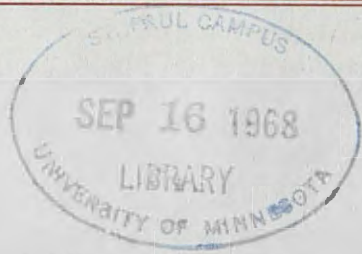


MN 2000 HLN 9/68

Newsletter

HOMEMAKERS LIMITED

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September 1968

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Dear Friend:

It's September and soon time for a change of seasons. We Minnesotans are fortunate in not having the monotony of the sameness in seasons common to some parts of our United States. Changes are stimulating whether it means a change of temperature, activity, clothing, work, or interests. I was reminded of this thought by the third chapter, first verse of Ecclesiastes: "To every thing there is a season, and a time to every purpose under the heaven."

Spring is a hopeful period in waiting for the green grass, the leaves to sprout, and flowers to bloom. Summer is a fulfillment of these dreams when all is lush and green. But fall is preparing for rest and a quiet time around the fireside. Winter can be yours to plan as you wish. It can be dreary depending on the sunny days to give you hope. Whatever it is, the weather comes in its own way and we can let it affect us or we can be masters of the days whether bright or dull.

Planning now for an interest during the long winter months can mean the difference between joy and boredom. Pursue a hobby, invent one if you don't have it, gather seeds for a picture or a whimsical figure, think of Christmas and its joy of sharing, remember your friends and a quiet visit on a cold afternoon. Friendship cannot be bought--only cultivated--and the only way to have a friend is to be one.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

MM:mls

REMEMBER THE BIRDS

Now is the time to put bird feeders in order for the fall flight of birds migrating south. If you have been feeding birds all summer, they are accustomed to coming to your house for food. Many people feel that feeding birds during the summer is unnecessary. But one really can't compare the cost of seed with the pleasure of seeing them feed their young.

Don't think you're feeding only sparrows if most of your birds are brownish gray. They may be wearing their juvenal plumage until they return next spring. Some birds change to winter plumage --like the bright yellow and black goldfinch whose winter color resembles a sparrow. If you have field glasses and a bird book you'll be able to tell the difference.

Locate feeders in a convenient spot for filling--on a window sill, on the way to the garage or mailbox, and in a protected spot away from the blast of the north wind.

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FOOD ALLERGIES

A new bulletin, Baking for People With Food Allergies, will help anyone allergic to wheat, eggs, or milk. The free bulletin includes recipes for quick breads, muffins, cakes, puddings, and cookies. If you want a copy, drop a card to Bulletin Room, Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55101.

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LET'S GET ACQUAINTED

In the past two newsletters you have been introduced to four agencies which support the Homemakers Limited program. The one remaining, the Agricultural Extension Service of the University of Minnesota, should be known by all Minnesota people since it brings the University to you.

The Extension Service is the continuing education unit of the University of Minnesota and the United States Department of Agriculture. Its purpose is to extend knowledge from the classroom, the laboratory, and the campus to rural and urban people in Minnesota. It does this through instructional programs, flow of information, and consultations.

Each county has an extension office to assist in carrying out this mission. In this way the Extension Service brings the University and its resources within reach of everyone.

Extension work is financed by county, state, and federal governments. In counties, the County Extension Committee has several administrative responsibilities and shares others with the University.

The main program areas of the Agricultural Extension Service are:

Agricultural Production, Management, and Technology -- This program area includes the technological and economic aspects of agricultural, horticultural, and forestry production as well as the business management of these producing firms.

Marketing and Utilization of Farm Products -- Programs are designed to acquaint producers, buyers, handlers, processors, and teachers with marketing methods and procedures, market grades and standards, business management, and consumption trends.

Family Living -- Programs are designed to assist families in making decisions which will ultimately help each family member to achieve his fullest potential. Emphasis is placed on consumer competence, family stability, family health, family housing, and community development.

Youth Development -- The 4-H educational program provides a cafeteria of "learning by doing" opportunities for rural and urban youth 9 to 19 years of age. Best known of the educational methods used to reach youth is the 4-H Club.

Community and Resource Development -- This program area includes education on the problems and opportunities in the planning, development, use, and preservation of the natural, human, and manmade resources of communities, areas, and regions of the state.

Professional Improvement -- Extension staff members serve as coordinators for graduate, undergraduate, and certificate courses, and conduct professional improvement seminars throughout the state.

SHORT SHORTS

Home sewers will be glad to hear that a number of manufacturers are now selling machine-washable wool yard goods. These wools are treated to resist shrinking, felting, and fading. It's important to follow the manufacturer's directions given for the care of wool. Also remember that washable wool yardage should be preshrunk just like any other wool before construction. To shrink wool, fold carefully with selvages together and immerse in lukewarm water. Immerse it carefully in loose accordion pleat folds, lift edges to assure complete wetting, and hang to dry dripping wet. Pad the line to prevent a crease. When it's dry, it's ready to sew if handled to prevent wrinkles.

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Traditional bedding for crisp tossed salads is the elegantly grained bowl made of such hardwoods as teak, maple, mahogany, solid elm, or cherry. Contrary to a myth that wiping with a dry cloth is the best care for wood bowls, a major producer of bottled salad dressings now endorses quick washing--never soaking--in warm soap or detergent suds, followed by rinsing and thorough drying.

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Eleven ounces or about $1\frac{1}{2}$ cups of cottage cheese will give you the same amount of calcium as an 8-ounce glass of whole milk. Still the easiest way to assure an adequate amount of calcium in the diet is to drink milk.

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Families who claim not to like fish because cooking fish smells up the house should check their cooking methods. Overcooking fish is a more common practice than undercooking and is usually the cause of lingering odors in the house.

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If you own a dishwasher new dishes and equipment should be selected with the machine in mind. For example, it's best to avoid buying glasses and cups that have concave wells where water collects when they are loaded upside down.

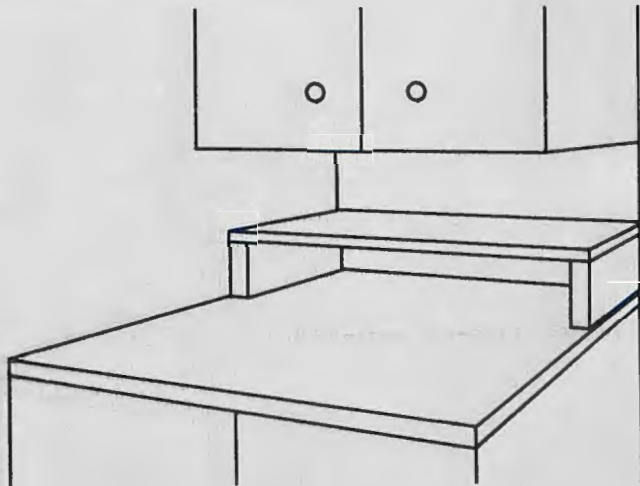
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Barbecue mitts make good hot-mitts for removing food from the oven. They protect the arms better than the regular size because they're 3 to 5 inches longer. Be sure to buy them now during barbecuing season before stores put them away with their out-of-season stocks.

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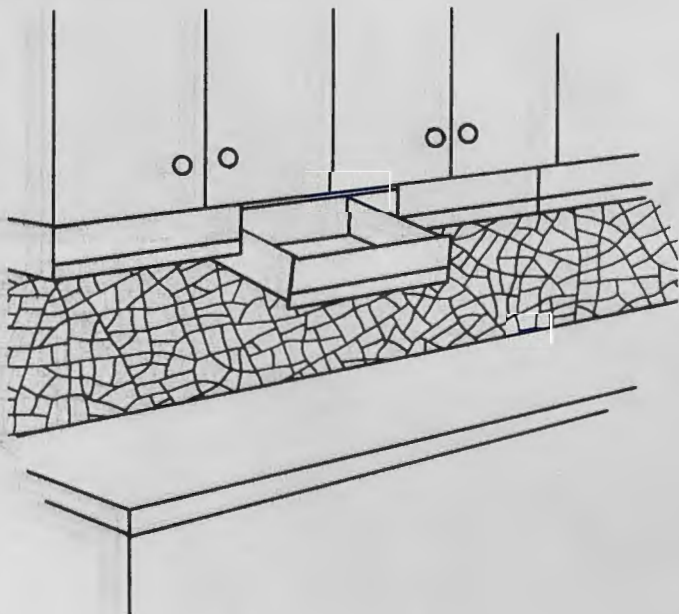
IMPROVE YOUR KITCHEN STORAGE

Working in a kitchen can be satisfying and creative, but for some homemakers the lack of easy-to-reach storage causes problems. This is especially true for anyone who must sit while working if the kitchen has not been planned for it. Frequently there is waste space in storage areas. Some storage devices can be added even in a rented home or apartment. In the bulletin Cupboard Storage Devices you received at the Homemakers Limited classes many ideas are pictured. To remind you to review these suggestions and to bring new ideas check the pictures and see if they might help you. No measurements are given since they will need to be adapted to fit your home.



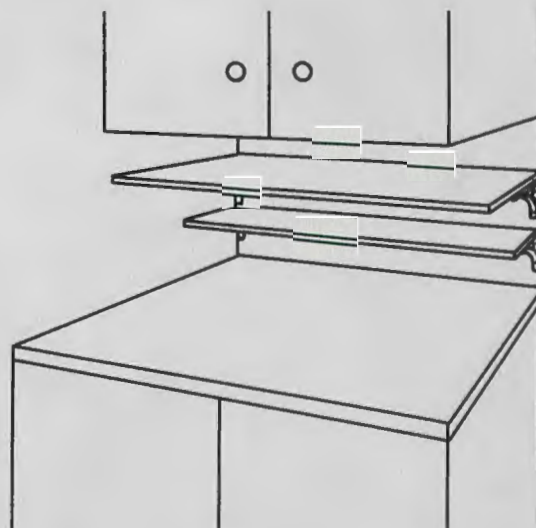
Narrow shelves may be added between the countertop and the upper cupboards. Most countertops are 24 inches deep from front to back. Sometimes the space at the back near the wall becomes cluttered with little things completely unrelated to the work you're doing. Here's an idea for that space.

If two shelves are added, the upper shelf may be wider than the lower one to permit better use of the counter under the shelf.



Removable shelves can help use the back of the counter spaces. It's a good place for canisters for flour and sugar or bowls you use often for baking or mixing. They will not be dust catchers if they're important items for your daily food preparation. They can be moved around since they are not nailed down and can be taken along if you move to another house.

These shelves are also used inside of cupboards where the cupboard shelves are 10 inches or more apart.



Permanently installed, commercially made drawers are now available to give you extra storage space. Some cupboards have more space than others between the countertop and the lower edge of the wall cupboards. These drawers go under the cabinets. Be sure the installation does not interfere with electric outlets. Look for them in local hardware stores.

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. 1800--9-68

RECIPES AND TIMESAVERS

In May I met with a delightful Homemakers Limited Class in Bemidji. After a demonstration on "Easy Meals" by Mrs. Jean Castle, the Beltrami county home agent, many shortcut suggestions were exchanged by class members. All were good, easy, and imaginative. Here are a few -- more in the December newsletter.

Hamburger Dish

Margaret Larson

Take about four potatoes and cut them into pieces. Put them in the bottom of a baking dish. Take one can of vegetable soup and put on top of potatoes. Break some hamburger on top of that. Salt and pepper. Bake 1 hour with cover on. Then bake $\frac{1}{2}$ hour more without the cover.

Timesaver

Margaret Larson

If you have any nuts or crumbs to chop or corn flakes to crush for cookies, etc. put them in a plastic bag and use your rolling pin. There is no mess to clean, and the rolling pin stays clean.

Carrot Bread

Irene Sellin

1 cup white sugar	2 eggs
$\frac{3}{4}$ cup salad oil	1 tsp. soda
$\frac{1}{2}$ cups flour	$\frac{1}{2}$ cup nuts
1 tsp. salt	1 cup grated carrots
1 tsp. cinnamon	(raw)

Mix in order given above. Put in loaf pan and bake 55 minutes at 375°.

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Wacky Cake

Helen Sletten

Mix together the following ingredients:

3 cups flour	$\frac{1}{2}$ cup cocoa	2 tsp. soda
2 cups sugar	2 tsp. salt	Set aside.

Mix together:

2 tsp. vanilla	$\frac{2}{3}$ cup salad oil
2 tsp. vinegar	2 cups water

Add dry ingredients. Mix well. Put into pan. Makes a large cake. Bake at 350° for 45 minutes or little longer. Test cake. Frost with fudge frosting or frosting made from powdered sugar.

Chicken Hot Dish

Mrs. John Yourd

$\frac{3}{4}$ cup uncooked rice	1 can cream of mushroom soup
1 chicken, cut up	1 can cream of chicken soup
$\frac{1}{2}$ cans milk	
1 package dry onion soup	

Place rice on bottom of greased pan and lay chicken on top. Mix soup and milk together and pour over all. Season with salt and pepper. Add some paprika. Cover pan tightly with foil and bake $1\frac{1}{2}$ hours at 350°. Remove foil and bake $\frac{1}{2}$ hour longer to brown.

To make this really special, I mix $\frac{1}{4}$ cup wild rice with $\frac{1}{2}$ cup white. The wild rice should be precooked a bit, however, and then mixed with the white rice. Do not precook the white rice.

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NEW AID FOR WEIGHT WATCHERS

A handy new pocket size publication Calories and Weight, prepared by the Consumer and Food Economics Research Division of the U. S. Department of Agriculture, offers many suggestions for weight control.

The booklet contains a chart of the desirable weight ranges for adults based on height and tells how to go about setting up a dieting program. Keeping in mind the foods everyone needs for health, it stresses the importance of including milk foods, meat, vegetables, fruits, bread, and cereals in the everyday diet.

Several pages of calorie values make it possible to figure out substitutions of low-calorie foods for those with a high calorie count without omitting anything from the day's food quota.

The calorie tables include everything from cola beverages to sauerkraut and more, and are listed in cup measurements and average servings.

Dieters often have difficulty judging the calorie value of meat servings. To help estimate serving sizes of meats, sketches have been made of actual size and thickness of hamburger patties, round steak, veal, roast beef, ham, lamb chops, meat loaf, roast turkey, and pork chops. The calorie value of each is also given.

Calories and Weight, Home and Garden Bulletin No. 153 is for sale from the Superintendent of Documents; U. S. Government Printing Office; Washington, D. C. 20420. Price is 25 cents.

Here's an offer: I have 100 copies which I will send to the first 100 who write me.

LUXURY COMES TO THE KITCHEN

Merchants and manufacturers claim that the market for kitchen carpeting is growing faster than for any other carpet type. One reason for the kitchen carpet popularity is that kitchens are being transformed as a result of the "open-plan" architectural design that has characterized a great deal of building in recent years. The kitchen has become an office, a dining room, and a family room. It is no longer just a sterile cooking environment. People are installing kitchen carpets and retailers claim there are practically no complaints.

Kitchen carpet absorbs noise, is soft to walk on, and so provides much in the way of comfort. Some homemakers feel that it is easier and less costly to maintain than hard-surface flooring, while others don't want to bother with the kind of maintenance kitchen carpet requires.

There are four types of carpeting used in kitchens:

* Olefin indoor-outdoor felt-like material which sells for about \$5 per square yard is the least expensive. In kitchens this should be loose-laid because moisture goes through it rapidly and could remain there and damage the floor underneath. If the floor is wood, there could be rotting or mildew. Spilled food could also cause odors. To hold this carpet in place use double-faced adhesive tape at doorways. To prevent slipping or movement of the carpet use strips of thin "rug-anchor" underlay in traffic lanes. When this carpet gets soiled it can easily be removed to the lawn for shampooing and rinsing with the garden hose. Vacuum cleaning is sufficient for daily care.

* Olefin fiber carpets with the regular pile surface are laid with padding just as they would be in any other room in the home. They should be vacuumed and shampooed the same as other carpets. The cost is about \$9 per square yard.

* High density rubber-backed nylon carpet is cemented to the floor the same as any smooth surface flooring material. Because the looped pile of this type of carpet is very shallow, there is little space for food or crumbs to accumulate. Vacuuming will keep it clean. Spills should be blotted up as soon as they occur and sponged with mild detergent suds. Some brands of this carpet have a vapor barrier between the pile layer and foam, preventing moisture from going beneath the surface into the cushioning. Periodically this carpeting would need shampooing. The cost of this carpet runs about \$12 per square yard installed.

* Acrilan is a new fiber in the all-purpose carpet industry. It is advertised for use in kitchens, bathrooms, outdoor pools, and patios, in addition to the usual living room, dining room, and bedroom installations. The manufacturer claims it is heavy and firm enough to lie flat without permanent installation. Cost is about \$8 per square yard.

The main disadvantage of the manmade fibers for kitchen carpets is heat sensitivity. They will melt when exposed to extreme heat from hot grease, hot utensils, or cigarettes. Small damaged areas may be cut out and replaced with new pieces in some types of carpets.

Cleaning kitchen carpets is basically the same as for other carpets. Vacuuming will probably be done more often. An electric broom could be convenient. Mopping up spills must be done as they occur. Usually they can be blotted up. Then follow by sponging the area with detergent suds and blotting dry with absorbent material. Stepping on a soft cloth or paper towel placed over the spot will absorb most of the remaining moisture. Spilled grease must be removed with a grease solvent such as a cleaning fluid. Be extra careful when you use such agents. Be sure the room is well ventilated. Shampooing will need to be done more often in kitchens than in other areas of the home. For shampooing, use a shampoo applicator for a large area. For a small area, perhaps, a soft sponge will be adequate to apply the shampoo. Be careful to use only a small amount of shampoo or detergent, about the same as for washing dishes. Also, use as small an amount of water as possible to cut the drying time to a minimum.

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DID YOU KNOW

That 70 percent of all women's outerwear that sells for over \$45 is knitted.

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That it costs \$2,640 to clothe a child from birth to age 17.

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That if you watch television five hours a day you will have to endure 90 commercials.

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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. Roland H. Abraham, Director of Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55101.

YOU'LL BE SEEING

Heavy Duty Flocked Carpets

Not woven, punched, tufted or knitted, these carpets are composed of short nylon fibers put into a hopper and literally blown onto an electrically charged field. The carpet back, coated with sticky vinyl, is led through the space between the mouth of the hopper and the electric field. The electric charge draws the fibers from the hopper and imbeds them upright in the vinyl resin. After being permanently heat set the fibers are locked into place.

There will probably be quite a price range in these carpets because there is almost no limit to the number of fibers that can be put into the carpet face. The densest pile will definitely be easy to care for because dirt can't work down into the backing. The carpet costs \$1-\$2 more than the indoor-outdoor carpeting.

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Luxurious Flocked Blankets

Nonwoven blankets use much the same principle in manufacture as the flocked carpets. However, the blanket's base is different than that of the carpet. It is composed of a thin nylon center and a sheet of synthetic foam about 1/16-inch thick adhered to both sides of the nylon. The short nylon fibers which form the nap are electrostatically charged and held by the adhesive and locked in by heat.

These blankets made by the Vellux process are said to be luxuriously soft, warm, and lightweight. The nylon center gives it strength and durability. They will not shed or shrink. Tests show that the softness is increased when the blanket is home laundered. Prices run from \$10 to \$17 depending on size.

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Electric Traverse Rods

Push a button and your draperies close-- push it again and they open. The system requires no cords, pulleys, or gears because a power capsule works electromagnetically by moving across an electrified rail. Called "Electrac" it has built-in safety features and is guaranteed for five years. It can be installed on walls or ceilings and is adaptable to any width windows up to 32 feet.

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A Laundry in Every Hotel Room

Predictions have it that by 1974 all hotel rooms will be equipped with washer-dryer combinations, and all wardrobe items will be durable press and machine washable. Irons will become obsolete. The hotel equipment will make it possible for travelers to get along with a minimum wardrobe by laundering their wearables in a matter of minutes.

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Wild Leathers for the Teen Set

Completely fake but washable is a new fabric which, on the coat racks is called "cuir sauvage." Translated it means "wild leather," but is more commonly called rawhide. It's neither leather nor rawhide, but a manmade fabric (polyvinyl bonded to cotton knit) that resembles a much-worn piece of soft cowhide.

The real "cuir sauvage" comes from animals whose range has been in the wilds of mountains or plains, causing hides to become very scarred and rough. The genuine article is very expensive, but young folks like it as part of the new untamed look.

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New Food Products

Imitation bacon bits made of spun soy-protein fibers. Also from spun soy fibers you'll find food that looks and tastes like ham, chicken, beef, and seafood. It can be formed into any desired shape: pork chops, chicken legs or breasts, or fish fillets. Because of characteristic colors and synthetic flavors they taste like meat.

These new developments are part of a program on new sources of protein to help combat a worldwide protein shortage.

Frozen vegetables with a cube that reconstitutes into a cheese sauce.

Zippy-Dippy--a puffed cornmeal snack with an onion-cheese flavor.

Dizzy peanut butter is peanut butter with swirls of black raspberry and apple jelly.

Canned puddings--chocolate, chocolate fudge, lemon, vanilla, and butterscotch in 18 ounce cans with resealable caps.