

Newsletter

HOMEMAKERS LIMITED

June 1967

Dear Friend:

Welcome to the new readers of the newsletter. Homemakers Limited class members from Wright and Rice Counties have joined us. I hope you'll enjoy our visits and will feel free to send me homemaking ideas that you have found helpful. I'm here to answer questions too.

We staff members of the University's Agricultural Extension Service are interested in every phase of the home and family. We are constantly being kept up to date on research done by the University and the U.S. Department of Agriculture as well as by commercial companies conducting research of their own.

I am sorry for the late arrival of this issue of the newsletter. I'll take the blame, though there were many reasons. Several readers have written asking if it is still being published. Newsletters usually are mailed during the first week of March, June, September, and December.

You'll be hearing from me again in September. Have a nice summer.

Sincerely,

Marion Melrose

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

MM:kmb



LET'S BUILD HOUSES FOR PEOPLE

Edward H. Noakes, an architect from Washington, D.C., has come up with the idea that kitchens should adapt to people instead of people adapting to kitchens. He thinks that today's kitchen is a real problem because the fixtures are a standard height. Any of you who've had kitchen cupboards and work counters built or remodeled know that many builders consider a 36 inch counter height standard. This height is comfortable for only a few people.

What about those who must do their work from wheelchairs? A 36 inch counter is much too high for them and cupboard shelves are impossible to reach. Noakes says that though an inch is of no significance to the nonlimited, it is of vital importance to the handicapped. In an article in the March 27th issue of Home Furnishings Daily, he proposes a new kitchen concept based on "adjustable design."

Noakes says that counters could be built so that a carpenter or plumber could adjust them easily and inexpensively to anywhere between 30 and 38 inches high. He also suggests that under-

sink shelving should be removable. Wide swing-out doors and the elimination of the cross piece on the floor would provide knee space for people in wheelchairs.

He also advocates "soft bathrooms" although he doesn't state what materials would be needed for them. He thinks that our primary concern has been to make bathrooms sanitary when the real goal should be to make the bathroom, and all other rooms, safe.

It will be interesting to see if architects and builders accept Noakes' suggestions. He thinks that to fit into present-day homes, we have to belong to that neat little group of people called "average." He is fighting for the non-average whom, he says, the average person--at one point or another in life--will be.

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NEED HELP GETTING UP?

Many people with leg and hip problems could be independent if they could get out of a chair without help. It's that first boost that counts. And for those who live alone, being able to stand is a necessity. Having a telephone beside the chair so you can visit with friends or call for assistance is important; so is having a table for reading material and hobbies. But none of these things take the place of being able to get up and move around to keep your circulation functioning properly and to prevent pressure spots which develop so quickly in people who sit too long.

The electrically operated Cushion Lift Chair pictured here could easily take the place of an extra person needed to give that first boost.

The chair is constructed of strong wood and has cushions contoured to fit the body. The back can be adjusted for an individual fit. The cushions come either in plastic or in tweed cloth.

The cord that operates the seat must be plugged into an electric outlet. The hand control can be permanently installed on either arm or left looße so the seat position can be raised or lowered from a standing position.

If you're interested, write me and I'll tell you more about the chair and where you can get it.



1. In this picture, the cushion is in its "down" position. The control that operates the cushion is on the left arm. It has two buttons-- one to raise the cushion and one to lower it.



2. Pressing the "up" button raises the cushion and the occupant slowly to a half-standing position. There is no feeling of insecurity because the motor operates slowly. You can stop the rise in any position by releasing the button. There is no chance of the cushion going up too high because it stops automatically at a safe point.



3. In this picture, the cushion is at its highest point. From here, you can stand or grasp a walker or another sturdy piece of furniture within reach.

To sit down, you merely sit down, press the "down" button, and are slowly lowered into the chair.

YOU'LL BE SEEING

Better Quality Fruits and Vegetables

Because of a new heat treatment process, USDA American Research Scientists are literally making it too hot for the comfort of decay organisms that often destroy produce before it reaches the consumer.

Hot water and hot air treatments are cheaper, safer, and easier to use than chemical controls for decay. Also, they prevent decay caused by organisms that get under the skin, beyond the reach of chemicals.

One advantage to the consumer will be better quality shipped-in fruits and vegetables. Also, we may be able to get varieties that up to now have not been shippable.

Under laboratory conditions, the process is said to have no adverse effects on the products tested. The process will be recommended for commercial use when the advantages have been confirmed under packinghouse conditions.

Foods Packaged in Fat

A search for new ways to use cottonseed oil has led to major changes in the packaging of nuts and may change the packaging of meats and produce.

When sprayed on the product in a very thin film, fat locks out air and retards rancidity for long periods of time. The fat film is edible and can be left on meats, poultry, or fish as part of the frying fat or gravy. Or you can remove it before cooking by holding the coated food under hot running water for a few moments.

About 35 million pounds of edible coatings are now used on food products. USDA economists estimate that the new coatings may raise this figure to 75 million pounds in the next few years.

Better Manmade Purses and Shoes

Corfam, a manmade material which resembles leather, formerly was used mainly in men's and women's shoes. Now it also is available for purses, accessories, and other items where washability is a desirable feature.

Purses made of Corfam are not likely to stiffen or crack even in the winter. We'll soon see colorful designs built into the material. It also comes in a variety of textures: smooth, grained, napped, and a texture that feels and looks like woven fabric. One of the newest forms is Corfam patent leather.

Corfam articles require only minimum care. They repel exterior moisture and polishing is seldom necessary. Even though they are still in the high-priced bracket, articles made from Corfam will outlast other materials, including leather.

More Flavorful Dehydrated Celery

When fresh celery isn't available, food processors use dehydrated celery. However, the heat used in removing moisture from celery also drives off flavor and aroma. Using a new process, celery leaves, ribs, and cull stalks now can be made into a celery oil that formerly could be produced only from celery seed.

Oil obtained from the new process is 10 times more potent than oil from the seed and can be used to replace the lost flavor and aroma. Only about 5 ounces of oil are required to flavor a ton of celery for dehydrating.

A New Carpet Backing

A new material called Typar has been developed by the DuPont Company. It is said to make the tufted backing on rugs stronger. Scatter rugs with this kind of backing can be washed without shrinkage since Typar absorbs little moisture. Also, it prevents the edges on area rugs and carpets from raveling. Because Typar is not sensitive to humidity changes, shrinkage during wet cleaning is reduced to a minimum. Typar is also rot and insect resistant and is nonallergenic.



HOMEMAKERS LIMITED FALL CLASS SCHEDULE

The fall schedule of Homemakers Limited classes is being planned for September and October. Since the dates aren't definite, they will be announced later. Announcements will appear in local papers. Radio stations also will keep you informed, or you can check with your county home agent or public health nurse for exact dates and meeting places.

Here's where we'll be:

Mrs. Harriet Meldahl will be conducting classes in September in Deer River and Big Fork. In October, she'll be in Hibbing and Ely. For more information, write her at:

111 Old Main - UMD
Duluth, Minnesota 55812

Mrs. Marion Melrose will be holding classes in Mille Lacs County in September. Benton County homemakers also will attend these classes. She may hold Minneapolis classes in September.

The October schedule is likely to include Dakota, Washington, and Blue Earth Counties.

Watch for announcements in your newspapers.

HOW TO LAUNDER DURABLE-PRESS FABRICS

For most homemakers, the development of durable-press finishes has eliminated hours of ironing and has helped keep the family well groomed and virtually wrinkle free. But sometimes when you spend less time on one household operation, you have to put more work and thought into another. Such is the case with durable-press garments.

First, you must treat stains and heavily soiled areas before you wash these garments. If you don't and garments go through the washing and drying process, stains will be hard to remove.

For heavy, oily soil, perspiration, and food stains, measure the amount of heavy duty liquid detergent required for an entire load and apply it full strength to the most soiled areas of garments. Soak the garments in hot water, let the water cool to 90°-110° F., and then agitate them for 6 to 8 minutes.

Laundry durable-press fabrics before they are heavily soiled and as soon as possible after soiling. Turn garments inside out to help reduce "frosting" or wear on creases. Launder them in the coolest water that will remove soil. If you use warm or hot water, rinse garments in cool water before machine spinning or hand wringing to prevent setting wrinkles.

Rinse garments well in cool water. If the water is hard, use a water softener in the first rinse or fabric softener in the final rinse. Fabric softeners reduce the static charge that attracts soil. Softeners also decrease the clinging of manmade fibers.

You'll get the most satisfactory results if you dry durable-press clothes in a dryer. For less wrinkling, dry garments in small loads--about half the dryer capacity. Dry them at normal heat unless your dryer has a setting for "wash-and-wear" or "permanent press." Let the clothes continue to tumble for a cool-down period of 5 to 10 minutes after the heat is off. As soon as the dryer stops, remove the garments and hang or fold them. If you have no dryer, shorten the final spin in the washing machine by advancing the dial or remove the garments while they are wet and hang them on rustproof hangers. If touch-up pressing is needed, use a low setting on the iron.

If you have a wringer-type washer, do not wring durable-press garments. Remove them from the suds, rinse, and hang them while they are dripping wet on rustproof hangers.

SHORT SHORTS

Do you check the condition of frozen foods carefully before you buy them? You should be sure that the package contents are frozen solid and that the food has not slipped to one end of the package, which indicates it has been stored at too high a temperature at some time. Or, the package may have been stacked above the freezing line of the frozen food case.

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Whipped instant nonfat dry milk has fewer calories and more body-building protein than whipping cream. It tastes and looks like whipped cream when used in desserts or as a dessert topping. Equal measures of dry milk and cold water with a few drops of lemon juice make a stable, flavorful whip.

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If you have small rugs that have a nonskid finish on the wrong side, vacuum this backing often. Also sponge the back once in a while with soap or detergent suds--dirt and floor wax prevent the nonskid finish from gripping the floor securely.

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Garments knit or woven from manmade fabrics become discolored and dingy looking unless you launder them frequently. Perspiration odor is also more noticeable in them than in cotton and linen. Warm wash water will remove the odor more completely than cold. If you use warm water, rinse garments in cool water to prevent setting of wrinkles. If you use hot water for the entire washing, wrinkles frequently will set.

Use a gentle or no-heat setting on the dryer to prevent wrinkles. If you air dry dresses and blouses, hang them on rustproof plastic hangers with rounded edges to prevent shoulder bulges.

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Don't become discouraged when you try a new method of doing an old job. Practice different methods, develop speed, and establish habits that require the least effort.

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A SUGGESTION FOR LENGTHENING KNITS

This year, tall people are finding it difficult to buy dresses and skirts that are a becoming length. Sometimes the hem allowance is too narrow to lengthen a skirt and leave enough to turn up. Then facing is necessary.

Colors may be difficult to match exactly, but a light facing for a light-colored dress and a dark facing for a dark one may have to be close enough. Since it's on the wrong side, the color isn't nearly as important as the security of knowing your hem won't come down.

When you choose facing material for knits and jerseys, be sure to use something that "gives," such as another piece of knit fabric or bias hem facing. Otherwise you're likely to end up with split stitches and a ripped hem if you take a big step or get in or out of a car.

Trade names or names of suppliers sometimes are used in this newsletter for convenience. Inclusion of such names does not constitute endorsement nor does omission constitute discrimination.

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