

Heart-of-the-Home . . . (3)Newsletter

JUNE 1963

Dear Friend

Several months ago, when I first got the idea of a Heart-of-the-Home Newsletter, it didn't occur to me that it would take this long to really get going.

Attending a workshop in Chicago, a committee meeting in Washington, D. C., teaching several series of Heart-of-the-Home classes and the general run of odd jobs which seem to take so much time have pushed the newsletter into the background.

I hope this delay will not happen again. Actually, the number of times a year I send a newsletter may depend on you -- that is, if you like to receive it and feel that it is interesting and worthwhile.

I think of you so often.

If you have ideas you would like to share with all of us -- news about yourself -- helpful hints and suggestions -- send me a card and tell me about it. This will make the newsletter much more interesting.

Sincerely

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

STORE WOOL CLOTHING NOW

Give summer clothes more room to hang wrinkle-free. Now is a good time to look over family clothing and check what needs repairing or making over, and -- very important -- let's starve the moths.

Here are some tips:

1. Store only clean garments. It is safest to put away only clothing that has been dry cleaned since the last wearing. You can't fool moths -- they can find spots on wool better than you can.
2. Hang in clean bags -- the large plastic ones with a long zipper up the side are very good. If the bag has been used before, it's best to turn it inside out and wash it or at least air and brush it. Moths may lurk in lint in the corners.
3. Use well-shaped hangers, not wire ones from the cleaners. Plastic hangers are

good if they are well-shaped and strong enough to hold the garment.

Wood hangers are good if they fit the size of the shoulders. This is especially important for men's heavy overcoats. Large wood hangers are very good for this purpose.

In hanging away children's coats it is best to get small sized hangers for these. Too large a hanger makes bad bulges in the shoulders which may take an extra pressing job in the fall.

Wire hangers, the kind you get from dry cleaners, make bad shoulder bulges also. These hangers can be used if they are wrapped with several thicknesses of tissue paper.

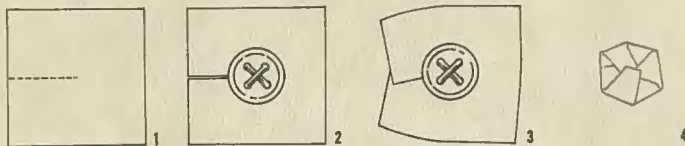
4. **CAUTION!** Don't store clothing in plastic bags or boxes or use plastic hangers if your clothing is stored in a warm place such as the attic. These plastic aids have been known to melt from attic heat; melted plastic soaks into the stored garment, coats it, and can never be removed.

ARE BUTTONS CLEANABLE?

You may have had button problems at the coin-operated dry cleaners. In order to save yourself the trouble of removing buttons and sewing them on again after cleaning, try this:

Buy a roll of heavy aluminum foil. Cut a square of foil two to three times larger than the diameter of the button. Make a cut in the foil from one edge to the center. Slip this under the button. Lap the cut slit slightly and fold the foil up over the button covering it completely. You will find that this procedure protects the button from being damaged and nicked during the cleaning process. This is a good precaution even though the buttons have been proven to be cleanable.

This diagram may give you a better idea as to how to proceed.



SLACKS FOR WHEEL CHAIR USERS

Many wheel chair homemakers like to wear slacks around the house. Some have found that it is hard to find comfortable slacks. Here are a few suggestions: Select a pattern with a long back and short front rise or alter the pattern to accomplish this. This will allow for comfortable, prolonged sitting. It will also reduce "lap puff" and knee strain.

Put small pleats along the side seams at sitting knee height. These will open up when you sit or walk, but close when you stand. I have a printed diagram of this pleat. If you are interested, write for a copy.

Face the waistband with elastic webbing and make it beltless. In this way it adapts to slight changes in weight and is convenient for dressing.

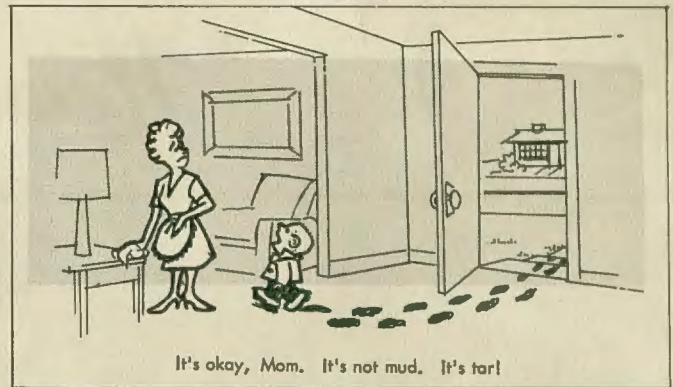
Be sure you have a long placket. Nine inches is about right with a nonstalling zipper.

In making the slacks, leave the cuffs off -- as a safety precaution. Make seams strong, flat, and smooth with no unfinished edges inside. For brace-wearers, this is especially important because frayed seams can interfere with brace latching.

BRA FOR ONE-HANDERS

I have instructions for adapting a brassiere for use by one-handers. It is easy to make a few additions to a brassiere that you can buy in a store. Those of you who find it hard to dress without help may like this idea. If you want a copy of this design, write me and I will send it to you.*

DID THIS EVER HAPPEN TO YOU?



TRYING TO LOSE WEIGHT?

In trying to lose weight, you must make sure your food appeals to you. Low-calorie food can be just as interesting as high-calorie food if you give some thought in planning. The total calories of your diet must be below your calorie need in order to lose weight. You might like to try this -- plan small meals with between-meal snacks, rather than three regular meals. This may help eliminate that "all-gone" feeling you get in cutting down the size of meals. Usually this feeling comes when you are preparing meals and are likely to "over-snack."

DON'T DISCARD ALUMINUM UTENSILS

Has any fast-talking salesman knocked on your door and told you that you will be poisoned by using your aluminum cooking utensils? Such propaganda is frequently spread by house-to-house salesmen for competitive cooking utensils who try to make sales through the use of such rumors. Such salesmen try to talk homemakers into discarding perfectly good pots and pans for new, expensive sets of other materials. THIS PROPAGANDA AGAINST ALUMINUM COOKING WARE IS WITHOUT FOUNDATION. The American Medical Association, the U. S. Public Health Service, the American Cancer Society, Inc., the U. S. Department of Agriculture, the Mayo Clinic, and the Federal Trade Commission have stated that aluminum ware is safe for cooking.

We take aluminum into our bodies every day from food and water, regardless of the type of utensil in which the cooking is done. Aluminum is found in many baking powders and in some vanishing creams and deodorants which are applied to the skin and absorbed by the body. Many homemakers who make their own pickles use alum to keep them crisp. Aluminum foil is a good wrap to protect food and preserve its freshness. None of these uses is harmful.

Homemakers can be assured that aluminum is completely safe to use for cooking.