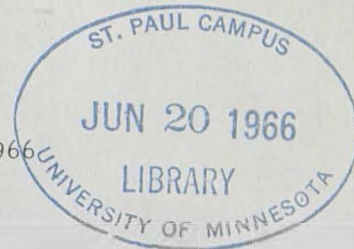


Newsletter

HOMEMAKERS LIMITED



June 1966

Dear Friend:

We welcome our new readers of the newsletter. Since March several counties have joined us. New friends from Chisago, Isanti, Kanabec, Pine, and Wadena counties attended Homemakers Limited classes in April. In May new names were added from Minneapolis, Gaylord, and Pipestone.

The newsletter is a great satisfaction to me because it gives me a chance to keep in contact with you and let you know about the new things going on that are of interest to all homemakers.

Write me if I can help you with your problems. Don't forget to let me know if you have ideas that will be helpful to others.

Best wishes for a lovely summer.

Sincerely

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

A TIP FOR SUMMER SEWING

Summer washables give little satisfaction if buttons, trimmings, and zippers don't perform as they should in the laundry.

Button forms to be covered should be labeled as rustproof. White pearl, crystal, and jet buttons, plus plastic and porcelain buttons marked washable, can go into suds safely. If you want to use wood, metal, leather, ivory, jeweled, or colored pearl buttons, attach them with safety pins that have a "hump" for easy pinning. They are easily removed before washing the garment.

The pins are available at notions counters in black and silver colors; they cost about 25 cents for 20 pins.

If the material is preshrunk--and it's a good idea--preshrink zippers too. If you don't, you're likely to have puckered plackets. Soak zippers in hot water, dry, and press. Press carefully if they're nylon coil; a hot iron will melt the coil.

KRAUT--BY ANY OTHER NAME

The sauerkraut industry, which last year packed more than 200 million pounds of its product, is seeking new customers. It hopes to expand its sales beyond the regular kraut eaters, whose numbers change little from year to year.

Kraut-makers are trying several new ideas they hope will appeal to young people. A target product is one that doesn't taste, smell, or look like kraut and will appeal to people who don't like kraut.

Products that have been tested by taste panels but are not yet on the market include: Pineapple kraut, kraut salad with pimentos and sweet pickles, kraut with tomato chunks in vegetable oil, cheese-flavored kraut, a sweet-sour kraut salad mix with mayonnaise, and a kraut with red, hot pepper.

If these mixtures don't have appeal, others may. But to a true kraut lover, kraut by any other name will still be kraut.

YOU'LL BE SEEING

Tougher Teflon--Now on the market, in a few utensils, is Teflon-coated cookware that won't scratch if metal spoons are used for stirring. At present you will find two saucepan sizes and two skillets coated with the new material.

New Use for Nylon--Nylon shutters that look like wood are rotproof and little affected by weather exposure. Problems of slot fallout, paint peeling, and other weather damage are virtually eliminated. They come in colors applied at the factory but can be painted if a color change is desired.

Dual Duty Thread--A new sewing thread recently introduced is a cotton-covered nylon thread called "Dual Duty." It combines the strength of nylon with the advantages of cotton. Particularly suitable for sewing on stretch fabrics, it's also successfully used on knits and synthetics.

Garments sewn with Dual Duty can be ironed at any heat setting since the nylon core is protected by a cotton outer covering.

Quick Beans--Quick-cooking dry beans can now be made ready to serve in half an hour. A new technique developed by the U.S. Department of Agriculture has turned old-fashioned dry beans into a modern convenience food. Scientists say the process works well with lima beans, small white beans, pinto, and kidney types.

Instant Apple--Apple flakes can be mixed instantly with water to make applesauce or used in dry form in cake mixes or mixed with cold cereals. Besides adding apple flavor, the flakes are helpful in keeping cakes moist.

You may find them on your grocer's shelf now--or will soon--in an 8-ounce package that makes about a quart of applesauce. Eventually the cost may be less than canned applesauce since large savings are possible in packaging, storage, and shipping.

Protein on a Stick--Nourishing ice lollipops containing cottage cheese whey that will substitute for a sixth of the sugar used in ices-on-a-stick will soon be on the market. They will provide youngsters with more protein and fewer empty calories.

Peaches Kept Fresh by New Process--Sliced fresh freestone peaches can be kept for about 12 weeks--three times longer than fresh whole peaches will keep--with a new process devised by scientists of the Georgia Agricultural Experiment Station working with the U.S. Department of Agriculture. The process involves washing, peeling and slicing the peaches, packing them in wide-mouth glass jars, covering them with a light syrup and protecting them with a weak preservative. Refrigeration is required.

WATCHDOG OF THE MEAT COUNTER

Misleading terms in meat and meat products are constantly being checked by USDA's Consumer Marketing Service. Names applied to meat products must be in keeping with the American consumer's concept of the product.

A product labeled "hamburger" was recently rejected because it contained water and cereal. USDA suggested that the label be "bulk beef patty mix," and that the name of the product be followed by a list of ingredients.

A label for "beef patties for swissing" was not approved because the term "swiss" or "swissing" refers to a solid piece of meat--at least in the minds of most shoppers.

If you want to know what's in a mixture, ask the man behind the counter. Or read the label if it's a packaged product. Otherwise you might pay meat prices for cereal and water.

ACCENT ON YOUTH

Middle-aged women are finding it increasingly difficult to buy clothes. In the world of fashion there has never been such a difference between age and youth. Do you remember the mother and daughter outfits of not so long ago? A very real separation in age has come between most girls and their mothers today. Now a daughter rarely borrows an article of clothing from her mother's wardrobe.

The straight, figure-skimming, no-fit look fits the firm bodies of the young, but the same false easiness has to be built in by darts for the older woman. This often produces a waistlineless, heavy look on the mature figure.

What to do about the clothes problem? Know your stores and departments in them, but above all know yourself. There is fun in fashion but your fun will be short if you spend too much or go "kookie" for something you might have to wear a long time.

You may find shopping easier if you buy by brand names. Some dress designers stress certain features of fit usually present in most of their garments. For example, one manufacturer's clothes may have a generous cut in length while another always runs short. Some have darts in just the right places for you while in another brand the darts may be too high or too low.

When you find a style that fits, examine it for these special features of cut and fit. The same manufacturer very likely will design other styles that will fit you too. Being conscious of good features can save lots of time in the fitting room.

Check your present wardrobe for the clothes you like and feel comfortable wearing. Coordinate these with others to mix and match. Buy what you like and what fits you and your clothes problem may be satisfactorily solved in spite of the accent on youth.



Mrs. Harriet Meldahl (right) shows Mrs. Charlene Dulinski of Duluth the special features of a blouse designed for women who have hand and arm difficulties. Mrs. Meldahl, Extension home economist in rehabilitation, conducts Homemakers Limited classes in northeastern Minnesota. A member of the St. Louis County Agricultural Extension Service staff, you will find her at 111 Old Main, UMD, Duluth.

SHORT SHORTS

Don't let housework wear you out. It never pays to race through washing, ironing, cleaning, and other tasks without a break. In each hour of housework take 10 minutes off and relax. Skim through a paper or magazine, plan the week's menu, or just stretch out and close your eyes. Almost any task can wait a few minutes, and you will get more done after a restful break.

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A morning cup of coffee--no time for anything more. A physically inactive job--no need for a big breakfast. Too busy--no time to bake. These are some of the reasons why egg consumption has dropped in the past 15 years. It's the mad pace of modern living. According to the U. S. Department of Agriculture, per capita egg consumption has gone from 393 eggs in 1951 to an expected 306 in 1966.

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Weeping meringue is usually caused by over-beaten egg whites. There is less danger of over-beating if sugar is added at the start of beating.

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To preserve the red color when cooking red cabbage, add vinegar, lemon juice, or a cut-up apple to the cooking water. Cook red cabbage quickly in a large amount of water in an uncovered pan to allow the steam to escape.

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White spots on furniture caused by water or hot dishes can be removed by rubbing liquid salad oil or fine machine oil on the spot. A few grains of salt on your oily finger will help drive the oil into the damaged finish.

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Pies can be frozen either baked or unbaked. Tests show that the quality of baked pies is usually superior to the unbaked. The lower crust of the unbaked pie may absorb juices from the filling and become soggy.

WHEELCHAIR FOR SHOPPERS

Dayton's stores, both Minneapolis and St. Paul, have wheelchairs available for shoppers. In Minneapolis a chair is available at the service counter near the flower shop. In St. Paul, you'll find it at the upper end of the parking ramp. Bernice Mizera sent this information especially for the newsletter; if you know of other stores with this service let me know.



Mrs. William A. Mindrup of Harris finds that a breadboard placed over a cupboard drawer makes a convenient work surface. In addition to keeping house for her family and cooking for extra people during harvest time, Mrs. Mindrup has many hobbies. Making lamps, pillows, and afghans are only a few of her interests.

HOMEMAKERS LIMITED

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BLACK POTATOES

Homemakers are complaining this year that potatoes are turning black when they are boiled. The cold wet season last fall is one reason for this situation; potatoes were chilled while being harvested. Also, the fertilizer may have been out of balance.

Here's something you might try:

For an average family-size kettle of potatoes, add $\frac{1}{4}$ teaspoon cream of tarter halfway through the cooking. This will usually prevent the appearance of black spots.

WHAT ABOUT COLD-WATER LAUNDERING

Some homemakers feel that cold-water detergents do a good job of getting clothes clean. Some think the results are even better than with hot water. Others wonder what happens to bacteria in laundry washed in cold water with a cold-water detergent.

The removal of soil is usually thought of as the main consideration in washing clothes. In case of illness in the family or boils or other infections, washing should also be considered a sanitizing process.

It is important to remember that washing does not always destroy all types of bacteria on clothing, towels, and bed linen.

What about bacteria in cold-water laundering?

To find the answer, agricultural research scientists of the U. S. Department of Agriculture made some exploratory experiments on the survival of bacteria in home laundering.

Here's what they found:

When a detergent with no disinfectant was used more bacteria survived the cold-water washes than survived in hot-water washes. In one instance, 20,284 bacteria per square inch of fabric survived the cold-water.

When chlorine bleach was added to the wash cycle the bacteria count was cut to 40 or less per square inch of fabric, regardless of water temperature.

Chlorine bleach, as a disinfectant, can't be used on all fabrics, colors, and finishes. Quaternary disinfectants such as Roccal or Co-op Sanitizer are the only disinfectants found to reduce bacteria in cold-water laundering.

SHOULD YOU SWAT OR NOT?

If you have a bag of wild bird seed in the house you may see more than the usual number of moths flying around. Moths that hatch in bird seed are cereal moths and don't eat household fabrics or clothing.

Clothes moths prefer darkness and do not flit around lights.

There's really no need to chase moths that are flying around in the open spaces of your rooms. They won't set up housekeeping in your winter coat.

This bit of whimsey was written by a friend of mine who loaned it to me for the Newsletter:

Confused

A little moth flew out the bag
Where he had grown his wings.
He started flying round his world
To get in tune with things.

He noticed things called people
Who clapped hands as he passed.
It made him feel quite happy
The friends that he'd amassed.

Then he met a nice moth lady
Who taught him his distress
She took him home to live with her
In a cozy woolen dress.

He never could quite figure out
What's true in many lands,
If people do not care for him
What makes them clap their hands?

A. C. Telford

IT'S A TEENAGE WORLD

Although teenagers make up only 12 percent of our total population, they buy 25 percent of all the clothing sold. Girls are the largest clothing spenders. Boys prefer spending their money on "wheels."

In 1940 the teenager's average weekly income was \$2.50. In 1966 it has climbed to \$10 to \$15 per week.

It's no wonder store displays are geared to encourage teenage spending. They rarely have money worries about food, shelter, and taxes.

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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