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Newsletter

HOMEMAKERS LIMITED

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September 1967

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Dear Friend:

It's time again to look forward to a change of seasons. Whether or not we like the change, it's part of living in Minnesota. I have heard that people who live where the climate is fairly constant lack the drive and ambition that we have. They don't change from screens to storm windows. Their clothing needs vary scarcely at all from one season to the next. We often feel that we wish we could skip a few months of winter--but it's home and we accept the rugged times with the gentle.

Someone wrote a few lines which I like:

God gives all men all earth to love
But since our hearts are small
Ordains for each one spot shall prove
Beloved over all.

This spot is home. No matter where we go, we look forward to returning. Sometimes we must make a few adjustments, but people who can remain in their own homes are fortunate.

I hope you'll be able to spend some time outside this fall and that we'll have many pleasant days to enjoy.

Sincerely,

Marion Melrose
(Mrs.) Marion Melrose
Home Economist in Rehabilitation

MM:mls

SUGGESTIONS FROM OUR READERS

Mrs. A. B. Frederickson from Fergus Falls writes that her husband inserted a bath brush into the base of a cane. The curved handle on the cane makes it easy to hang up in the shower stall. It also gives a "longer arm" and a good grip for washing legs and feet if you can't bend to reach them.

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Ruth T'Kach from Minneapolis sends a good suggestion for wrinkle-free packing. Mothers of college-bound students will appreciate this. Lay a piece of tissue paper inside a dress, blouse, or shirt and another over the back. Fold the garment with the tissue paper inside. It cushions the folds and prevents wrinkles.

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YOU TOO MAY BE AN ARTIST

People who have put off expressing themselves on canvas need not feel that art is only for the artists. The winter months can be brightened by colorful dabblings with materials which give satisfying results because they are inexpensive, easy to handle, and clean.

Quite by accident an artist, in trying to achieve a new effect with water colors, mixed detergent into poster paint. Textures resulted that resembled painting with oil.

So, you too can be an artist and practice a new craft without the expensive equipment or professional materials.

Just add one part liquid detergent to two parts tempera--sometimes called poster paint. This gives the paint more flexibility and body because the detergent acts as a thickening agent. Tempera is available at most stores selling school or art supplies. Drug stores often carry it too. It comes in many colors which can be mixed to make more colors.

Clean-up is easier than with oil painting because there is no need for turpentine, solvents, or thinners. Since the detergent is part of the paint formula, brushes and containers can be washed in a jiffy.

The kitchen is a convenient "studio." Spoons and kitchen utensils can double as art supplies. You can use muffin tins to mix the paint and detergent. A cookie sheet or wax paper can serve as a palette. A spatula, the back of a spoon, or a serrated knife will create interesting modern effects, and cotton swabs will produce delicate touches.

The painting surface can be any kind of paper. Shirt cardboard makes an excellent surface and is easy to frame. Paper towels, paper bags, or construction paper are also satisfactory. To approximate the texture of canvas, use the wrong side of oilcloth or a piece of rough cloth stretched and pinned over cardboard.

For your first still life, arrange garden flowers or vegetables. As soon as you feel sufficiently adept at applying the paint, you can pre-mix it, and move outdoors. Adding a few drops of glycerine to the mixture will keep it moist longer. Should the paints dry out on your palette, just add more water.

At first, it may help to sketch your design in with pencil. Eventually, you will be able to block out your ideas with diluted colors made by adding more water to the tempera-detergent mixture. When you are satisfied with the basic composition, start painting your picture with short, heavy strokes. The heavy daubs will build up on your initial sketch just as oils do. In fact, all the techniques of this medium are similar to oil painting.

For fine line work, highlights, or to delineate objects, dilute the paint slightly with water to get a flowing consistency. This permits loading the brush with paint to produce smooth-flowing, continuous lines while retaining an oil-like quality. To change the texture of certain areas, or heavily-painted elements of the design, just scrape the paint off with a knife before it dries.

Once the painting satisfies you, here's how to preserve it. Allow it to dry about 24 hours--longer if the climate is humid. Then cover the entire picture with clear shellac, using a soft-haired brush. Shellac thinned with denatured alcohol is best, giving your painting two thin coats rather than one heavy one. Let the first coat dry for about four hours before applying the second. This will give the picture an oil-painting finish and protect the colors.

Tempted to try painting? It's fun, easy, and rewarding. And it's an activity the entire family can enjoy--indoors or outdoors--without mess, expense, or bother.

From Cleanliness Facts

ADAPTING RECIPES TO INSTANT FLOUR

Instant flour mixes readily with water without forming lumps and is a handy product for making gravy. For baking, this same characteristic causes problems. Instant flour weighs more per cup and takes up liquid at a faster rate than regular flour. This has the net effect of providing too much flour for the dough in relation to the liquid.

A full measure of instant flour in a cake or cooky recipe designed for regular flour can change the shape, texture, and flavor of the product. Food specialists at the American Research Service of the U. S. Department of Agriculture recommend this change:

When baking with instant flour take 2 level tablespoons out of each cup of flour called for in the recipe.

The taste and appearance of pastry can be improved further by adding more fat to the dough. Food specialists have found that although a little extra fat helps, adding extra water is no solution. Too much water destroys the proper balance between ingredients, and is likely to produce a poor finished product when baked.

Additional directions will be found on the recipe folder inside the bag.

Agricultural Extension Service, University of Minnesota
The Arthritis Foundation - Minnesota Chapter
Minnesota Department of Health
Minnesota Heart Association
The National Multiple Sclerosis Society

PREPARE NOW FOR YOUR WINTER GARDEN

Bringing part of your flower garden inside in the fall is often a hurried-up process because the cold weather comes before we're ready for it.

While it's still dry and sunny outside, have someone gather up used flowerpots for a good cleaning. Contaminated flowerpots could be one reason cuttings and transplants don't do well in the house. Leftover soil may carry insects or disease damaging to new plants.

Use a stiff-bristled or wire brush to wash the pots and their saucers. Very dirty pots should be soaked in a pail of hot suds to loosen caked earth. Some experts suggest adding one-half cup bleach to the suds. Rinse several times and put flowerpots in the sun to dry.

According to the U. S. Department of Agriculture clay pots that have turned white should be discarded. The whiteness is unused fertilizer and it won't wash off. Putting a fresh plant into a whitened pot is like putting the plant into salty water.

SHORT SHORTS

If washable leather gloves are to remain washable they should be kept clean by laundering right from the start. Dry cleaning fluid dissolves and removes the gloves' washable finish.

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Roasts from aged meat require less time for cooking than meat not aged.

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On the average Americans pay approximately \$41 million a year for packaging. A nationwide survey on food store packaging showed that 59 percent of the housewives questioned like portion packaging. Nearly two-thirds of them said they would pay more for a convenient package.

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To protect the high quality of eggs keep them cold. Store eggs in the paper carton in which you bought them. The covering retards moisture loss and helps prevent absorption of odors.

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In shopping for lettuce the firmest head may not be the best buy. The U. S. Department of Agriculture says a head of lettuce should be firm, but not solid--maybe even a little loose. Also look for lettuce with green outer leaves. The greener the lettuce, the more vitamins you get.

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In case you have just defrosted your freezer, you know how much time it takes. Here's a time-saving tip from Mrs. Shirley Munson, in charge of the food processing laboratory at the University of Minnesota: Cover the shelves of upright freezers with aluminum foil after you've defrosted and frost removal will be easier next time.

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FALL SCHEDULE OF HOMEMAKERS LIMITED CLASSES

Schedule for Marion Melrose: St. Cloud - September 12, 19, 26 and October 3. At the St. Cloud Vocational School. Will include homemakers from both Stearns and Benton Counties. Contact: Mrs. Mary B. Weyrens, Stearns County Home Agent, Post Office Building, St. Cloud, Minnesota 56301 and Mrs. Diane H. Corrin, Benton County Home Agent, Courthouse, Foley, Minnesota 56329.

Minneapolis - September 14, 21, 28 and October 5. First Christian Church, 2201 First Avenue South, Minneapolis, Minnesota 55404. Class being organized by the Arthritis Foundation.

Rosemount - October 17, 24 and November 7 and 14. At the Rosemount Town Hall. Contact: Mrs. Elaine C. Klingebiel, Dakota County Home Agent, 325 3rd Street, Farmington, Minnesota 55024.

Stillwater - October 18, 25 and November 8 and 15. At the Stillwater Hospital. Contact: Mrs. Marjorie R. Hamann, Washington County Home Agent, 939 West Anderson, Stillwater, Minnesota 55082 or Public Health Nurse's Office, 939 West Anderson, Stillwater, Minnesota 55082.

Mankato - October 19, 26 and November 9 and 16. Our Savior's Lutheran Church, 1103 North Broad Street, Mankato, Minnesota 56001. Contact: Mrs. Louise Foley, Public Health Nurse, Courthouse, Mankato, Minnesota 56001 or Mrs. Sharon Gilsrud, Blue Earth County Home Agent, 301 Courthouse, Mankato, Minnesota 56001.

Schedule for Harriet Meldahl:

Big Fork - September 5, 12, 19, 26 and October 3.

Ely - September 7, 14, 21 and October 5 and 12.

Deer River - October 10, 17, 24 and November 9, 16, and 22.

Hibbing - October 11, 18, 25 and November 8, 15, and 22.

For information about meeting place contact: Mrs. Harriet Meldahl, South St. Louis County Extension Office, 111 Old Main - UMD, Duluth, Minnesota 55812.

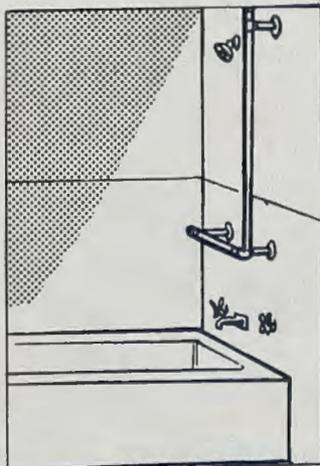
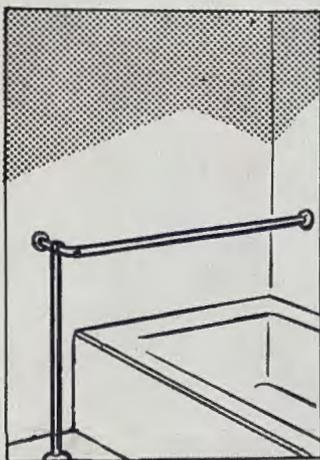
MAKE YOUR BATHROOM SAFE

If bathrooms were safe and people could come and go without assistance, more of the disabled and elderly could remain in their own homes. Too frequently bathrooms have narrow doorways. Many are too small to enter in a wheelchair and too small to move around in with crutches or canes on unsteady legs.

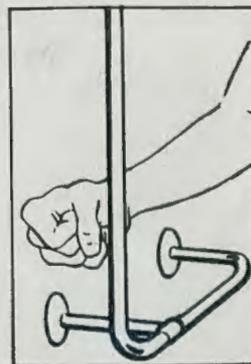
Enlarging any room, especially the bathroom, is often too expensive to consider. Safety features can be added to prevent falls and give a feeling of independence and security.

Grab bars for bathtub, shower, and toilet are essential for the safety of anyone, but especially for those who have difficulty with balance. The bars must be firmly installed and anchored to studs to give the needed support to bear a person's entire weight.

These grab bars are available in various lengths and shapes from rehabilitation supply companies, mail order houses, and plumbers. Drug stores can order the bars from their suppliers. The illustrations show typical installations. When installing bars in a shower the length and angles can be chosen to accommodate the needs of the user.



The installation should leave enough space for the clenched fist between the bar and wall so the bar will not bind the hand of the user as in the illustration.



YOU'LL BE SEEING

Better Durable-Press

The U. S. Department of Agriculture is conducting research to make durable-press better, more durable, and easier to care for.

New processes have been developed to produce cotton shirts that retain shape, resist wrinkles, and withstand abrasion longer than those made by present methods.

Improvement is expected in colored fabrics and whites that won't yellow when subjected to chlorine bleaching.

Big Zippers and Buckles

Good news for women with hand difficulties is the fashion look for fall using large zippers with big zipper pulls. Another closure easy to fasten is a snap buckle similar to those used on overshoes 25 years ago.

Fruit Snacks

Small, crunchy pieces of dried apple, peach, pineapple--you may soon be eating them by the handful. Now under development at the U. S. Department of Agriculture, these snack items are produced by osmotic drying, a process which gives the fruit more intense natural color and flavor than conventional air-drying. The new process also should make it possible to dry fruits previously considered "undryable"--melons, papaya, and guava.

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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