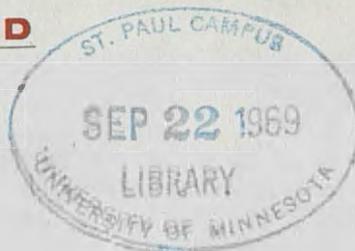


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Newsletter

 **HOMEMAKERS LIMITED**
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September 1969

Dear Friend:

I'm glad to be able to greet you again through the Newsletter. Maybe you're wondering why you didn't hear from me in June. Because of financial conditions, all newsletters in our department were cancelled until after July 1. Now I am sure we can continue on our regular schedule. The next Newsletter will reach you in December.

The purpose of the Newsletter is to keep in touch with Homemakers Limited class members and others all over the country who are interested. Many good ideas come from readers. If you have suggestions you think would help someone, send them to me. No matter how easy or simple they may seem to you, they may provide just the help someone needs. One word, though, about recipes. Sometimes they are included in the Newsletter for special reasons, but ordinarily I feel they take too much room on a page and make arrangement of other articles difficult.

Perhaps you may have questions. Write me anytime and you will receive a prompt answer.

Mrs. Meldahl and I are working on a clothing exhibit which will feature self-help ideas for both men and women who have dressing problems. Written directions for adapting ready made garments will be included. Also suggestions for easy-on and quick-cover-up items for homemakers in wheelchairs. The exhibit is almost ready but it may be a month or two before the directions are completed.

Best wishes for a beautiful and colorful fall. You'll hear from me again in December.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

MM:mls

SHORT SHORTS

Are you nervous when washing your "company" dishes and glassware? Fold a large terry towel and place it in the bottom of the sink. Any minor slip won't be a major tragedy. Plastic mats on the floors of sink bowls and over the divider of a two-bowl sink work well too.

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If you're tempted to use mineral oil in homemade salad dressings, don't, say the University of Minnesota nutritionists. Mineral oil interferes with the absorption of vitamins A and D. If you really want a low-calorie dressing, better skip the mayonnaise-type dressings and use French. There you can substitute fruit juices such as lemon or lime and seasonings to add zip to the flavor.

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It's discouraging to be planning a party and discover that your silverware has tarnished even though it hasn't been used since Christmas. Except for certain foods such as eggs and lutefisk that do a quick job of bringing on the bluish purple bloom to fork tines, just plain atmosphere will do it too. Keeping the air out by wrapping in plastic bags will help. If the bag has one tiny hole or is not closed properly, you'll still have tarnished silverware. Tarnish-proof cloth such as Pacific Silver Cloth is the surest way to prevent tarnish. Silver chests are usually lined with it and cases equipped with pockets for each piece work too. But slipping each knife, fork or spoon in its individual pocket is considered a bother by many homemakers.

Instead, you can buy Pacific Silver Cloth by the yard at mail order houses and department stores, lay it loose in a box or drawer and clean silver will keep its shine. No need to fasten it down unless you want to. A loose piece really covers better because you can tuck it in around the edges. Let it cool before putting it away.

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There's no room to spare if you overcrowd the washing machine. No machine can remove dirt efficiently unless there is sufficient water in relation to the amount of clothes being washed. It takes about $1\frac{1}{2}$ to 2 gallons of water per pound of clothes to swish the clothes and flush the soap or detergent through them sufficiently.

Driers, too, will not do a wrinkle-free job if heavily loaded. This is especially important if you want to get your money's worth out of durable press clothing.

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For best possible performance from your steam iron, always use distilled water in the iron. However, if you have used tap water and minerals have precipitated in the iron, it can be cleaned. Fill the iron with $\frac{1}{2}$ cup of white vinegar and $\frac{1}{2}$ cup of distilled water. Let the mixture stand in the iron overnight and then steam it out in the morning. Fill the iron again with distilled water and again let it steam out. Wipe the sole plate of the iron with rubbing alcohol and before you use it run the bottom over a piece of waxed paper.

EMERGENCY TREATMENT FOR STAINS

When your favorite dress or suit is the target for spots and spills, immediate attention is necessary for complete spot removal. When permitted to remain, stains age and become more difficult to remove. They will also change color and be hard to identify.

It is important to know what the stain is before trying to remove it. Grease spots on non-washable materials can't be removed with water. Sugar stains will not come out if treated with a solvent. We have always considered grease stains as being the prime trouble makers. But it turns out that sugar stains are even worse.

The dry cleaner should always be told when sugar staining substances such as juices, ginger ale, soft drinks, and cocktails have been spilled on a garment. He will give it a preliminary dry cleaning treatment before the regular cleaning process.

If you remove the spot yourself do it with care. Read the label and observe all precautions for use of the solvent-type spot removers.

To remove grease spots from fabrics, lay the article on a firm surface soiled side down. Under the spot place a clean turkish towel and apply the spot remover from the unsoiled side. This prevents the grease spot from flowing into the material and depositing grease all through. Use another piece of turkish toweling to apply the cleaning fluid. Work with quick short strokes, rubbing lightly beyond the area of the spot to prevent a ring. Move the bottom turkish towel so the grease won't be redeposited from the towel back into the material.

BE SURE YOU GET IT

When buying any garment, be sure you get the tag with washing, cleaning, and care instructions printed specifically for each garment.

Mixups in the fitting room happen too often. Customers remove the tags and they're not always replaced on the right garment. (The tag fastened to a silk dress I purchased gave care directions for a washable raincoat!)

If a garment has no tag or instructions sewn into the neck, ask the sales person to find one. If none can be found don't buy it.

It's a good idea to have a file or an envelope for the tags, writing the name of the article, date and place of purchase, and the price. This may come in handy if the garment doesn't perform as you think it should or does not fulfill the manufacturer's promises.

The information given in this publication is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no indorsement by the Minnesota Agricultural Extension Service is implied.

NEED HELP PULLING ON STOCKINGS?

Putting on stockings is impossible for some people who can't bend. If this is your problem the homemade device pictured may help.

You'll need two $\frac{1}{2}$ -inch dowels 36 inches long, two garters, and four carpet tacks size 7/16.

Drill two small holes near one end of each dowel. If you try to drive the tacks into the hard maple dowel it may crack unless holes are drilled first.

Fasten the garters on with tacks. The small picture shows a closeup of the garter tacked to the dowel.

If the 36" dowels seem too long cut them off to a length most convenient for you to use.

Fasten the garters to the stocking, slip your foot in, and gently work it up.

A deeper "grab" with the garter than just the hem makes it easier to pull up. Powdering your feet will help too.

Unless men's socks are longer than ankle length this device may not help because it may be hard to bend down to unfasten the garters after the socks are pulled on.

Other stocking pull-on devices are available commercially but cost from 3 to 10 dollars.



COOKING FOR ONE

"Cooking for one is no fun." We often hear this remark made by men and women who live alone. People who are employed may enjoy coming home to get away from the noise and bustle of a job. But to those with no work-day schedule cooking and eating alone isn't as relaxing as it might seem. Relaxing means different things to different people.

Cooking for one also means shopping for one and often eating alone. To many this arrangement lacks incentive and stimulation, resulting in an unbalanced diet of unplanned meals.

Cooking for one can be fun. Fitting the daily foods needs into balanced meals can be like a jigsaw puzzle. If you leave out a piece of the puzzle the other pieces will never complete it. It takes planning.

When you don't plan meals you are likely to end up nibbling. This usually results in a poorly balanced diet high in calories and low in nutrients. A good daily meal plan includes: 2 servings of meat, poultry, fish, eggs, dry beans, peas or peanut butter; 2 servings of milk or cheese; 3 or 4 servings of fruit and vegetables. Don't forget the vitamin-rich citrus fruits and dark green and yellow vegetables.

To help you plan and prepare meals for one write for the Adventure in Eating series. Included in the series are menus for four weeks, recipes for some of the suggested dishes, and a market list to help with shopping. The menus take into consideration the use of leftovers in interesting ways, too.

Write for Adventure in Eating, Bulletin Room, 3 Coffey Hall, University of Minnesota, St. Paul, Minnesota 55101.

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Picking up something from the floor can be difficult from a wheelchair. A simple "grabber" with a hook at each end may help retrieve dropped articles.

You'll need a length of $\frac{1}{2}$ -inch dowel. The entire 36 inches may be too long if you want to hang it on the back of the chair. Screw a hook into each end as shown in the picture. Holes must be bored in the ends of the dowel or it will crack when the hooks are screwed in. The smaller hook (on the left) is a number 6 size. The one on the right is a screw-in closet hook. With the closet hook you can snap on a light switch, take a garment down from a closet rod or pull some out-of-reach item close enough to grasp.



FOR BIRD WATCHERS

Our thanks to Mrs. B. Johnson for the following information. She is a dedicated bird watcher and feeds many varieties of birds in her north Minneapolis yard. -- M. M.

Minnesota farmers have been greatly troubled by armyworms crawling and chewing their destructive way through the fields of corn and grain. Destroying them and hopefully preventing their return has become a major issue with farmers, entomologists, and naturalists. Bird watchers can help predict the success of one method.

Franklin's gulls just love a diet of armyworms. They are not new to Minnesota but a special study of their habits is underway.

The study began with the release of 289 young, wing-banded Franklin's gulls in various parts of the state to determine their migratory habits.

Franklin's gulls are not real sea gulls but are more likely to follow the plow. The best identifying mark is a broad white band which separates the black wing-tips from the gray of the rest of the wing.

The gulls liberated for the special study are easy to see because of the 3-inch wing bands in colors of orange, blue, black, or purple.

After they migrate south, will they come back next spring?

Where are they now before they start migrating?

The Museum of Natural History, University of Minnesota, Minneapolis, Minnesota 55455, would like to hear from you if you spot any while driving through the countryside. Your husband may see them out in the fields since their favorite food, the armyworm, is plentiful there.

Drop the Museum a card and tell where you saw the gulls, how many, the time of day you saw them and the color of the wing band.

You can help the conservation cause from a car window or from a wheelchair.

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DON'T BUY UNINSPECTED APPLIANCES

Most of us don't understand electric appliances. We know they have wires, grills, fans, cords, and plugs. If we plug them in and they light up, heat, or buzz, we're satisfied. It's important that they work, but it's doubly important that they be safe.

The UL seal on electric appliances is your assurance that the article has been tested for safety. The seal is easily recognized by the letters UL inside a circle and are the initials of Underwriters Laboratories, Incorporated. The laboratories are maintained for the examination and testing of devices in relation to safety from fire and electric shock.

We have been accustomed to looking for the seal on both electric cords and appliances. But some changes have been made. Now no UL label will be on cords sold with new appliances. The label will be on the appliance if it has been inspected. The only cords sold with the UL seal will be replacement cords. The color of the labels will now be brown instead of the usual green.

The reason no labels will be on cords sold with new appliances is that some unscrupulous dealers have put approved cords on appliances that were not approved. The customer might be told that the whole appliance has been tested. A safe cord is not enough. The appliance must be safe too.

Shocks resulting from poorly constructed appliances not properly inspected can be dangerous.

YOU'LL BE SEEING

More Knit Garments

High on the style list for dresses, slacks, blouses -- in fact for most fall apparel -- are double knits. When the prestige knits were imported wool from Italy and Switzerland, purchases were limited because of the high price tag. Now everyone can enjoy the comfort of knits. Men too will find dressy double-breasted knit jackets, slacks, shirts, and ties. Some are 100 percent polyester. Others will be found in a blend of 50 percent polyester and 50 percent cotton.

Care directions should be carefully checked. Some garments are washable while others must be dry cleaned because of non-washable linings and interfacings.

Mini-TV

Now a portable television that fits into the palm of your hand. You get picture and sound almost the instant you turn it on. It runs on special batteries that can be recharged over and over. You get an earphone for complete privacy, a leather carrying case, a slip-on magnifying glass, and an AC adapter so you can plug it into the electricity. It could be a convenience for wheelchair TV viewers.

Made by Panasonic, it will be available in Minnesota about December 1.

EUDA Cheese

Few people have heard of EUDA, a skimmed milk semisoft cheese recently developed by U. S. Department of Agriculture researchers. EUDA has a bland but distinct flavor. Its big attraction is that it is made from skimmed rather than whole milk and has a lower fat content than most cheeses.

Test results indicate shopper acceptance. We may see it here if our cheese producers decide it has market value.

Lucious Advertisements

Scratch the photograph in the ad with your fingernail and release the aroma of a dill pickle or fresh orange. You can expect to see the ad in your supermarket soon. The developer of the process doesn't tell us which food advertisers will use it first. Some companies plan to use it in ads for breakfast food, bakery products and deodorizers.