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Newsletter

HOMEMAKERS LIMITED

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June 1968

Dear Friend:

A bright red cardinal perched on a bird feeder in my yard the other morning whistling his shrill song, telling the world that this was his place -- his possession -- his home. We often feel the same as the cardinal. We come home to familiar surroundings where we feel secure because it is ours. We can rest and be refreshed for a new day. We can laugh, we can play, and we can work. In our work, whether the job is large or small, we can gain the satisfaction of accomplishment. We make our own decisions but must be able to evaluate the results and accept or reject the results of our decisions. It is a privilege to be able to work as many know who, because of illness and disability, have not been able to accomplish their desires.

This bit of philosophy reminds me of a verse by Henry Van Dyke:

Let me but do my work from day to day,
In field or forest, at the desk or loom,
In roaring market place or tranquil room;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
"This is my work; my blessing not my doom;
Of all who live, I am the one by whom this
work can best be done in the right way."

Whether we do the work ourselves or teach and help someone else, we have a place--each one of us.

My best wishes for a pleasant summer.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

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LET'S GET ACQUAINTED

In the March Newsletter you were introduced to two organizations which, through their financial support, help make Homemakers Limited possible. In this issue we would like to present two additional supporters: the Minnesota Department of Health which actually assumes the greatest financial burden for Homemakers Limited, and the Minnesota Heart Association, one of our original cooperators.

Minnesota Department of Health

The Minnesota Department of Health has provided financial assistance for the Homemakers Limited program ever since it was established in 1958. Its continuing support of the program is an example of the type of service the department has provided to Minnesota residents for many years. As the number of persons in the state with physical disabilities has increased, the department has intensified its efforts in support of programs that will restore people to the maximum degree of activity possible within the limitations of their disabilities. Even though some of these services are not directly visible to the public, their impact is felt in every community.

The Minnesota Department of Health is responsible for updating standards and practices in many health fields. They have provided leadership and assistance in the development of a state plan of rehabilitation, convalescent and nursing care units in general hospitals through its division of hospital services, and have improved the number and quality of nursing homes.

They have also sponsored 600 regional refresher courses for nurses and therapists, provided dietary consultation to professional persons, pamphlets on nutrition and special diets, assisted in training of personnel in rehabilitation nursing, and provided teaching manuals to help nurses and others care for disabled people. Finally, they have increased the number of home health care services, which give nursing care and other services in patients' homes.

Since the beginning of participation in Medicare in July 1966, 76.4 percent of the Minnesota population has been certified for participation in Medicare. Because of this service many patients are able to leave the hospital earlier than they would otherwise. Because of this service many patients who would be sent to nursing homes can go back to their families and their own homes.

The department also certifies hospitals, nursing homes, and home health agencies and gives assistance to communities who want to set up home health agencies.

Through its division of disease prevention and control, the department conducts educational programs in cancer control, heart diseases, and other chronic diseases.

The department has eight district offices, each of which provides consultation and services to the health agencies in the counties in its area.

Minnesota Heart Association

Minnesota Heart Association is the only voluntary health agency in Minnesota dedicated to the prevention and cure of heart disease. Because heart disease is this state's number one health problem, the heart fund provides funds for research, professional and public education, and community service to carry on this fight. The association has 60,000 state volunteers.

The success of the Minnesota Heart Association research program is attributed chiefly to the contributions given during their fund drive in February. Without this support, advancements would not have been possible.

Here are a few of the advances made in the cure and prevention of heart disease during the 20 years of the association's existence: synthetic arteries, open-heart surgery, artificial heart valves, intensive coronary care units, drugs to control high blood pressure, development of the heart-lung machine, and corrective surgery for children born with massive heart defects.

HOMEMAKER OVERCOMES CHILDHOOD DISABILITY

Mrs. Albert Collins of Motley is a busy, cheerful homemaker. Since their four children are grown, Mr. and Mrs. Collins moved to a new house on the edge of Motley, but still operate their farm a few miles away.

Mrs. Collins had polio at the age of ten leaving her with a paralyzed left arm. Looking back at her childhood she remembers no problems of acceptance with children her own age. But adults, especially those connected with school, were the discouraging ones. She remembers not being permitted to take home economics or bookkeeping courses because the instructors thought she would be unable to do the work.

When the children were younger and at home, they helped with cleaning house, cooking, washing dishes, canning, and yardwork. Mrs. Collins feels that children of a handicapped mother learn to do things for themselves much earlier than when a mother is able to do it for them.

She uses shortcuts everywhere and has learned to make her right hand do double work. She ties her shoes one-handed, uses her teeth to tear open packages, and her knees to stabilize jars and bottles for opening.

What about diapers? With four children there must have been plenty of those. "Oh yes, I



The report is that dry cleaners, fabric manufacturers, and garment makers are working intensively to eliminate the problems. They promise that by the spring of 1969, there will be no more difficulties.

In the meantime, be sure to read, save, and mark all hang tags and follow directions for cleaning all garments made of bonded fabrics.

FLAMMABLE FABRICS ACT

In 1953 Congress enacted the Flammable Fabrics Act. It provides protection against bodily harm and hazards from the use of wearing apparel and fabrics which are so highly flammable as to be dangerous when worn by individuals. The method of testing for flammability is expressly stated in the Act.

But what about household textiles? Until December 1967 they were as flammable as ever. Then an amendment was signed which extends the Act to cover blankets, bedspreads, lap robes, upholstery, draperies, rugs, and general household textiles. It also provides for more effective enforcement of imported fabrics.

WASHING FOAM RUBBER PILLOWS

Foam rubber pillows can either be washed by hand or in the automatic washer. To machine wash, remove the pillow from its zippered case. Put it in an old pillowcase and baste up the open end with long stitches. Set the automatic washer for a gentle five-minute wash and spin cycle. When washing pillows by hand, squeeze suds and warm water through them and rinse in clear water.

Dry foam rubber pillows in a breezy spot, away from sunshine or heat. It will take some time for them to dry in this manner, but foam rubber pillows should never be put in the automatic dryer. Also it's best to wait for good weather.

DETERGENTS DIGEST SOIL

If you've seen the ads lately on TV and in the papers, you're familiar with the term "enzyme additives" in laundry detergents. We have known that certain enzymes aid human digestion, but to find them in the laundry seems almost too human. However, enzymes added to detergents have been found to set up a fermentation process and speed the breakdown of certain soils and stains, making them easier to remove. Some types break up protein stains such as blood and egg while others work on starchy substances.

Detergents containing the enzymes are effective in the regular washing cycle but especially effective in a presoak period, followed by regular laundry procedures to finish the job.

When Mrs. Collins does hand sewing, she keeps the article firm by tucking one end under her leg. The weight of her left hand and arm give balance even though she can't use them.

can pin diapers on a baby so they'll stay up and never stick the child either," Mrs. Collins said.

Driving the car with an automatic transmission is easy but she also drives the pick-up with a manual shift.

If washday is windy, she hangs clothes over the line instead of trying to pin them up at the edges.

Physical therapy was not as advanced then as it is now. But Mrs. Collins feels that if disabled people don't take advantage of the modern methods in therapy, they have no business being sorry for themselves.

CARE NEEDED FOR BONDED FABRICS

Bonded fabrics are appearing in many ways. In fact we are told there are at least 16 different ways of bonding. We have fabrics with a new versatility and a new look. Some have the advantage of warmth without weight and sheerness with stability built in.

Dry cleaners claim that 50 percent of their cleaning problems are connected with bonded fabrics. The reason is that two bonded materials do not have compatible shrinkage and sometimes pull away, blister, and separate.

SHORT SHORTS

When packaging food that you intend to keep frozen more than two weeks, use heavy-duty aluminum foil rather than the lightweight variety. This goes for ice cream too. Better quality is maintained if given the extra wrap.

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Summer is the season for hard-cooked eggs for picnics, potato salads, and as an addition to cold-meat platters. To hard cook eggs, cover them completely with water in a pan. Bring the water to simmering and simmer for 20 to 25 minutes. Do not let the water boil. Then cool the eggs immediately under cold running water. Cooking at low temperatures and prompt cooling prevent the harmless but unattractive green discoloration that appears between the white and yolk of hard-cooked eggs.

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Include vitamin A in your diet at least every other day. Vitamin A helps protect eyes against night blindness, keeps skin soft, and helps provide resistance to infection. Good sources of vitamin A are eggs and deep yellow vegetables, such as squash, pumpkin, sweet potatoes, and carrots. Also good are apricots, cantaloupe, and dark green leafy vegetables.

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Do you know the water capacity of your washing machine? This information is necessary so you can accurately measure and add the amount of soap or detergent required per load to turn out a clean wash.

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For a quick reprieve for clothing made of manmade fibers or durable press, spot removal is easy if the spot is touched immediately with a drop or two of dishwashing detergent. The detergent acts quickly and prevents the grease from soaking into the fibers of the material.

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Cement small magnets from the dime store to the top of the dust mop handle. It helps in picking up needles, pins, tacks, and other small pieces of metal from the floor.

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"We see only what we know." Goethe

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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YOU'LL BE SEEING

Polishing paper impregnated with special cleaners can be found in the supermarket department selling cleaning supplies. Some polish silver, brass, copper, and gold in one step, with no additional polish needed. Others are treated for dusting furniture. Window washing paper is also available.

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A take-apart electric can opener equipped with a pushbutton permits the complete removal of the cutting unit for easy washing.

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Freeze-dried coffee made by freezing percolated coffee and dehydrating it by a vacuum process is now in the instant coffee line. Prepared by adding boiling water, it is said to be somewhat stronger than powdered coffee.

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Synthetic thin web-type reinforcement for collars and facings. It comes with brown paper backing and is cut to fit the piece to be reinforced. When pressed onto the piece, it fuses to any type of fabric. The manufacturer claims it becomes a permanent machine-washable reinforcement for collars and facings. It is not good for hems that require shaping.

CRAYONS IN THE WASHER

Pockets of little boys and, most likely, girls too hold many treasures--treasured by boys and girls, that is. Mothers don't always feel the same, especially if wheels, nails, beads, and trinkets end up in the washer. By far the least welcome of pocket contents are color crayons. They melt in hot wash water and make a general mess of both washer and its contents.

If this happens at your house, here's what to do: Start with the washer filled with soft or softened water. It's best to use the non-precipitating type of softener, such as Calgon rather than Sal-soda or borax.

Add $\frac{1}{2}$ cup baking soda to the softened water and then add soap (not synthetic detergent). There are so few brands of soap on the market that it may be well to give their names. For lightweight and fine fabrics we have Ivory Snow, Ivory Flakes, and Lux Flakes. Where a heavy-duty soap is needed, you can still find Rinso (soap), Duz (soap), and Fels Instant.