

Newsletter

HOMEMAKERS LIMITED

March 1967

Dear Friend:

It's going to come if we wait long enough. It's spring I'm thinking about--and aren't we all?

One thing seems very noticeable this time of the year and especially this year--everyone is talking about gaining weight. It seems that dieting can't accomplish everything in helping us keep our normal weight. But this winter, exercising by walking has been impossible because of the ice.

I hope you have read the exercises in Keys to Easier Homemaking, the supplement to the television programs. There's help for everyone, even if active exercises are not possible. If you haven't sent for the TV supplement you may still receive a copy by writing to me.

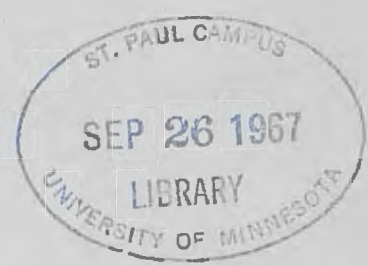
I'm sorry the TV programs have not reached all parts of Minnesota. It is possible the tapes will be run on television stations in northwestern and southern Minnesota after their completion here in Minneapolis, which will be the middle of April.

Best wishes for a warm and sunny spring. You'll be hearing from me again in June.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

MM:mls



ESPECIALLY FOR WHEELCHAIR USERS

If you saw the television program "Hazard-Free Homes--Your Key to Safe Living," you may be interested in finding out more about the "wheelchair narrower." It was demonstrated on the program, but you may not be sure just how it works or how it fastens to the chair. It really seems to be an answer to the problem of narrow doors and scuffed up doorways.

If you're interested, write me and I'll try to send you more information.

PANTRY PESTS

If you have been bothered by pantry pests in kitchen cupboard storage, you'll get help from a new University fact sheet. The fact sheet will tell you how to locate the source of infestation and to prevent further damage to flour, cereals, dried fruit, nuts, spices, and other stored foods.

Send for the free fact sheet Pantry Pests, Entomology Fact Sheet No. 13, to the Bulletin Room, Institute of Agriculture, University of Minnesota, St. Paul, Minnesota 55101.

STEEL--A NEW CLOTHING FIBER

We are no longer amazed at anything the textile industry is able to come up with in fibers and fabrics. We don't need wool to keep warm or silk to feel elegant. Plain cotton and linen have had to step aside for the easy-care features of manmade fibers. But whoever thought of wearing steel?

One large manufacturer has developed a very fine stainless steel filament resembling the flexibility of three-denier nylon. A steel filament of about one-half a thousandth of an inch has been tested in combination with other fibers and blended into a fabric to make it permanently antistatic. Pilling and clinging are virtually eliminated.

Small percentages of steel have already been blended with acrylic, nylon, polyester, and wool fibers in men's hose, women's sweaters, double knits, and woven worsted fabrics. We are also likely to see electrically heated and insulated clothing made of fabrics containing steel.

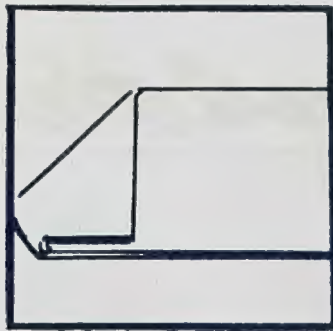


Figure 1

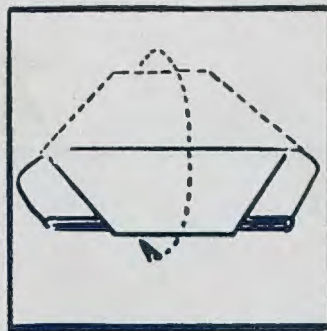


Figure 2

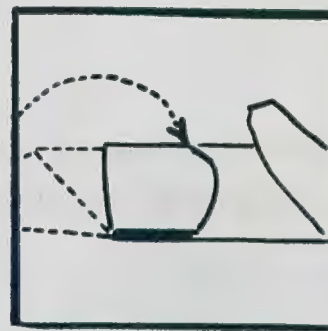


Figure 3

A QUICK AND EASY WAY TO FOLD FITTED SHEETS

First, hold the selvages together the full length of the sheet. Then, holding the selvages together at one end, punch the corners together. Do the same with the other end of the sheet. Now the corners will lie flat as in Figure 1.

Then fold the center part down to meet the selvages as in Figure 2.

Fold one end of the folded sheet toward the center--then the other end toward the center. (Figure 3.)

Fold again to make the sheet the size you prefer for storing in your linen closet.

Folding can be eliminated by laundering the sheets and putting them right back on the bed.

If you feel that muslin or percale sheets dry too slowly, investigate the new easy-care sheets and pillowcases which are blends of polyester and cotton. They can be taken from the line or dryer almost wrinkle-free.

IF WE CARRY IT, WE CAN LOSE IT

In a state like Minnesota, with its changing seasons and resulting changes in clothing, sporting, and play equipment, lots of time is spent in looking for lost or mislaid items. Soon, a common question in many households will be "Mom, where's my catcher's mitt?" or "Where are my roller skates?"

One of the nation's largest railroads reports an average annual flow of 5,400 orphaned possessions through its lost-and-found department. A typical list included 20 umbrellas, 17 briefcases, a pair of crutches, several earrings, all different, and dozens of gloves.

People don't lost things only in transit. The average family manages to misplace small tools, sweaters, overshoes (usually one at a time), ball-point pens, and that most constant victim of absent mindedness, the umbrella.

We are, it appears, a nation of losers.

The Institute of Life Insurance, which makes a business of keeping track of people and their possessions, says that the family that can put their hands on possessions when they need them saves money. Putting as much emphasis on the care and whereabouts of thing we own is as important as the money it takes to buy them. It will take some family cooperation, but people will be surprised at the money they save.

Most families who look out for their possessions start with an inventory and work out their own system of storage-by-category. Tools, for example, should all be in one place; seasonal utensils (like barbecues and equipment that goes with it) and clothing (like bathing suits) should be stored according to their season.

It's a good idea to make an inventory of important documents and household possessions, not only to keep track of them, but to have as a record in case of fire or some other emergency.

YOU'LL BE SEEING

Fewer Cracked Eggshells

Consumers, annoyed by eggs that break too easily, will soon have help in the form of an instrument being developed by agricultural research scientists from the U. S. Department of Agriculture. Although still in the experimental stage, the instrument will accurately register the thickness of an eggshell in a few seconds. The instrument will also help poultry breeders select lines of layers that produce better quality eggshells.

Reversible Refrigerators

Side-by-side refrigerators and freezers with reversible door hinges and latches are on the market. Doors can open from either right or left sides making it unnecessary to go around the door to get at the refrigerator contents. Units are shipped from the factory with center opening doors which can be changed in minutes during installation, or anytime the homemaker would like a different arrangement.

More Disposable Clothing

The ultimate in easy care is "no care" clothing. We have been seeing disposable paper dresses for about a year. Now, added to the list are swimming trunks for men, also men's underwear, football jerseys, graduation caps and gowns, beach ponchos, sheets and baby clothes. At first, dress prices started at around one dollar for an A-line shift, but since the idea caught on with fashion designers, there's more variety in designs and colors--also in price.

There need be no doubt about whether or not a dress is ready for the laundry--it won't be, because it can't be washed.

New Principle in Automatic Blankets

Circulating warm water takes the place of wires in the newest automatic blankets. Electricity heats a control unit, but the electricity does not come in contact with the water. Water is held in the control, where it is warmed and pumped through plastic tubes. There is no wiring in the blanket so there's no chance of a shock. The desired temperature is selected on a dial on the control. The temperature will not exceed 120° F. so it can't cause scorching or burning.

At present prices are somewhat higher than the wired blankets.

Curing Ovens for Home Sewn Garments

Home seamstresses may soon supply their families with home-sewn garments that have a built-in press, reports the U. S. Department of Agriculture. A leading sewing machine company plans to place curing ovens in its fabric centers, so that women can bring in the items they have made and have them permanently pressed. Under investigation are several methods of applying this press, including the USDA-developed process, in which finished garments are dipped in a solution, pressed and creased while damp, then cured.

* * * *

THE HELPFUL BUS

The University of Nebraska has created a riddle. It looks like a trailer, drives like a bus, is equipped like a house, and is supposed to be a school. What is this strange creation?

The "Homemaking Unlimited" is a mobile demonstration unit to help rehabilitate Nebraska's handicapped homemakers.

Co-sponsored by the University of Nebraska College of Agriculture and Home Economics and the Nebraska Heart Association, "Homemaking Unlimited," as the unit has been named, is staffed by home economists. It will travel throughout the state to work with the county extension service in a rehabilitation program.



A sitdown work center and built-in oven. Notice the work chair which has an adjustable back and seat. The oven door pulls up out of the way and prevents burned arms.

The idea for this unique program of work with handicapped homemakers came from Dr. Virginia Y. Trotter, associate dean of the School of Home Economics.

The trailer, custom-built in California, measures 26 feet by 8 feet and is driven like a bus. The unit is fitted with a variety of home equipment which has been adapted for use by the disabled homemaker.

The trailer shows adjustments which may be made to kitchen work centers. Counter surfaces have been lowered to a comfortable working height for the woman seated in a chair with rollers or in a wheelchair. The range top, built into the counter, and the wall oven combine to eliminate unnecessary reaching, bending, or stooping for the homemaker.

Storage space in the kitchen illustrates easy to see, easy to reach equipment storage. Small appliances and kitchen aids, adapted for manipulation by homemakers with the use of only one hand, are also shown.

Display articles vary from a dust mop, with a flexible handle for hard-to-reach corners, to safety grab bars in the bathroom to eliminate falls. A display of clothing, ranging from simple adjustments for garments so they better accommodate crutches, braces, etc., to undergarments with easy-to-manuever closures is featured.

Homemakers can choose ideas from the bus and fit them into their own kitchens. Special emphasis is placed on bathroom safety also.



The bath tub has grab bars, adjustable shower head, bath tub seat, and safety mat.



This is the bus which travels all over Nebraska to demonstrate helps for homemakers.

PLANT A GARDEN UNDER GLASS

If your Christmas plants are faded and gone and you're tired of waiting for spring, bring a bit of spring into your home with a garden under glass. Perhaps you noticed the article in The Farmer magazine of February 20, 1965. W. A. Kircher of The Farmer gave us permission to use the article to tell you how to make a garden under glass.

Pick a pretty glass container--a fish bowl, old aquarium, big bottle, clear glass vase, apothecary jar, or goblet. Wash the container with soap and water. The cleaner your container and soil, the less chance of bugs and fungus.

After the bowl is clean, put a little crushed charcoal in the bottom because it helps purify the soil and water. Then add about an inch of sand or vermiculite. Build soil a bit higher on one side to give the garden a landscaped look. Include a pretty rock or two if the container is large enough.



Small, slow-growing plants are most satisfactory. You might use a small branchy ivy, arrowhead or miniature palm for height, small table fern and baby tears for a delicate, lacy appearance, watermelon peperomia, and philodendron for lush greenness.

After the plants are chosen and the soil in the container is arranged, remove plants from their pots, leaving as much earth as possible around the roots. Roots do not have to be buried deeply and will soon take hold in this warm, moist climate.

Water the garden lightly and add house plant food as recommended by the manufacturer. Cover with a piece of Saran wrap or a piece of glass. A covered garden should not need watering again.

It is important that conditions in the garden aren't too moist. Open the garden cover every day or so to allow air to circulate. If the container top is small, do not cover it. Should you see

signs of fungus or mold, the conditions are too moist. Dust plants with fungicide (any rose dust works well), and give the garden more air.

If the plants get too large, pinch them back to size. Or, remove the cover and let the plants grow up and out of the container. In that case, the garden will need watering.

Experiment by planting a few seeds. When the seeds sprout, remove the jar cover as the tiny seedlings need air circulation. Keep the garden in a sunny place.

From the article, "Plant a Garden Under Glass," suggestions by Bill Dey of Dey Brothers Florists, 1215 North Dale Street, St. Paul, Minnesota.

SHORT SHORTS

To keep vegetables such as onions and cauliflower from turning yellow during cooking, add a little lemon juice or vinegar to the cooking water. Don't overcook.

* * * *

Fabrics made from acetate such as acetate ninon, taffeta, and satin should be drycleaned. Above all, they should never be machine washed, as acetate fiber is weakened when wet.

* * * *

Americans seem to like rice. Rice is the only cereal substantially increased in per capita food use in the U.S. Use of rice was about 1.3 million hundredweight in the mid-1950's and about 2 million in the early 1960's.

* * * *

The high intensity lamps with transformers are not reading lamps. They are intended to direct strong light on a small area while sewing, doing art work, or other close work.

They are best used in combination with other lamps and should not be considered general purpose lamps.

* * * *

If melted fabrics stick to your iron because of too much heat, try removing the spots with rubbing alcohol. This also works for plastic starch that sticks to the soleplate.

Never use abrasive materials of any kind because they will roughen the soleplate, and fibers of some fabrics will catch on the rough spots.

Some spots can be removed by rubbing with a paste of baking soda, but usually soda will not affect melted synthetics.

* * * *

Trade names or names of suppliers are sometimes listed in this newsletter as a matter of convenience to readers. Inclusion of such names does not constitute endorsement and exclusion does not constitute discrimination by the Minnesota Agricultural Extension Service.

Issued in furtherance of cooperative Extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U. S. Department of Agriculture. Luther J. Pickrel, Director of Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55101. 1,300--8-66