

Heart-of-the-Home . . .

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Newsletter

June 1964



Dear Friend

It's time for another short visit with you.

Welcome to the new readers from Koochiching, Itasca, Kanabec, Hennepin, and Winona Counties. I hope you will enjoy being with us and will send comments, household hints, and step-saving ideas to me. We all try to help each other by way of the newsletter.

A special greeting to those of you who have been my friends for several years. I continue to have a warm spot in my heart for everyone. Year by year my circle of friends becomes larger, yet each one has contributed to the success of the Heart-of-the-Home classes.

Have a pleasant summer. Take it easy as often as you can--and to quote a friend of mine, "Remember--you can only peel one potato at a time!"

Sincerely

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

FREEZING AND CANNING WITHOUT SUGAR

Can fruits be canned or frozen without sugar? Homemakers whose family members are on low-calorie or no-sugar diets often ask this.

Fruit keeps without sugar, but in canned and frozen products, sugar helps hold the shape as well as flavor. You can't expect fruit preserved without sugar to have the same flavor or appearance.

To can without sugar, follow the usual procedure of canning with sugar but instead of pouring boiling sugar syrup over the fruit, use boiling water or juices obtained from crushing some of the fruits. Then process for the recommended time in the hot water bath.

Freezing without sugar varies with different fruits. Peaches retain good quality if packed in water to which ascorbic acid has been added. Use one teaspoonful of ascorbic acid to each quart of water. Use just enough water to cover the peaches.

Raspberries and strawberries keep best without sugar if crushed and frozen in their own juices.

SALAD TIME

It's always salad time in Minnesota since our food markets are well stocked with shipped-in supplies. But nothing tastes quite as good as salads prepared from your own garden vegetables.

You may have family-favorite dressings--just cream and sugar on freshly gathered leaf lettuce, or a dash of vinegar to zip up the flavor.

Here's a French dressing recipe my family likes:

$\frac{1}{2}$ cup oil (measure first--it helps the catsup slip out of the cup)
 $\frac{1}{2}$ cup catsup
 $\frac{1}{4}$ cup vinegar (Tarragon vinegar for a spicy but not too sour dressing, cider vinegar if you prefer a sourer flavor)
 2 tablespoons sugar (or more)
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dry mustard

Pour ingredients into a jar or bottle and shake well. This does not separate and is always ready for use if kept refrigerated.

YOU'LL SOON BE SEEING

Instant sweet potato flakes which can be re-constituted to a cooked mashed product with addition of water or milk. Preparation time: 3 to 5 minutes.

Explosion puffed vegetables and fruits which are dehydrated whole pieces and will cook in 5 or 6 minutes.

Among the pilot-plant samples are: carrots; apples for pies and eating as snacks without cooking; potato and carrot chunks for soups or stews; blueberries packed with muffin and pancake mixes; and pieces of beets, turnips, and sweet potatoes.

This process was used on puffed wheat. During the explosion some water vaporizes and escapes, forming tiny pores in the pieces. When these explosion-puffed dehydrated fruit and vegetable pieces are cooked, it is difficult to distinguish them from fresh-cooked foods.

Shrinkproof wool which can be machine washed and needs only slight pressing.

Permanently creased trousers and permanently pleated skirts.

Powdered grapefruit which dissolves in water with just a little stirring and requires little or no refrigeration.

Insect-proof paper bags for controlling insects that attack packaged food and feed products in the home, on the farm, and in commercial channels.

Soft detergents that can be broken down in sewage disposal systems are likely to be available by 1965.

"Hard" detergents (those now on the market) make suds at the sewage treatment plant. When treated sewage is dumped, streams and rivers froth with detergent foam that sometimes shows up in the tap water of the next town.

Leading manufacturers are now working on these products. When ready, they will replace those we now use. A few small companies claim to have arrived already at a perfected product, but their effectiveness may still need testing.

I SEE BY THE PAPERS THAT:

Every little girl is in a hurry to grow up and wear the kind of shoes that are killing Mother. - Times-Republican, Marshalltown, Iowa.

You set your table 1,095 times a year.

The "no-lipstick" look is plainly passé. An ad states that new colors are mouth-ripening--all sweetness and life and uncompromisingly female.

Striped lipstick is the latest thing.

One lingerie manufacturer is making a garment called the demichemise (chimmy) with the teeny bikini. This is a short above-the-knee-slip with its own bikini panty. The whole thing sounds pretty scanty. Also, no one has explained how it will stay in place and not gather in a roll around the hips.

HAVE YOU HEARD?

That fats and oils and sugars and starches may be used as ingredients of polyurethane foams in insulation in frozen-food trucks, boats, submarines, and cushions. Because of production cost, sugar and starch derivatives are more feasible than fats and oils.

With market growth as predicted, by 1965 as much as 16 million pounds of sugar or 21 million pounds of starch could be used in insulating or cushioning foams.

It might be a good idea to give some of the "padding" we develop by eating sugars and starches and turn it over to the cushion manufacturers.



"I want my hair to look nice for the reception."

FROM THE MAIL BAG

MRS. AUGUST MERGLE OF TACONITE sends an idea about making jelly and jam. She does most of her work sitting on a swivel stool on casters, adjusted to the right height.

She puts her electric fry pan on a utility cart and while sitting on her swivel stool with all materials conveniently at hand, makes jelly and jam in the electric fry pan. She puts juice and sugar in the pan and gradually turns the heat up to 420° F. A wall clock with a second hand times the boiling. She turns out jelly and jam of just the right consistency.

Lifting the full skillet to pour the jelly into glasses is difficult. Instead she dips it out with an aluminum measuring cup and pours it into the hot jars beside her on the utility cart. When most of the jelly is dipped out, it is easy to lift the skillet and use a rubber spatula for the last few drops.

Mrs. Mergle also sends in an idea about making pillow cases from worn out nylon petticoats and nightgowns. They are lovely and soft, wash easily, dry quickly, and need no ironing.

MRS. L. C. JEPSON OF MORA sent a "recipe" for a dustcloth. It is soft, lintless, and nice to use.

Mix together:

1 quart hot water
1 tablespoon turpentine
2 tablespoons boiled linseed oil
1 tablespoon soap flakes

Squeeze the cloth in this liquid, dry, and place in a tightly covered jar to stay soft. (The tightly covered jar or can is important, especially when a cloth has been soaked in oil it could be a fire hazard.)

MRS. ALBERT E. OLSON OF HECTOR has a good idea about keeping clutter out of closets. She suggests building shelves for shoes above the garment rod. One shelf can be placed directly above the garment rod, which should be high enough so that garments clear the floor. The next shelf might be 6 or 8 inches above the first. She likes this better than shoe bags and far better than shoes on the floor. She suggests that one shelf be used for hat boxes and other articles.

MRS. A. M. HAMRE OF GRANITE FALLS writes that she belongs to a group that has fun making hats. This might be a good idea for you folks who do much of your work sitting down. If your enthusiasm exceeds your needs, try making hats for the neighbors.

FROZEN MEAT

How long will frozen meat retain good quality when stored at recommended temperature (0° F. or lower) in the home freezer? It depends on the kind, form, and cut of meat, say USDA food specialists.

For example, cured pork should not be stored as long as fresh pork, and pork sausage

should not be stored as long as pork roast. Because beef fat does not become rancid as quickly as pork fat, a beef roast can be stored longer than a pork roast.

This chart prepared by USDA's Agricultural Research Service gives the latest recommended storage periods for home-frozen meats and fish:

Product	Storage period (months)
Beef:	
Ground meat	2 - 3
Roasts	8 - 12
Steaks	8 - 12
Fish	6 - 9
Lamb:	
Chops	3 - 4
Ground meat	2 - 3
Roasts	8 - 12
Pork, cured:	
Bacon	Less than 1
Ham	1 - 2
Pork, fresh:	
Chops	3 - 4
Roasts	4 - 8
Sausage	1 - 2
Veal:	
Outlets, chops	3 - 4
Ground meat	2 - 3
Roasts	4 - 8

For best quality use the shorter storage time. Store at 0° F.

CLEANING TIPS

Cleaning Foam Rubber Upholstery

Don't use a solvent-type cleaning fluid on foam rubber upholstered furniture or on upholstery with a latex back. This cleaning fluid--which smells like gasoline--will damage the rubber.

Instead, use a shampoo of a thick suds of detergent whipped up in warm water. Apply the dry suds with a sponge or soft brush, scrape off lather with a case knife, and wipe off detergent with a cloth wrung out of warm water. Follow with a dry cloth.

Grease Spots on Wallpaper

Remove grease spots on wallpaper by applying a paste of nonflammable spot remover (such as Energine or Carbona) and Fuller's earth or whiting (from drug or hardware store). After several hours, brush off with a soft brush. Apply again if necessary. When you repaper, cover the area with sizing or shellac or the grease spot might reappear.

Steam Irons

Steam irons won't require a great deal of cleaning if you use distilled water and empty the tank after each use. If it needs cleaning, don't put it off. The scale accumulates and is more difficult to remove.

Fill the tank with a solution of $\frac{1}{2}$ white vinegar and $\frac{1}{2}$ distilled water. Connect the iron and let it steam. When steaming, set it on a small pan with the steam vents down and with all the vents

exposed and free to steam. Turn off the iron, then let it stand overnight with the solution in it. Empty the iron and rinse with distilled water. One treatment may not do a complete cleaning job. Repeat it if necessary.

Sole Plates of Irons

If something sticks to the sole plate of your electric iron, clean it with a paste of baking soda and water. Never use abrasives such as scouring powder or steel wool--they scratch the surface. These scratches catch on the fibers of the material you press.

Lipstick Stains

To remove lipstick stains from washable fabrics, first soften with glycerine; then launder in hot suds.

Care of Wood Floors

Never use self-polishing waxes on hardwood floors. Self-polishing waxes are about 85 percent water. This water is just as damaging to hardwood as water from a scrub bucket.

To keep wood floors looking well, use either a paste wax or a liquid polishing wax with a solvent base. You can recognize a liquid polishing wax because it smells like drycleaning fluid.

Lack of polishing or buffing makes waxed floors dangerously slippery. Use wax sparingly.

NEW CLOTHING CATALOG

A clothing catalog of special interest to women with hand difficulties has become available since our last issue.

This catalog includes two bras, a girdle, and a slip which may make it easier to dress without help. One bra has no hooks (it's a step-in). The other uses Velcro for closing. The slip and girdle are zippered.

You can get a free folder with descriptions and pictures by sending for:

Fashion Able
Helen Gallagher-Foster House
6523 North Galena Road
Peoria, Illinois 61601

SHORT SHORTS

Today's teenagers aren't eating adequate diets. They skip breakfast, eat poor snacks, don't drink enough milk, and fear they'll get fat.

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It is said that homemakers and teenage girls are our most poorly nourished citizens.

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Vegetables cooked one day then reheated and served the next lose some of their nutrients, especially vitamin C.

After 1 day in the refrigerator, the vegetables have only three-fourths as much vitamin C as when freshly cooked. After 2 days, the vitamin C content drops to two-thirds, and after 3 days it's down to a third or half its original value.

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Serve one dark-green or deep-yellow vegetable at least every other day, say USDA nutritionists.

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Set the table early. When the family asks, "What's for supper?" it looks as though you really have everything under control.

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Bakery bread and buns keep well in the freezer if you give them added protection of a polyethylene bag. Bakery packaging is not moisture- or vapor-proof.

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"If one waits for the perfect word or the perfect example, one will always be silent." - M. Sibley

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