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*Newsletter*

**HOMEMAKERS LIMITED**

December 1965

Dear Friend:

Christmas time again, and it's my very special privilege to bring you greetings by way of the Newsletter. Since the September issue we are glad we have made new friends from Crookston, Moorhead, Fergus Falls, Minneapolis, Clinton, and Alexandria. This is my way of keeping you posted. Your letters and ideas are always welcome.

Sometimes I wonder if there are special things you would like to see in the Newsletter. There may be subjects I have neglected or haven't thought of including. Feel free to make suggestions.

Best wishes for a Merry Christmas and a Happy New Year.

May Christmas bring you peace and joy  
Enough to last and last  
And faith enough for each new day  
When Christmas Day is past.

Sincerely yours,

*Marion Melrose*

(Mrs.) Marion Melrose  
Extension Specialist in Rehabilitation



## MORE NO-KNEAD ROLLS

There seems to be a great interest in baking this time of the year. In the September Newsletter we printed a no-knead roll recipe sent in by Mrs. Frank Decker of Buffalo.

Mrs. Clifford Bjork of Minneapolis contributes this one:

2 cups warm water  
2 packages granular yeast  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{3}$  cup shortening (oil)  
2 eggs  
6 cups all-purpose flour

Pour the water into large bowl of the electric mixer. Add yeast and stir to dissolve. Add salt, sugar, shortening, eggs, and 3 cups flour (no more). Start the mixer on lowest speed and beat for 5 to 6 minutes. Stop the mixer. Add the rest of the flour and stir in by hand until the flour is mixed ( $1\frac{1}{2}$  to 2 minutes).

Scrape the batter from the sides of bowl. Cover with waxed paper. Refrigerate for 2 to 4 hours (or longer).

Take from refrigerator and shape while still cold.

Let rise until doubled in size.

Bake 375-400 degrees until golden brown.

## COMFORT FOR WHEELCHAIR USERS

A new fluffy acrylic material called "Bed Puff" promises to give comfort to wheelchair users. In some hospitals it has replaced sheared sheepskin pads, as it washes easily, dries quickly, and is reasonably stain resistant.

If you have problems with pressure spots on your back, elbows, or along the arms, pads of this acrylic material may give relief. It is sold by the piece--24 inches x 28 inches or 28 inches x 40 inches. Pads to fit wheelchair arms, seats, or backs can easily be cut with scissors. Don't try to substitute acrylic bath mats or cushions. The backing on these articles is rubberized and would be unsatisfactory and uncomfortable.

Let me know if you're interested and I'll tell you where to get it.

## FREEZE CHEESE FOR LONGER KEEPING

A box of fancy cheeses is a popular Christmas gift. Sometimes, though, the gifts of cheese you receive may be a problem to keep. So dairy researchers at the University of Minnesota have come up with a solution: freeze the cheese.

Success in freezing cheese, the researchers say, depends on variety and on packaging it in small amounts. Cheddar, brick, swiss, provoloni, liederkranz, parmesan, and camembert are a few of the varieties that will keep well for months or

longer if the home freezer is 0° Fahrenheit. Cream cheese becomes watery and mealy after freezing; blue cheese gets crumbly. But blue cheese will be quite satisfactory after freezing if it's to be used in salads, cooking, or dips.

To freeze cheese, cut it into half-pound pieces or smaller and wrap in freezer foil, pressing the foil tightly against the cheese to eliminate air pockets. You can leave small cheeses in their original packages, but overwrap them with aluminum foil. When freezing a salty cheese like blue or Nuworld, use another wrap between the cheese and the foil or the salt may eat through the foil.

When you're ready to use the cheese, thaw it in its wrapper in the refrigerator. After it's thawed, let it stand at room temperature for about an hour before serving.

## STRETCH YOUR SATISFACTION OF STRETCH

Proper care of garments made of stretch fabrics is essential if they are to give satisfaction.

Can you safely wash stretch garments? Should they drip dry?

Follow the same procedure for washing or drycleaning that you would use for any other fabric made from the same fibers. It's important to read the label to find out the fiber content. The most sensitive fiber determines the kind of care necessary.

Although most stretch fabrics can be washed, the kind of fiber, the weave or knit, the color, finish, and construction of the garment will affect the method and temperature of cleaning.

Tumbler drying is the best method to dry stretch fabrics, with the dryer set at the correct temperature for the fiber. It's best not to tumble dry at temperatures over 140° F. Never overdry stretch garments.

If you cannot use a dryer, lay the garment flat and block it to ensure the correct size when it is dry. Never hang up an article with lengthwise stretch to dry. It will stretch.

Avoid wearing a stretch garment until it is thoroughly dry; otherwise it may lose its shape.

Although ironing is usually not required, if it seems necessary, use a low iron setting, a press cloth, and a light touch. Overpressing may destroy the stretch.

The best way to store stretch garments is to lay them flat in a drawer or on a shelf. Hanging lengthwise stretch garments on hangers--even when they are dry--may cause them to lengthen an inch or more.

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Trade names and sources are listed only for convenience of the reader. Inclusion does not signify endorsement and exclusion does not constitute discrimination by the Minnesota Agricultural Extension Service.

## STRICTLY FOR THE BIRDS

We are told that it's more blessed to give than to receive. Sometimes the giver reaps joy and satisfaction a thousand times greater than the value of the gift. Feeding the birds can give you this sort of pleasure.

Beautifully constructed feeders are for sale in most department and hardware stores. But birds are not impressed by fancy construction--all they want is food. If the food is there when they want it they will keep coming. Don't be discouraged if it takes them a few days to find a new feeder. There's no need to paint feeders. Painted surfaces are slippery to land on and paint sometimes taints the feed.

For the three feeders pictured below the only supplies you need are a short board, a milk carton, a peanut butter jar, and some wire.

### The Window Sill Feeder

This feeder can be fastened beneath the window sill low enough to permit the window and storm window to be opened for filling. It can be made of a single board with a raised edge around three sides to keep the food from being pushed off. Omit the back board if you really want to watch the show.

The holder on the left holds suet.

The box on the right can be hinged at the top for easy filling; feed flows down through the opening at the bottom.

### The Milk Carton Feeder

Use a 2-quart milk carton with "doors" cut on three sides leaving the hinge at the top. After cutting the doors, string a wire (not string, it breaks too easily) through the top for hanging in a tree.

Melt the suet (better do this double-boiler fashion using a tin can set in a pan of hot water).

This feeder will attract more birds if seeds

are mixed with the melted suet. Chickadees especially like sunflower seeds, saffron, canary seed, millet, milo, and black rape--and don't forget to add sand.

When the suet is melted and all the seeds mixed in, place a stone in the bottom of the carton and pour the suet mixture over. The stone adds weight and keeps the feeder from whipping in the wind.

### The Peanut Butter Jar Feeder

Remove the cover from a 12-ounce peanut butter jar.

Cut a length of wire long enough to go around the jar and to reach a branch. Don't hang so high that it's hard to reach for filling.

Twist the wire firmly around the jar and fasten it up.

Chickadees love this feeder. Sunflower seeds and peanut butter are their favorite foods.

## SHORT SHORTS

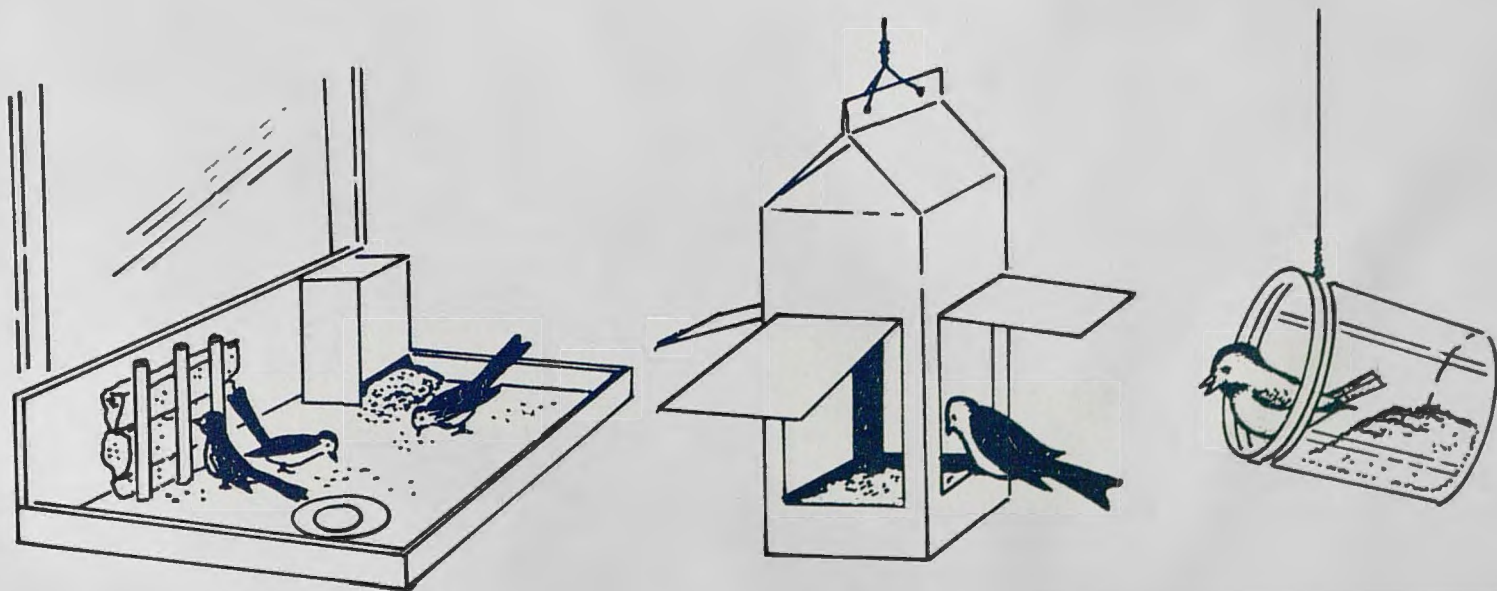
Copper cleaners won't work well on greasy surfaces. That's why a copper pan--or stainless steel with copper bottom--must be sudsed and rinsed with hot water both before and after applying a copper cleaning product to remove discoloration.

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Roast turkey should be refrigerated immediately after the meal. Remove the dressing and refrigerate it separately--also the gravy. If you want to freeze some of the leftovers, do so as soon as possible after dinner. Turkey keeps its flavor better if the slices are covered with gravy.

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Thirty-four degrees is the magic number for keeping lettuce cool and crisp and free from freckles.



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Last year most adults in the United States ate from a fourth to half their weight in food, fats, and oils--more than 47 pounds per person. The biggest increase was in consumption of cooking and salad oils--and maybe the waistline. A large part of the fats and oils go into the preparation of snack foods and lots of calories too such as: five medium potato chips--60 calories

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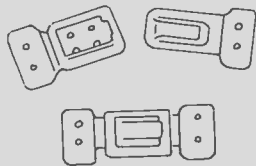
### YOU'LL BE SEEING

Shoe styles are changing to rounder toes, varying from the fingertip oval to the broad baby-type toe. Heels are becoming broader and lower. The fashionable height is 2 inches and on down. Spike heels and pointed toes will soon be really out of date.

Mens' sweaters in double-knits and flat-knits are definitely the latest style. The bulky look for men and boys is on the way out.

A new closure is available; first introduced in bras it is now available for home sewing. Called the E-Z "Bonnie Clasp," it comes in three sizes and can be dyed at home. Molded of nylon resin, the closure consists of two parts which slide together smoothly and hold with a positive locking action, yet which can be released with a simple one-handed operation.

The smallest closure--about one-third the size of a thumbnail--is designed for neck openings, replacing the hook and eye. The medium size is for shorts, slacks, jackets, and children's clothing. And the largest one, which is adjustable, is ideal for belts and skirts.



The closure has been tested to withstand 40 pounds of strain and put through 300 cycles of washing and drying without damage.

The new clasp is available on notion counters.

New milk bottles will bounce. "PVC" (polyvinyl chloride) is coming up fast as a new packaging team for a transparent, blow-molded rigid plastic that is light and practically unbreakable. It will be used for bottles that need not be returned. Household convenience is expected to offset increased cost to buyer. Other uses of "PVC" packaging: vinegar, liquid margarines, mustard, pickles, relishes, and fruit salads. It's already bottling shampoos, detergents, and hand lotions.

Cordless vacuum cleaners powered by batteries with enough power to operate for 20 to 25 minutes without recharging are now offered by one of the mail order houses. Battery charger goes with the outfit. We'll see more cordless appliances.

Coin vending machines at some supermarkets accept empty bottles and automatically give the customer a deposit refund.

A Made-To-Order Christmas Tree is in your future--one that grows its own ornaments of decorative cones, the U. S. Department of Agriculture reports.

It won't be ready this Christmas, or the next, but growers will get young trees for field testing in 1967.

Developed by scientists at USDA's Institute of Forest Genetics, Placerville, Calif., the new tree is a cross between the Sierra Nevada lodgepole pine and the shore pine. It grows fast--about 6 feet in 4 to 5 years--and develops into a full tree with many branches, a conical shape, and a straight trunk.

Just as the tree reaches Christmas tree size, it develops decorative cones among its thick dark-green foliage.

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New blankets made without yarn are woven from fiber directly into the fabric, bypassing the yarn-making and weaving processes. These acrylic blankets promise to be stronger and shrink less than woven blankets, and will be hand or machine washable.

### HOBBIES ANYONE?

#### Indoor Gardening

A weekly column, "KnickKnack Gardening," in the Minneapolis Sunday Tribune, describes many ingenious ways of growing plants both indoors and out. The materials suggested are often common household items. Indoor sit-down gardeners might find some interesting ideas here.

Craft catalogs you can write for:

Ericksen's Crafts, Inc., 11th and Halstead, Hutchinson, Kan.; Tandy Leather Company, 1219 Grand Avenue, Kansas City, Mo.; Gwinn Craft Supplies, Inc., 314 S. Market, Wichita, Kan.; O-P Craft Company, Inc., Sandusky, Ohio; Gager's Handicraft, 1024 Nicollet Ave., Minneapolis, Minn.; American Handicrafts, 619 S. Broadway, Denver, Colo.; The Handcrafters, Waupun, Wis.