always open the end that's been next to the shelf--the bottom of the can. Beverly Lundgren, extension home economist at the University of Minnesota, says the heavy food that's at the bottom of the can will come out first and the rest will come out easily. The can is cleaner since there's no dust on the end you're opening.

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Cleaning Silk

Silk is a delicate fabric so be careful when removing stains from your silk clothing. Here's cleaning advice from the National Institute of Drycleaning. If something should spill on your silk fabrics, don't try to rub the stain--blot it.

If you rub silk or clothes that contain silk while they're damp, the surface fibers are easily broken. This is called chafing. It means that the fibers which should lie flat are raised, causing a different light reflection that looks like a discoloration.