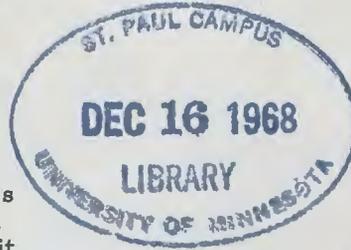


Newsletter

HOMEMAKERS LIMITED

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December 1968

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Dear Friend:

Even though it's early December the ads in the newspapers are beginning to look like Christmas. It seems that the spirit of Christmas is often too closely connected with things instead of people. The charm of Christmas is the joy of brightening other lives--not only at Christmas but all year long.

Would we want a new way to say Merry Christmas? The spirit of Christmas needs no new slogan and no special sales effort. No advertising can lend new glamour to its ancient magic.

The tree you will decorate is the same as all the trees of its kind that have stood on all the hills since the world was young.

Christmas is still Christmas. In a world confused by changes let us give thanks for one precious permanency.

Before you hear from me again it will be 1969. I hope it will be a good year. My wishes for you in 1969 are many. Possibly the words of the old Irish blessing can express them.

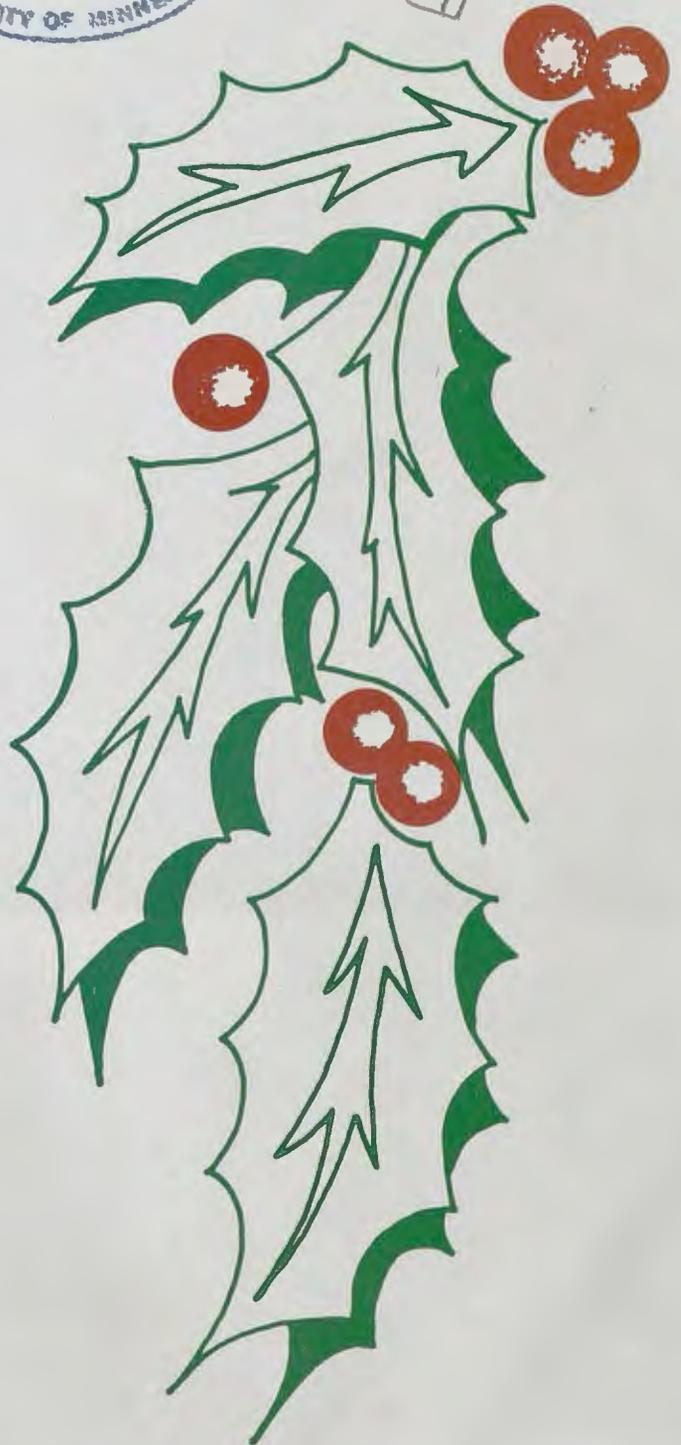
May the road rise to meet you.
May the wind be always at your back.
May the sun shine warm upon your face.
May the rains fall soft upon your fields,
and, until we meet again,
May God hold you in the palm of His hand.

Best wishes for a Merry Christmas and a Happy New Year.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

MM:mls



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Mr. and Mrs. Albert E. Olson of Hector, Minnesota, built a house recently in which they incorporated many step-saving ideas. A few years ago Mrs. Olson broke her hip. After hip surgery she is now able to get around very well but still feels the importance of saving steps and energy.

She was a member of the Homemakers Limited class held in Bird Island in 1961. Mrs. Olson has used ideas from the classes and has applied the principles in every phase of homemaking and houseplanning.



Mrs. Olson relaxes at her "hobby corner." The work table and ample cupboard space make it possible for her to keep her work materials within easy reach. There are shelves for files of correspondence, clippings, patterns, and hobby writing. Her phone is conveniently available on the counter and underneath are drawers for sewing materials.

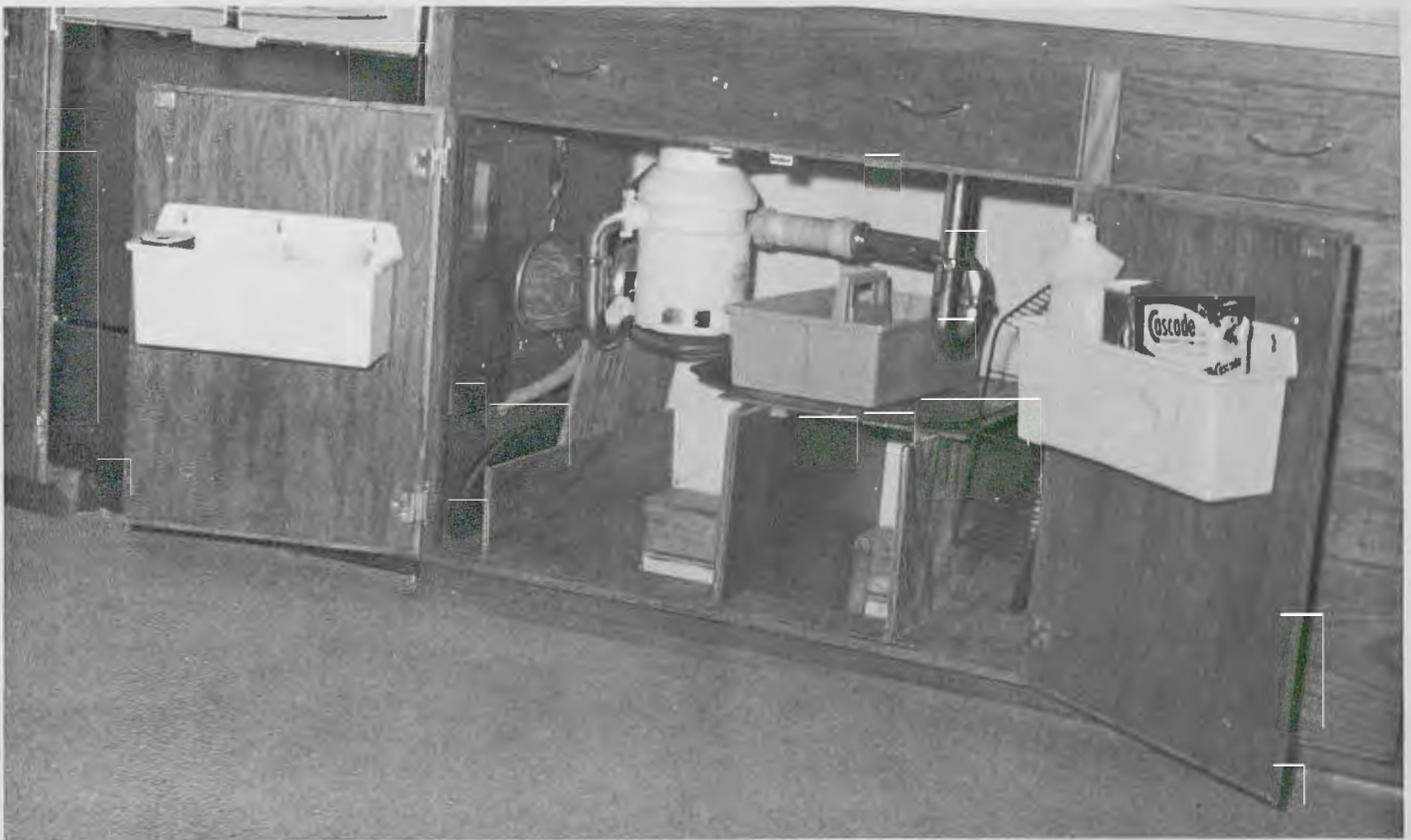
When Mrs. Olson was recuperating from her broken hip and the surgery which followed, she realized the importance of hobby storage in a pleasant well planned space.

The utility room next to the bedrooms and bathroom was made convenient by the pass-through clothes chute. Soiled items can be sorted at a comfortable height 36 inches from the floor and go directly into the washer. The "soaking sink," washer, and dryer make a complete laundry unit.

When clothes are removed from the dryer they can be folded on the shelf and drop-down door of the pass through and carried to the linen closet for storage.



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



Two chutes under the kitchen sink take care of waste paper and tin can disposal. Openings were cut in the floor, and cans and paper drop into two heavy cardboard cartons on a basement shelf directly below. One box holds waste paper and the other tin cans. A disposal unit takes care of garbage.

Mrs. Olson says this system keeps her kitchen neat and the garage also because the garage doesn't become a parking place for numerous

small boxes and bags filled with trash waiting for disposal. As the cartons are of manageable size they are easily carried out and the contents disposed of.

The view of the open doors under the sink show storage of dishwashing supplies on the door. A plastic carrier holds a few days supply of potatoes and onions. Both types of plastic carriers shown in the picture are available from variety stores.

When Mrs. Olson has loaded the dishwasher and closed the doors of the under-sink area, everything is clear and in order.

A pass-through from the dining area makes it easy to clear the soiled dishes and rinse them if necessary. The dining area is to the left of the dishwasher and counter. Dishes are stored in cupboards directly above counter space to the left of the dishwasher. This is a logical sequence as Mrs. Olson is right handed. The kitchen is planned for a right-handed homemaker.

A shallow drawer just above the sink doors holds paring knives, can openers, and other small utensils used at the sink.

The drawers to the right are equipped with removable wood dividers for storage of other food preparation utensils.



A GIFT FOR THE BIRDS

Never will you receive more genuine appreciation for any gift than one you give the birds. They will thank you every day by coming to your feeder, and give you and your family the pleasure of watching them. Sunflower seeds are among their favorites but for an extra holiday gift to the birds a cereal and peanut butter mixture will be appreciated, especially during the cold weather.

I got the following recipe from Mrs. Wendell Brown whose husband designed many birdhouses and feeders.

Here's the recipe:

5½ cups oatmeal	14 ounces peanut butter
3½ cups cornmeal	1 pound lard
3½ cups Farina (such as Cream of Wheat)	

Cook 4 cups water and 2 cups oatmeal for 2 minutes. Remove from heat and add the peanut butter and lard. After the mixture has melted, stir and cool. Add the rest of the cereals and mix well. Cool it enough to slice or shape into balls and store in the freezer. If it becomes rancid the birds will not eat it--therefore the freezer storage.

Feed small amounts in your regular suet feeder or in mesh bags. Potatoes and onions are sold in these bags at the grocery store.

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BUTTER AND MARGARINE BOTH HAVE CALORIES

Don't let ads influence you in deciding which spread to use on your bread, says an article quoted in the American Medical Association's Health Education Service. Margarine manufacturers may promote their product by emphasizing its low calorie content. But calories in butter and margarine are almost equal. Both provide 100 calories per tablespoon, the result of being 81 percent fat. The only exception would be if butter or margarine is "whipped."

The promotion of so-called "whipped" margarines may have caused some of the confusion. The caloric value of a pound of "whipped" margarine is the same as a pound of regular margarine. The manufacturing process for the whipped product produces a larger volume per pound so that each serving, determined by size, but not by weight, will contain fewer calories.

Vitamin A content is also equal, about 15,000 International Units per pound. Butter averages 150 to 200 International Units of vitamin D per pound. Vitamin D is an optional ingredient in margarine. Some brands contain up to 200 Units, others none.

Check the label for the type of fat or oil used in margarine. All margarine is not 100 percent vegetable oil. Some contains lard.

TEFLON COATED IRONS

Mrs. Jerome Arneson of Coon Rapids wrote me about Teflon coated irons: What brand to buy? Is the Teflon coating worth the extra cost? Why does starch stick to an iron?

First about brands: The University of Minnesota doesn't recommend brands. Since we are a tax-supported institution we can't discriminate in favor of or against any manufacturer's product. We can tell you what to look for so you'll get the features you want.

Teflon coating has only one advantage and that is to help prevent starch from sticking to the iron. Since new fabric finishes and manmade fibers have been developed not as much starch is used as in former years. Many spray starches are plastic in composition. Since most plastics do not withstand high temperatures, these starches may stick to the iron if it is set at a high temperature.

In a steam iron, weight is not necessary. You'll rarely find a heavy one since higher temperatures and better heat distributions are available in the newer irons. Let the iron and the steam do the work for you. Gliding an iron over the material does a better job than hard and vigorous pressing.



SILK THAT ISN'T SILK

After more than 20 years of work and countless millions of dollars, one of this country's industrial chemists has introduced a new textile fiber. It's name is Qiana and is pronounced key-AH-na.

For more than 25 years textile chemists have been looking for a substitute for silk. First there was rayon and then nylon. But chemists were still not satisfied. They wanted a luxury fiber with the look and feel of silk, but with better wash-and-wear properties than other manmades. First the idea, then countless years and experiments, the secrecy and difficulties encountered make the development of the new fiber read like a fairy tale. Failure and frustration and finally success.

So we have Qiana nylon. Manufacturers claim Qiana has the characteristics they were striving for and in addition will hold creases and pleats but resist wrinkling. It is breathable, light in weight, and firm enough to be dimensionally stable. It takes dye well and doesn't fade in sunlight or during normal washing or dry cleaning. We'll see it on the market early in 1969.

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TIMESAVER RECIPES

In the September Homemakers Limited Newsletter, recipe contributions from the Bemidji class were presented. Because space was limited, I promised to share the rest in this issue. Here they are:

Potato Casserole

Margaret Larson

8 cups potatoes	1 cup grated sharp cheese
1 can cream of chicken soup, undiluted	1 medium onion, diced
1 can cream of mushroom soup, undiluted	Salt and pepper to taste

Cook potatoes in jackets; cool and dice. Mix all ingredients. Pour in casserole. Add crushed potato chips for garnish, if desired. Bake at 350° for about 1 hour. Yield: 8 servings.

Skillet Stroganoff

Mrs. John Yourd

This is an easy and inexpensive stroganoff. One in which the noodles are not precooked.

Brown: $\frac{1}{4}$ cup oil	1 lb. ground beef
2 cups chopped onions	

Add 6-8 oz. package of noodles uncooked on the meat.

Mix together and pour over the noodles:

3 cups tomato juice	1 tablespoon celery seed
2 teaspoons salt	$\frac{1}{2}$ cup water
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ cup sour cream

Do not stir. Bring to a boil and simmer gently, covered about 30 minutes.

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SHORT SHORTS

For about 50¢ a year each American consumer has the assurance from the U. S. Department of Agriculture that meat, poultry, and canned goods purchased are clean and wholesome. The USDA inspectors check and condemn damaged containers and reject shipments of meat when refrigeration units fail during transportation.

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Now's the time to be careful of mail order traps: the free sewing machine if you buy the cabinet; unordered merchandise received through the mail; discount-priced no-name appliances; boxes of cards and gift wrapping deals; the discount you will get if you give someone else's name as a prospective customer; or the magazine ads urging you to make neckties or aprons at home.

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It takes 21.1 pounds of whole milk to make one pound of butter and 15 pounds of whole milk for one gallon of ice cream. Surprising, too, is the fact that it takes 40 gallons of sap to make one gallon of maple syrup.

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Polyester is the fastest growing fiber now being made by 16 manufacturers. You will find Dacron, Fortrel, Vycron, Quintess, Encron, Trevira, Avlin, Blue C, Dow, and Terylene.

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It costs 80 to 100 million dollars to develop a new fiber and takes ten years to make enough profit to repay the company for research.

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In 1890 someone decided to try freezing eggs -- removing cracked or soiled shells and freezing the contents. When bakers used them and found they worked as well as freshly broken eggs, their acceptance was assured. Today pre-shelled frozen eggs are sold in quantity to manufacturers of food products. Eliminating the breakage step reduces the manufacturers' processing and labor costs.

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SUGGESTIONS FROM OUR READERS

Mrs. August Mergle of Taconite writes that quite by chance she discovered a new rolling pin. Mrs. Mergle finds that, because of her arthritis, she has difficulty closing her hands around the small handles of a rolling pin. But a cranberry cocktail juice bottle filled with cold water made the "grandest rolling pin." The water kept it cold and also gave it enough weight without the extra effort of pressing down on the dough.

She keeps baking supplies on a utility cart and does her mixing and dough rolling on the cart, too.

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HERBS AND SPICES

A new bulletin Herbs and Spices will help homemakers know what and how to use seasonings to bring out the natural flavors of food and not hide them. People on low-salt diets find that herbs and spices add flavor and the absence of salt isn't noticed. But certain ones go with certain foods better than others. If you're in doubt as to what goes with what drop a card to Bulletin Room, Agricultural Extension Service, University of Minnesota, St. Paul, Minnesota 55101.

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YOU'LL BE SEEING

Styrofoam Houses

A revolutionary change already taking place in the building business is the use of plastics for various parts of construction. Plastic pipes have already proven successful. But, this is only the beginning. Predicted are homes built of styrofoam panels, and apartment houses of prefabricated, lightweight plastic room units suspended from a central tower.

Special welding machines and bonding materials will hold the parts together.

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New Dairy Topping

Food scientists at the University of Minnesota have developed a dairy topping that resembles whipped cream, but contains only half as much fat. According to the scientists, the new product is 15 percent fat and contains only 23 calories per ounce. Regular whipped cream is 30 percent fat and contains 48 calories per ounce.

Made principally of cream, milk solids, sugar, emulsifiers, and stabilizers blended together and homogenized, the new topping stays whipped better and withstands storage at low temperatures better than whipping cream. Unlike regular whipping cream, it can be frozen and stored successfully for months. Freezable foods such as cakes and pies can be frozen and stored after the new topping has been added.

Now being test marketed the new topping seems to have consumer acceptance, but it still may not be in your grocer's dairy case.

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A New Feature in Blenders

A new feature of one manufacturer's blender is a built-in spatula which stirs ingredients while the machine is operating with its lid on. It also has a strainer in the top with a pouring lip. Parts of the blender can be completely dismantled for washing.

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Frozen Juice in Packages

They are easier to open and more disposable than cans.

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Pumpkin Flakes

Made by a new carefully controlled drying process, pumpkin will be available in flakes. By adding water to the flakes, agricultural research scientists have developed a product that makes pumpkin pies no different than pies made from commercially canned pumpkin. This could be a convenience if the available can size doesn't fit a recipe.

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Single-Serving Frozen Foods

Packed two to a carton, single-serving boilable pouches will reduce waste when cooking for one person.

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