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Newsletter

HOMEMAKERS LIMITED

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Dear Friend:

March 1968

So far this has been a pleasant winter--at least to the eye, if not always underfoot. Driving has been reasonably good when I've traveled here and there making plans for Homemakers Limited classes in April and May.

I'll be working in Minneapolis in March and April with senior citizens at the Senior Citizen Center at 1505 Park Avenue. Also with a group of eleven men and three women all in wheelchairs who are members of the Minnesota Wheelchair Sportsman's Club.

In May I'll be traveling to Long Prairie, Wadena, and Bemidji.

March 1st is really an anniversary for me because it is exactly ten years since I began this interesting work. During these ten years I have made many friends and I sincerely cherish every one.

So many new things are available to make housekeeping easier than before. This is the reason that Homemakers Limited classes change constantly. I try to keep up with new developments in every phase of homemaking.

Life has much to offer anyone who has an inquiring mind. There are things to do and things to learn. It has been said that "The open door of education must be more than an open door. It must lead somewhere and to something worthwhile." Learning facts and accumulating information is of little value unless the learning is passed on to help others.

My best wishes until you hear from me again in June.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

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LET'S GET ACQUAINTED

Many newsletter readers have been familiar with the Homemakers Limited program since it began ten years ago. Some sponsors have been added since 1958. The participating agencies now are: the University of Minnesota Agricultural Extension Service in cooperation with the Arthritis Foundation --Minnesota Chapter, Minnesota Department of Health, Minnesota Heart Association, and North Star Chapter of the National Multiple Sclerosis Society.

To become better acquainted with our friends who make Homemakers Limited possible, we would like to present a brief sketch of each organization. We'll start with the Minnesota Chapter of the National Multiple Sclerosis Society and the Arthritis Foundation--Minnesota Chapter. Others will follow in future issues of the newsletter.

The Minnesota North Star Chapter helps support internationally coordinated research and fellowship programs of the National Multiple Sclerosis Society. The Chapter makes supportive grants to the following: Visiting Nurse Service of Minneapolis, Suburban Nursing Service of Hennepin County, and Homemakers Limited.

The Chapter purchases wheelchairs, bed-lifts, walkers, commodes, and other equipment for loan to M. S. patients when the request comes from an authorized cooperating agency. Equipment purchases are determined by money budgeted for this purpose.

Also the Chapter underwrites camperships to Camp Courage and maintains a counseling service for all M. S. families, under the guidance of the Patient Service Director. A community information and education program includes speakers, films, and literature to interested groups. It sponsors recreational activities and issues a newsletter. The Chapter has a talking book service made available by the Library of Congress.

Families can and should turn to the Minnesota North Star Chapter of the National Multiple Sclerosis Society for information, help, and guidance. The address is: Minnesota North Star Chapter; National Multiple Sclerosis Society; Room 301, WCCO Building; Minneapolis, Minnesota 55402.

The Arthritis Foundation

The goal of the Arthritis Foundation is a total answer to the arthritis problem--both prevention and cure. It is the sole voluntary health agency seeking this answer. More than 200,000 Minnesotans suffer from some form of arthritis--the nation's number onecripler. Arthritis does not confine its attack to any one age group. More than 50 percent of those disabled by rheumatoid arthritis are under 45 years of age.

The Minnesota Chapter of the Arthritis Foundation combines extensive research and patient service with authoritative information to bring help and hope to the public. An arthritis clinical research center supported in conjunction with the University of Minnesota revolves around the arthritis victim. Here the patient receives the best possible care and benefit of new discoveries. For admittance to the center, a letter of referral from the patient's doctor is necessary.

For up-to-date facts on arthritis, the Arthritis Foundation upon request furnishes without charge printed materials to inform doctors and patients of the most improved and refined patient treatment techniques.

Within the Twin City area the Foundation's professionally staffed mobile units serve home-bound and financially limited arthritic patients upon the instruction of the patient's doctor.

For those whose daily activities need revising to match their present capabilities, the Foundation has information on self-help devices to make daily living easier.

While final victory over arthritis may well come from men of science, the drive toward success is speeded by those who donate of their funds. A major share of financial support for programs of the Minnesota Chapter of the Arthritis Foundation comes from United Funds throughout Minnesota.

For information concerning any of the services offered, contact the Minnesota Chapter of the Arthritis Foundation, 89 South 10th Street, Minneapolis, 55403 - (612) 338-7031.

LAUNDERING WHITE NYLON SLIPS

Why do white nylon slips become gray after several washings? The Department of Home Economics at the University of Minnesota and South Dakota State University set out to solve the problem. They worked with home agents and several homemakers living in hard water areas in Minnesota and South Dakota to determine why some nylon slips were white after fifteen launderings and others were gray.

Here's what they found. The more often a slip is washed, the grayer it becomes. Each washing in hard water adds a little more gray.

The study also showed that the stronger the detergent, the whiter the nylon remained.

Among nylon slips studied the only one that remained white-as-new through 15 washings was one washed with homemade soap. Such soaps usually contains excess lye which removes dirt and stains but may shorten the life of fabrics.

Lucille Schilling of Maple Plain does all her housework from a wheelchair. She finds that a few adjustments help to make things easier. In a kitchen not planned for wheelchair working it's difficult to get close enough to counters for efficiency and comfort.



Lucille finds that a table broiler saves many trips between the range and table at meal time. Food can be served hot right from the broiler.

Here Lucille is peeling potatoes at a simple lap-board cut from $\frac{1}{4}$ -inch plywood to fit her lap. A foam rubber pad holds the board level. Working at a regular 36-inch counter is awkward and hard on the shoulders. Being able to work with the elbows higher than the hands is much easier.



Most cupboard drawers are at the right height for mixing a cake. By cutting a round opening in an 1/8-inch hardboard, a stable platform for a mixing bowl is created. Cleats on the sides of the hardboard prevent it from slipping off the drawer. Of course, the contents of the drawer must be moved aside to make room for the bowl. But homemakers who do their work from wheelchairs become accustomed to making a few adjustments.

Laundering Nylon Slips
(Cont. from p.2)

Yellow stains appeared where slips had touched bare skin. Skin oils seem to cause yellowing and mild detergents would not remove the yellow stains. The worst yellowing occurred in a slip which had been washed regularly by hand in a mild dishwashing detergent advertised as being easy on the hands.

Though the investigation is still in progress, experimenters found they can offer two practical recommendations for keeping slips white. First, use soft water. Either use rain water or water softened in the plumbing system or a water-softener product in the washing machine.

Second, use a laundry detergent recommended for getting out stubborn dirt. This would be the same type used for towels and other household laundry and clothing.

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VITAMINS MISSING IN NONFAT DRY MILK

Nonfat dry milk is the most economical of milk. However, because it lacks vitamins A and D, nonfat dry milk is not equal in nutritive value to fluid whole milk or fortified skim milk.

The American Academy of Pediatrics strongly recommends that infants and children who receive nonfat dry milk as part of their diet be given a vitamin D supplement. At present nonfat dry milk is not fortified with vitamin D and absence of the vitamin could cause rickets.

It is also interesting to note that nonfat dry milk contains no vitamin A. It is removed with the butterfat during the manufacturing process. Vitamin A is needed for growth, normal vision, and a healthy skin condition and is found in dark green and deep yellow vegetables and fruits.

KEEP BLADES CLEAN

The average householder opens from 900 to 1,500 cans per year. To accomplish this, many homemakers have been outfitting their kitchens with electric can openers. All are equipped with some kind of a cutting wheel which punches the can and removes the lid as the can is turned. During

the process the cutting wheel often comes in contact with contents of the can. This is true of all openers, whether electric or hand operated. If food sticks to the cutting wheel, the action will be clogged and flavors transferred from one food to the next.

A hand-operated opener can be washed in hot water and is ready to work again. But electric openers should never be immersed in water because of damage to the motor. Follow the manufacturer's directions for cleaning the cutting blade. Some give detailed diagrams for removing and replacing parts. Some also furnish a brush to clean the magnet and blade. It's a good idea to examine the opener before buying it to determine the amount of work involved in cleaning.

BE SURE TO UNPLUG THE APPLIANCE BEFORE WIPING, CLEANING, OR REMOVING THE CUTTING WHEEL.

CHANGES IN PATTERN MEASUREMENTS

Four major pattern companies, Butterick, McCalls, Simplicity, and Vogue, now size their patterns using revised (November 1967) body measurements approved by the Measurement Standard Committee of the Pattern Fashion Industry. Other brands may or may not conform to the revised measurement charts.

If you're planning some spring sewing, it would be a good idea to check your body measurements with the new size charts. These charts refer only to patterns and not to ready-made clothing.

If you would like a copy, send for: Pattern-Figure Types and Sizes; Bulletin Room; Agricultural Extension Service; University of Minnesota; St. Paul, Minnesota 55101.

Mention of trade names in this publication does not imply endorsement nor does failure to mention a name imply criticism by the Minnesota Agricultural Extension Service.

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SHORT SHORTS

When the clothing label says "preshrunk" you have no guarantee against shrinkage. The fabric may have been preshrunk but unless the label tells how much more shrinkage is likely, you may be disappointed when the article is washed. The label has meaning only when followed by a statement telling how much the fabric will shrink. For instance, if a label states that the article will not shrink more than 1 percent, you will know that it could shrink up to 1 inch in 100 inches.

Most garments can stand a 1 percent or less shrinkage. This would mean about a one-third inch shrink in a skirt 30 inches long. However, if it shrinks more than one percent, you might end up with a mini-skirt.

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When washing pans that are used to cook strong-flavored foods, add a little vinegar to the hot suds. This helps to kill any unpleasant odor. Then rinse with hot water, wipe, and air-dry before storing.

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One medium-sized sweet potato provides more than twice the recommended daily adult allowance of vitamin A as well as appreciable amounts of vitamin C, iron, and thiamine.

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Cabbage keeps its delicate green color if it is not overcooked. Cook only until tender. Let it boil just 3 to 5 minutes. The longer it cooks, the darker and stronger it becomes--also more bothersome to touchy digestions.

Cabbage is an excellent source of vitamin C if it's cooked for only a few minutes. Vitamin C is destroyed by overcooking.

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Electric blankets should never be dry cleaned because insulation on the wires is damaged. Most blankets have instructions that tell you how to launder them. Never run them through a wringer. Simply let them drip dry or pat them with bath towels. This prevents bending and breaking of insulation and wires.

Insulation is also damaged by moth flakes. If your blanket is part wool or all wool, moth prevention must be taken care of by washing and airing. Acrylic blankets need no moth preventatives, since they are mothproof if they're put away clean.

If foods "just don't taste the way they used to," it may be partly because your senses of taste and smell have grown less sensitive as you've grown older. Previous research has demonstrated that the sense of taste deteriorates; now USDA scientists have conducted a test that indicates the sense of smell does too. They tested 97 people for their ability to smell 18 odors. The panel included people from 20 years of age to 70, with 35 persons under 40 and 62 over 40. There were 48 men and 49 women. The test showed an average of 80 percent decrease in odor sensitivity from 20 years of age to 70. The researchers found no significant differences in odor sensitivity between men and women or between smokers and non-smokers.

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All major detergents are now "biodegradable" which means they will not create foam in rivers and lakes. There are no special labels on bottles or boxes to indicate that changes have taken place. As old supplies were used up they were replaced by biodegradable types.

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When buying durable press table linens check the tags to be sure the finish also contains a soil-releaser. Many homemakers were dissatisfied with the first durable press tablecloths and napkins because they held onto grease spots. With the soil-releasing finish, oily and other stubborn stains come out during regular machine washing.

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More Self-Cleaning Ovens

Somewhat lower in price and more available are self-cleaning ovens which hopefully will do away with at least one of the homemakers' most disliked jobs. The self-cleaning feature first started in electric ranges and now can be found in those using gas. On a two-oven range usually only one oven has this feature and the other the regular bake burner.

The manufacturer claims that the operation is very simple. Two knobs control the whole operation. One locks the oven door, the other turns on the self-cleaning burner.

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YOU'LL BE SEEING

Waist Lines Again

We've just become accustomed to the comfort of beltless shifts. Now designers and others who tell us what to wear to be in style are stressing curves and fitted waistlines. Also don't be surprised to see a large selection of blouses with lace ruffles and, at the other end of the femininity scale, long-collared shirts worn with men's huge ties.

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Sunflower Oil

Processing research has brought the sunflower, primarily harvested for whole seeds, into the spotlight as a valuable oil seed. The Red River Valley now accounts for most of the U. S. acreage and commercial output.

The pale yellow sunflower seed oil can be used for cooking and salad oil, in the manufacture of margarine and shortening, in soups and other food items. It keeps exceptionally well and is high in polyunsaturated fats.

Sunflower seeds are popular snacks, either whole or hulled, salted and roasted. They are also being used as nutmeats in candy and baked goods.

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Cantrece Blouses

A nylon fiber that has been used mostly for hosiery and lingerie is now appearing in blouses. Cantrece is a textured nylon to which the manufacturer does unusual things to make it look like something else. They puff it, twist it, and bulk it and it looks like wool. They also stretch, crimp, and loop it. All this gives the fabric an interesting appearance, gives it stretch and the ability to spring back into shape after wearing. Helanca and Agilon are trade names for nylon that have the same features.

Garments made of this fiber are hand-washable and drip dry, which make them great for traveling or easy wash-bowl washing.

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More Snack Foods

The cracker shelf in the grocery store which not many years ago held only soda, graham, and oyster crackers has been enlarged into a department all its own. Crackers and cheese are accepted by children, teenagers, and adults, which makes impromptu entertaining easy. They keep well if the box is kept closed and can take care of that nothing-in-the-house-feeling if unexpected guests drop in. They're available in many flavors: cheese, bacon, chicken, various herbs, onion, garlic, and with or without seeds.

Treat your friends to a cold drink and crackers for pleasant, easy entertaining.

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Washable Lamp Shades

Lamp shades made of hard-finished materials such as parchment or treated paper have been on the market for many years. They were washable up to a point--until they got too wet or the finish washed off. These shades didn't give the warm, luxurious effect of silk shades which were shunned because they soiled easily. Now it's possible to buy lamp shades made of slubbed silk in white and light colors which can be washed. They are treated with a transparent finish and can be cleaned by wiping with a sudsy sponge or by dunking in a tub of suds. It's advisable to brush or vacuum off the dust before washing.

If you're interested in the brand name write to me.

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A "Pint-Size" Hair Dryer

For travelers or those with limited storage space, we're told there's a tiny new hair dryer on the market. Measuring only 5 inches by 4 inches by 2 inches, it dries hair or can even double as a quick clothes dryer for hand washables.

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Topless Shower Curtain

A topless shower curtain may sound a bit "kookie." What would hold it up or what would keep the bathroom from being sprayed? It's really not topless at all but has a 10-inch wide section of clear plastic running the width of the curtain. It lets the showerer see out. It might partially solve the problem of keeping track of little ones who often get into mischief in the bathroom when you can't see what they're doing.

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