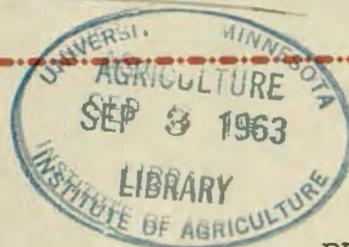


Newsletter



SEPTEMBER, 1963

DID THE HEAT GET YOUR CHOCOLATE?

When cool weather comes you may want to bake your favorite, luscious chocolate cake again but find that the chocolate kept on your cupboard shelf has turned white. Don't worry about it--chocolate doesn't like temperatures in the 90's any better than we do. Below 75° is best.

Chocolate turns white because in hot weather some of the cocoa butter has separated out and come to the surface.

When it is melted, the brown color will be the same as before with no harm to the flavor.

THERE'S MORE ZIP IN ZIPPERS

New zippers made of nylon and Dacron coils will give much less snag trouble than the metal zippers we have depended upon for many years. Also they aren't as likely to pinch (have you ever been . . . ?), catch, or slip.

As with any other zipper, close it before washing, dry cleaning, ironing, or pressing.

A WORD OF CAUTION ABOUT IRONING!

Be sure to use a low temperature setting around the zipper.

For a higher setting use a pressing cloth between the zipper and iron. If this is not done the zipper may melt.

NEW CLOTHING CATALOG

Clothing items which may help those of you with hand or arm troubles who have difficulty getting dressed are shown in a catalog now being printed. This clothing is made to be easy to get into and fasten. Comfort and ease of movement have also been considered.

I have seen some of the dresses, skirts, blouses, and jackets in a style show. The prices are moderate, the colors and materials very nice.

If you are interested in this catalog, let me know. I will either send you one or send your name in to the company making this clothing.

PERSPIRATION STAINS

We still may have hot weather ahead and perspiration stains can be a problem. This is especially true in wash and wear fabrics.

These stains can often be removed successfully if treated while they're fresh with water and regular washing detergent, rubbing well into the spots.

If the fabric has discolored, special treatment may be necessary. Try sponging a fresh stain with a vinegar and water solution. For an older stain try a little ammonia and water. Rinse thoroughly and put through the regular washing process.

COMFORT COMING WITH STRETCH FABRICS

New on the market are woven stretch fabrics. Clothing made of this material will be more comfortable because it gives without tearing. Garments will not need to be too large to allow for comfort in sitting and moving. They'll need less pressing because the yarns used in manufacturing them have a "memory" and spring back into shape between wearings.

We have known about some stretch fabrics -- underwear, sweaters, T-shirts, bathing suits, and girdles.

Now, we can be on the lookout for stretch in woven materials -- flannel, denim, corduroy, poplin, and satin.

Woven stretch materials are found in ski pants and slacks.

Nylon and cotton in crosswise stretch are on the market in bowling shirts, work shirts, and pants and uniforms.

All wool and all cotton stretch garments are in limited production but not yet available in yard goods.

By 1970, textile manufacturers tell us, 90 percent of all ready-to-wear will be made of woven stretch. These garments will feel comfortable, be movable and free, and will stretch lengthwise, crosswise, or in both directions.

CORRESPONDENTS SAY...

Mrs. Philip Barrager of Owatonna writes that she finds "Sudsy Ammonia" will clean many different things. Storage is simplified and steps are saved by standardizing your cleaning materials. I am told it's effective on woodwork, walls, windows, and mirrors. Of course, it smells like ammonia, but the odor disappears quickly.

If you have a pet cleaning product, try to find as many uses for it as possible instead of trying to keep several things on hand.

Mrs. August Mergele of Taconite sent in a good idea about a kitchen work chair. She bought a straight back, adjustable, swivel chair from a beauty operator who went out of business.

Some typists' chairs make excellent kitchen work chairs too. Check in your town for these if there is a store selling office equipment. They often sell good used chairs at quite a reduction.

SUPPORT HOSE

Leg discomfort from varicose veins or swelling for other reasons may be relieved by support hose or elastic stockings if they are put on correctly. If not, the effect may be damaging.

The best way is to keep them beside your bed and put them on before getting up in the morning.

If this is not practical try this:

While sitting on the edge of the bed slip your feet into the stockings but don't pull them up. Next, lie down with your feet in the air--way up. Stay in this position for 5 minutes. Then pull the stockings on while still in this feet-up position. You will find that they fit better, do not slip down, keep down the swelling, and are much more comfortable.

If you are not wearing support hose, ask your physician if he thinks it is advisable. They do flatten the lumpy look of varicose veins and will give you better looking legs. Support hose with seams fit better than those that are seamless.

PASS THE PEAS PLEASE

If you are interested in saving money and time you may be interested in these figures from U. S. Department of Agriculture.

Four servings of peas in a can cost 20 cents. Frozen peas run about 24 cents for the same amount, and fresh peas, 52 cents (from the grocery store).

Also, it takes longer to prepare fresh peas. So if you consider time as money, frozen and canned peas offer a further savings. It takes 23 minutes to prepare a batch of fresh peas, compared to 6 minutes for frozen peas (that's including the time it takes to heat the water and bring it back to boiling after the frozen peas are in the pan). It takes only 1 minute for peas in the can.



CAST IRON COOKWARE CARE

Does your trusty old iron skillet or dutch oven not produce quite as tasty a stew or pot roast as you think it should? Does food stick? Is there an "iron" odor when food is cooking? Perhaps dishwashing detergents have washed out all the "season."

Cast iron utensils (which are not coated with enamel or porcelain) should be cleaned by first removing excess fat with a paper towel, then washing with soap--not dishwashing detergent. Burned-on food can be removed with soap-filled scouring pads.

If utensils have taken on a gray look on the inside instead of satiny black--or if food sticks--reseasoning may be the answer. To do this, rub a generous amount of unsalted fat, such as lard or vegetable shortening, all over the inside of the utensil--inside of the cover also if it's cast iron. Put it into a 250° oven for 2 to 3 hours. Wipe off the excess fat with a paper towel and it's all set to use again.

Then--no more dishwashing detergents.

This is the second edition of the Heart-of-the-Home Newsletter. You will be hearing from me again in December.

Sincerely

(Mrs.) Marion Melrose
Home Economist in Rehabilitation