

# Heart-of-the-Home . . .

## 3 Newsletter



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Dear Friend:

Just like spring, the June newsletter is a little late. As I have mentioned so often, I enjoy writing the newsletter but I don't like to do it in a hurry. I like to find a peaceful time when my mind isn't cluttered with other things.

You may remember an article in the December newsletter where I reported forgetting my best paring knife out in the yard after cutting the cord I used to tie up my roses. That night we had a snowstorm and my knife was under the drifts until spring. It's back in the kitchen now, but all I can say is "it didn't do it any good."

The moral of this story is use the right tool for the job--not the paring knife for yardwork.

We welcome as new readers of the newsletter the ladies from the Minneapolis, Buffalo, Willmar, and Windom classes. I hope you will feel free, as others do, to contribute your ideas on any subject. It's always nice to hear from you.

Sincerely,

Marion Melrose  
Home Economist in Rehabilitation

### NEW NAME--NEW FACE

Starting in September, "Heart-of-the-Home" will have a new face--it will be printed on white paper and have a new red letterhead. Pictures print more clearly on white paper than on the manila paper we now use. We hope that by using white paper we can print more pictures than we have in the past.

We have been considering a new name for the newsletter for some time. To many people, "Heart-of-the-Home" has no meaning. Some think it refers only to homemakers with heart difficulties. But most of you know that anyone, no matter what her physical limitations, is welcome as a class member.

"Homemakers Limited" has been selected as the new name. We have received some valid objections to this name because, as objectors point out, through our classes, many limitations are overcome. However, for the information of those who know nothing about our classes, it seemed necessary to choose a more descriptive title than our present one.

### WHAT'S IN A WATT?

Wattage on an incandescent light bulb doesn't indicate the amount of light the bulb will produce--it indicates the amount of electrical energy the bulb uses. A 100-watt light bulb gives at least 50 percent more light than four 25- or two 50-watt bulbs. So, if you want to save money and get the most light, buy bulbs of a high wattage rather than small ones that add up to the same wattage.

Dusty light bulbs give less light than clean ones. But don't dunk light bulbs in water to clean them! The base and glass are cemented together and if the cement gets wet the two may part company. Just wipe bulbs with a damp, soapy cloth; then remove suds and dry well.



## LAUNDRY GOES TO COLLEGE

Almost all college freshmen, especially boys, face a big challenge the first time mother isn't there to wash their clothes. Most college students combat the rising costs of education by doing their laundry in coin-operated washers and dryers. Preliminary training in wise washing methods can save these students time and money and eliminate that wierd assortment of colored clothes they bring home at vacation time.

Young people should be cautioned to read and save the hangtags and labels attached to garments. They will tell whether or not a garment is washable and usually include directions on any special care--such as hand washing or separate handling--that the garment may need.

Color-keyed wardrobes allow students to mix and match many outfits. They also simplify laundry sorting since all items of one color can be washed together.

One of the most common offenders in ruining a mixed washer load is the "bleeding Madras" material so popular in sport shirts, blouses, shorts, skirts, and shifts. This material is dyed to fade and run in order to produce a muted color effect. Garments made of this material must be washed separately. After several washings, colors bleed less than at first, but never to the point where they can be washed with other colors or white clothes.

Too often saving 20 cents on a washer load or a dime for the dryer is more important to a student than the appearance of his finished laundry. But dark socks washed with white shirts and underwear will always produce gray shirts!

Here are a few suggestions for off-to-college young people to follow:

1. Do some washing at home this summer to get the hang of it.

2. Sort carefully. --Put white or very light colors together (white shirts, white underwear, white socks, bath towels, and sheets). Wash dark nonfading items such as slacks, shirts, and socks together. Remember that bath towels, even dark ones, will leave lint on shirts, slacks, and socks.

3. Don't overload the washer or dryer. An overloaded washer will not wash or rinse well. An overloaded dryer will wrinkle the clothes, and they will need more pressing than normally.

4. Use the correct amount of detergent. Too much detergent slows down machine action and it won't rinse out of clothes. Measure--don't pour detergent into machine.

5. Go easy on the bleach. Never let full-strength bleach touch the clothes. Dilute it with water or add it to wash water before adding the clothes.

6. Stay with the washer through at least one complete wash cycle so you can see how the machine performs. Lift the lid and check the last rinse. If it's still soapy you've used too much detergent.

7. Don't overdry clothes--they will shrink and be harsh and wrinkled. Empty the dryer as soon as it stops or wrinkles will set. In fact, removing garments made of synthetic fibers before they are completely dry will mean less pressing.



## SUGGESTIONS FOR WHEELCHAIR TRAVELERS

Mrs. Curtis Vien from Redwood Falls reports many interesting trips where she has found special consideration and conveniences for travelers in wheelchairs.

### At Disneyland

At the emergency station, she found bathrooms large enough to accommodate a wheelchair and her hoist. Cots are also available here. Several "rides" have attendants capable and willing to give assistance. She says that staying at Disneyland all day presented no problems.

### At Mount Rushmore

Stay in Rapid City, Mrs. Vien advises, and on entering Mount Rushmore Park go to the park headquarters building. They will give directions to the employee's entrance which is easily accessible by wheelchair. You will find it easy to visit the museum, observatory, and the dining room, she says.

### Near home

Mrs. Vien finds that staying overnight in Minneapolis and shopping in a wheelchair are no problem. The North Star Inn is connected to Donaldson's store by ramps and elevators--it may mean asking directions to get there, but Mrs. Vien found many people happy to give them.

For a pleasant outing for the whole family, Mrs. Vien suggests you try the pontoon boats at LaRue's resort at Willmar. It's easy to wheel a chair from the dock to the boat. Be sure to make a reservation.

## SHORT SHORTS

Iron wools and dark cottons on the wrong side to avoid a shiny finish. Pockets and other thick areas may be touched up on the right side under a pressing cloth.

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Never press directly on top of the new nylon zippers. They will melt and will have to be replaced.

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Lean pork has no more fat than lean beef. Today's pork has 22 percent more protein, 57 percent less fat, and 36 percent fewer calories than it did a few years ago. Pork is an excellent source of thiamine, needed for a healthy nervous system.

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Don't add cloves or garlic to foods you freeze since these flavors become strong and can develop off-flavors during storage. Onions gradually lose their flavor.

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Don't freeze diced or cubed cooked potatoes in stews and other main dishes; they will become mushy and grainy.

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Don't combine partially used cans of self-polishing wax. Different brands have different formulas, and even the same brand changes from time to time as improvements are made.

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Act quickly to remove stains from tablecloths and napkins. Exposure to the air ages the stain and may make the stain impossible to remove.

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The glory is not in never failing, but in rising every time you fail.

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Research shows about 20 percent of our "grocery bill" is for nonfood items. Food prices may be unjustly blamed for the high supermarket bill when the real causes are light bulbs, toothpaste, magazines, records, and even socks and shirts.

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Most of us don't realize what poor losers we are until we go on a diet.

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Marion Melrose is shown with one of the garments displayed at the annual meeting of the Minnesota Medical Association at the Minneapolis Auditorium May 17 and 18.

This all-weather coat is designed especially for women in wheelchairs, but any coed would be proud to add it to her wardrobe. Made of Tarpeen cloth, it is cut full enough to protect a dress whether the wearer is walking or in a wheelchair. The front closes with "Velcro" (nylon contact tape) for anyone who finds buttoning difficult.

The coat can be ordered with a zip-in lining. It is available from Vocational Guidance and Rehabilitation Services, 2239 East 55th Street, Cleveland, Ohio, 44103. Drop a card to them for a catalog if you don't have one.

## ARE YOU A FOODIC?

A "foodic," according to an editorial in Minnesota Medicine (July 1963), is a man or woman who, like the alcoholic, is often bothered by problems, frustration, worry, or discontent and uses food as a crutch.

Some are sensitive about their weight; others make jokes about it. They're going to "start dieting tomorrow." But how can they diet since they already "eat like a bird?" The trouble is that most birds eat twice their weight in food every day!

## YOU'LL BE SEEING

Frozen tomato slices are on the market in limited supply. The liquid nitrogen-freezing process used for these tomatoes will also be used for frozen fruits and vegetables that have been problem items for present commercial freezers.

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Cracker-size cheese slices in 9-ounce packages.

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Fried apple slices, called snapples--dried apple slices that have been deep fried with cinnamon and sugar and packaged in foil bags.

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Freeze-dried ice cream that can be reconstituted by adding water.

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"One size fits all" clothing. We now have this feature in socks, gloves, sport shirts, underwear, girdles, and, within the last few weeks, women's swimsuits.

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Launderable leather jackets that will cut the cost of caring for these popular garments. A new use for a well known chemical, glutaraldehyde, will make the laundering of leather possible in the near future.

## TAKE CARE WITH PICNIC FARE

This is the season for picnics--and for food poisoning. Potato salad, casseroles, meat (including wieners), deviled eggs, and cream fillings are the worst offenders.

Plan your menus according to the distance between home and the picnic place and consider the refrigeration facilities you'll have. Keep cold foods cold--refrigerated or on ice--and hot foods hot. It's foods with lukewarm, in-between temperatures that are dangerous.

Ground meat spoils more quickly than unground meat. Prepare hamburger patties ahead of time, separate them with a double hinge of foil (instead of a single layer) and freeze them. The trip to the picnic place will thaw them just enough to use, and you can cook them while they're still frosty.

If a picnic lasts through two meals, don't use casseroles, meat or fish sandwiches, or potato salad left over from lunch. Foods left unrefrigerated more than 2-4 hours should be considered unsafe.

The information given herein is supplied with the understanding that no discrimination is intended and no endorsement is implied.

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