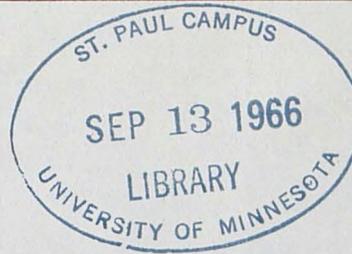


# 3 Newsletter

**HOMEMAKERS LIMITED**



September 1966

Dear Friend:

New things are going on here at the University which we hope will make the Homemakers Limited program helpful to more people. First of all, I am working on eight TV programs to be broadcast during February and March. You will be able to attend classes in your own living room. Broadcasts will come to you over KTCA, St. Paul; KWCM, Appleton; WDSE, Duluth; and KFME, Fargo. Each of these stations covers a radius of 75 to 100 miles. It is likely that other stations will also carry the programs.

In these programs we hope to bring you something new of interest to all homemakers, but especially to homemakers with physical limitations.

Homemakers Limited class material will also be revised in hopes that we can give more specific help to each person who enrolls.

One more thing; if you want to continue to receive the newsletter be sure to fill out and return the enclosed card. Mailing regulations require that we check our mailing list each year to make certain that the newsletter goes only to those who wish to receive it. If you don't return the card we must stop sending you the newsletter.

Best wishes to you.

Sincerely,

(Mrs.) Marion Melrose  
Home Economist in Rehabilitation

MM:mls

## WHAT PRICE CLEANLINESS

Automatic washers in the low-price bracket wash clothes just as clean as high-priced models. The main difference lies in whether you or the machine must do the thinking. Often the only difference between models are various automatic features. If laundry equipment is in the basement the automatic features may be worth every cent they cost in saving trips up and down stairs.

In a home where water pressure fluctuates when water is being used in another part of the house or farmstead, a washer with a metered fill is a necessity. The price of a time-fill machine is likely to be lower, but the machine will not be satisfactory because water may not reach the de-

sired level before the wash begins and clothes can go through a complete cycle with less than the desired amount of water.

Cost comparisons also apply to dryers. Low-cost models have equal load capacity, safety shutoffs, timers, vents, and lint screens. Some even provide heat selection or a no-heat cycle, but the homemaker must depend on her own judgment instead of expecting the machine to select certain degrees of dryness.

High priced machines can't substitute for good washing practices. The correct amount of detergent--neither too little nor too much, sufficient rinsing, and the right drying time will produce clean clothes at any price.

## SHORT SHORTS

Did you know that sauerkraut originally came from China? Back in the third century, B. C., Emperor Shih Hwang added a form of kraut to supplement the rice diet of the laborers building the Great Wall. Little did he know that his cabbage fermented in rice wine would not only improve his men's nutrition, but would become a famous international food. In addition to its good vitamin C content and low caloric value, sauerkraut is quite inexpensive.

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If your sewage disposal system includes a septic tank and cesspool, it's safer to dispose of cleansing tissues by burning. The new "wet-strength" tissues don't disintegrate readily and may cause plumbing trouble. If tissues are used for cleansing cream removal, it's important to burn those too.

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Take it easy with the heat in cooking cheese. High heat or too long cooking makes cheese tough, stringy, and leathery. In cheese dishes where eggs and milk are added, too much heat may cause the mixture to curdle.

\* \* \* \*

Now is the time to get bird feeders ready to attract migrating birds. Birds, like people, have food preferences. A chunk of plain suet or melted suet with seeds added will attract woodpeckers, nuthatches, chickadees, flickers, and blue jays. Even robins like suet. Sunflower seeds seem to be favored by cardinals, grosbeaks, finches, chickadees, brown thrashers, and juncos.

Scratch feed fills in and saves on the use of the more expensive seeds such as sunflower and saffron seeds. Many birds will eat bread crumbs, nutmeats, apples, and raisins.

Your guest list of birds will be long if you feed them every day. They will reward you by cheerfully accepting your hospitality.

\* \* \* \*

Wash before you dye! Automatic dyeing machines that take the guesswork out of color changing are becoming available in many communities. When you head for such a machine, remember that only clean fabrics take dye successfully. In fact, a major manufacturer of dyeing equipment cautions you to start by laundering articles through a complete washer cycle using hot soap or detergent suds to remove stains and soil. Then place the clean articles in the dye machine while still wet.

If the washer you use has a vigorous final spin, articles may be quite dry and wrinkled and the dye may take unevenly. In this case, remove them before the final spin while they are a little "drier than dripping." You'll have a more even dye job.

## LEAKY RAINWEAR

Water-repellent and water-proof are two different terms when speaking about rainwear. A good-looking raincoat gives no satisfaction if it sheds a few drops of rain but lets a heavy shower soak through.

This year people can be dry and fashionable at the same time. During the spring and summer, rainwear for women and girls has been the gayest we have seen. Bright red, orange, green, or almost any rainbow hue made a line of school girls look like a string of neon lights walking down the street. These bright-colored vinyls are water-proof but when the cold fall rains begin something warmer is needed. There are many other choices, including Dacron polyester and cotton blends, Dacron and Avril rayon blends, water-repellent corduroy, and rayon and cotton--some with zip-in linings and others laminated to foam.

With all the fiber blends and construction differences, care of rainwear will differ too. Some can be machine washed and tumble dried, some machine washed but drip dried, and some must be dry cleaned. It is more important than ever to read the hang-tag for care instructions before you buy, and save it for future reference.

Sufficient rinsing is a very important part of the washing procedure in washing rainwear. Detergent not rinsed out makes "water wetter" and the smallest shower will quickly soak into a raincoat. The new water repellent finishes are quite durable but have little or no effect if coated with detergent.

Boots of shiny black or white vinyl with laminated linings will be high on the list of the "in" crowd this fall. Worn with shiny vinyl slickers the accepted height seems to be 7 to 9 inches, but when winter comes we'll see them go up to mid-calf or more.

With all these choices this fall it looks as though it's not going to be smart to get wet but fashionable to be dry.

## COTTON RETURNS TO UPHOLSTERY

Improved cotton batting developed by Agricultural Research Service Scientists at the USDA may again place cotton on the accepted list of upholstery padding. During the last few years it has been replaced by synthetic fibers and foams.

The new product, named "Cotton Flote," is being used for automobile seat cushions and will soon be used in other types of upholstery and bedding.

The cotton batting is treated with chemicals similar to those used to give wash-and-wear properties to cotton textiles. With this treatment upholstery and mattresses will not pack but will recover from compression more quickly than the older type cotton fillings. Latex added to the treating solution will hold the fibers in position and help prevent lumping and unevenness.

Sometimes a ramp may mean the difference between being housebound or having the freedom of coming and going at will. If other family members push the wheelchair, they too will appreciate a ramp.

It is not difficult to design a ramp for a house that is being planned and built. But adding a ramp to an existing house sometimes presents problems. The degree of slope or rise may determine whether the handicapped person can wheel the chair or must be pushed by someone else. The ideal degree of slope is 1 inch per foot.

The ramps in the pictures show varying degrees of rise. Where ramps replace steps they can be used by people walking up to the front door, but they will also accommodate a wheelchair.



The home of the W. R. Langfords of St. Paul is built on a level lot chosen because no step or change of elevation from the doorway to the walk is needed.



This ramp at the home of Mr. and Mrs. Gordon C. Green of St. Paul starts with a concrete slab that is level with the entrance sill. The slope begins about 4 feet from the doorway.



Mr. and Mrs. Arthur Ahlgren of Minneapolis built their home before a ramp was needed. Although the ramp covers the front steps, walking up the ramp is made safe with a strong railing and use of paint containing a nonslip material.



The home of Mr. and Mrs. Edmund Fuller of St. Paul has the advantage of a large front yard, making a long ramp possible. The longer the ramp, the more gradual the slope can be.

#### DO HOME DISHWASHERS STERILIZE?

Home-type mechanical dishwashers do not sterilize dishes and utensils. Sterilizing means that all bacteria are destroyed; that takes hotter water than home water heaters can produce. However, it can be said that home dishwashers satisfactorily "sanitize" dishes.

Laboratory tests by Agricultural Research Service scientists of the USDA showed that the number of micro-organisms was reduced to a low level in dishwashers when the incoming wash water

was held at 140° F. Water cooler than 140° does a poor job of food removal and is still less effective as a sanitizer. In order to be sure the water coming into the dishwasher is 140° F. the temperature control on the water heater may need to be set at a higher setting, depending upon the distance between the heater and the dishwasher. Water may cool several degrees going through the pipes.

The scientists found no appreciable differences in bacteria counts between different brands of dishwashers. However, they did find an unacceptable number of bacteria on hand-washed dishes.

**HOMEMAKERS LIMITED**  
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MAKE YOUR OWN FRUIT COCKTAIL

Pep up winter meals with frozen fresh fruit mixtures now in season. Several fruits can be frozen together and be ready to use for salads and desserts later on. Those that combine well are peaches, Thompson seedless grapes left whole, Tokay grapes halved and seeded, Bing cherries quartered and pitted, blueberries, apricots quartered, and fresh pineapple cubed. If you include fresh pineapple, remember not to use the mixture with gelatin; the acid in fresh pineapple prevents gelatin from setting.

Raspberries and strawberries from the freezer may be added just before serving. They have a tendency to mash up in the mixture. And it's best to omit muskmelon because it seems to toughen by freezing.

Pack the fruits in sugar syrup using 2 to 3 cups of sugar to a quart of water and a half-teaspoon of ascorbic acid (from the drug store). This is uncooked syrup stirred until the sugar dissolves.

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KNOW YOUR CONNECTIONS

Three-prong electric plugs probably will be required on a variety of portable electrical appliances used near moisture, especially mixers and blenders. At present the three-prong plug is required by Underwriters' Laboratories (UL) standards for floor scrubbers and polishers, and for portable dishwashers.

The third prong is a "ground" connector. It grounds the appliance and prevents the homemaker from becoming part of the circuit and getting a shock when the electricity uses her as part of the electric system.

Most homes have only two-prong receptacles. For some appliances such as air-conditioners and portable dishwashers, an adapter that plugs into a two-prong receptacle is furnished. Main drawback of an adapter on a regular plug is that a ground wire must be attached to the receptacle to create the grounding. Often the homemaker using the adapter in several outlets doesn't bother to attach the ground wire, thus defeating the purpose of the three-prong plug.

YOU'LL BE SEEING

Filbert nut soup--In order to expand production of the relatively small filbert industry the Oregon Filbert Commission is busy developing new recipes for their product. Items developed so far range from filbert soup and filbert bread to a fancy filbert torte dessert. Filberts are the cultivated variety of wild hazel nuts.

Corn insulation--Scientists of the U. S. Department of Agriculture's Agricultural Research Service have developed a practical way to convert corn to urethane foam and use it to insulate walls. A 25- by 50-foot structure can be insulated by foam made from 1 bushel of corn.

The starch-based foams are sprayed in place around pipes and between wall studdings. They adhere to almost anything and dry to form a layer of insulation molded to the contour of the surfaces they touch. They have good insulating ability, are flame and humidity resistant, and will not settle or shift out of position when hardened.

Western outfits for collegian's casual wear--Brushed denim is very popular for slacks and sport shirts for young men. So are leather trims on jackets and Sherpa, a new name for pile linings in jackets. Sherpa looks like sheepskin but is acrylic with a cotton back. Lots of color--we are told--will be seen in boy's clothes this year, with the accent on the slim look.

Easy-to-use telephone equipment--Telephone makers are trying to meet the needs of people with physical handicaps with specially designed telephones. Their goal is to develop whatever is needed to help handicapped people obtain full use of the telephone's advantages. The Bell Telephone system says that the most requested items include special signaling devices for persons with impaired hearing and sight, headsets and speakerphones for people who can't hold a telephone handset, special handling of outgoing calls by operators, and various types of foot switches and levers.

WHY HEAT MILK?

The question of why milk must be heated before use in bread dough is still unanswered. Some authorities feel that an enzyme in unheated milk causes soft dough and bread of small volume, open grain and thick cell walls. Others attribute the damage to a factor in the whey of milk which is changed by heating.

Most scientists are of the opinion that heating milk is necessary to assure good bread. For home baking they feel that a temperature of 180° for 15 seconds is adequate. To be certain the warm milk will not kill the yeast, stir in one to two cups of flour before adding the yeast to the milk.

*Trade names or names of suppliers are sometimes listed in this newsletter as a matter of convenience to readers. Inclusion of such names does not constitute endorsement and exclusion does not constitute discrimination by the Minnesota Agricultural Extension Service.*

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