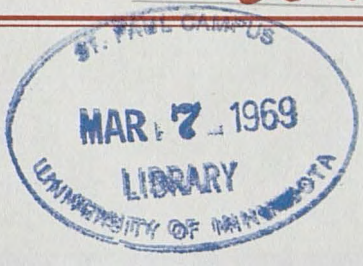


MN 2000 HLN 2169

Newsletter

 **HOMEMAKERS LIMITED**

3



February 1969

Dear Friend:

It seems to me that nothing should be said about our winter except to hope with the poet Shelley:

"If winter comes can spring be far behind? "

Among other pleasures, spring will mean traveling to meet many new friends in Homemakers Limited classes. Mrs. Harriet Meldahl, whose picture you see in this newsletter, will be teaching in northeastern Minnesota. Watch your newspapers in St. Louis, Itasca, Carlton, Cook, and Lake Counties for meeting notices. I will be teaching in Anoka, Le Sueur, Redwood, and Nobles Counties, and, perhaps, in Minneapolis this fall.

If you have attended classes in your area before, please join us again. There's always something new. After all, doesn't homemaking change constantly? We're often confused by advertisements. Maybe you'd like help in sorting out what's best for you.

If you have friends who might like to attend a Homemakers Limited series, invite them. A doctor's referral is not necessary.

Best wishes. You'll hear from me again in June.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

MM:mls

Use of commercial names does not imply endorsement nor does failure to mention a name imply criticism by the Minnesota Agricultural Extension Service.

1

2

Mrs. Harriet Meldahl, Home Economist in Rehabilitation with the University of Minnesota, Agricultural Extension Service, is helping men and women adjust to home life after an illness or accident. People who need therapy and help in getting along with problems of daily living may go to the Nat G. Polinsky Memorial Rehabilitation Center in Duluth to learn from Mrs. Meldahl and the therapists there.

The rehabilitation center kitchen was designed for training and retraining handicapped people interested in homemaking. It's not a model kitchen but a training and idea kitchen where people can try different ways of preparing food and storing utensils.



A pullout pan rack brings the utensils into full view. There is no need to stack pans because each pan is hung on a separate hook. The pan rack can be installed easily in most lower cupboards. It is available in hardware stores for about \$3.00.



The refrigerator is important in any kitchen. For a homemaker who must do all her work from a wheelchair, the bottom freezer makes it easy to see the frozen articles. The freezer door pulls out far enough for the homemaker to reach most of the frozen packages easily.



Sufficient space to wheel under the mixing counter and a pullout shelf for work lower than the counter level make working convenient and comfortable. Open space for knees at a sit-down work area is essential. Knee space should be at least 24 inches wide, high enough for free movement--no less than 2 inches from top of the knee to the counter.

The mixing area is between the sink and the range. Above the mixing area are measuring cups and some baking supplies. Baking utensils are within easy reach above in the vertical file cupboard.



The refrigerator section in the top offers easy access to most sections. Pullout shelves also help bring the contents within the reach of the homemaker. This makes awkward reaches toward the back of the shelf unnecessary.

The egg storage in this refrigerator door is too high for most people to reach from a wheelchair. Since eggs keep best in the carton, they can be stored on a refrigerator shelf.

The pullout cupboard shelf at the left makes a convenient landing place for food being removed from the refrigerator.

Pictures by Mrs. Marion Melrose.

ELECTRIC SCISSORS

If you like to sew but have problems cutting the material, an electric scissors may be the answer. It works either right or left-handed with very little pressure. The manufacturer claims cutting even heavy materials is easy.

Several types are available--with one or two speeds, with 8-foot or 10-foot cords or cordless, battery-operated models. One brand runs either on house current or on a rechargeable battery. Some are equipped with a small light bulb to eliminate shadows on the pattern cutting line. Replacement blades, available for most brands, may be a very important feature.

Some stores no longer carry scissors operated on battery only. They found that the battery would give out in the middle of a job. If you're out of batteries, you're out of luck. A model with a cord may be the best choice. Add an extension cord if the one on the scissors isn't long enough.

Also, it takes practice to learn to use one smoothly. Special care should be given when cutting curves and intricate angles. There may be problems in cutting knits or across the rib in corduroy. Take samples of different materials to the store with you when shopping for electric scissors. Try cutting to be sure they work for you.

#

PREDICTIONS NOW REALITIES

A long time coming are some of the predictions in the "You'll Be Seeing" column in the Home-makers Limited Newsletter. It seems though that you might like to be ahead of what's happening. This is the reason we predict some things in the "way out" category.

Two predictions have recently become realities:

Qiana

In the last Newsletter (December 1968) under "Silk That Isn't Silk" it was predicted that we would be seeing Qiana early in 1969. This is not such a notable event except that fabric manufacturers some time ago predicted there would be no new fibers only improvements in existing ones.

After much fanfare by the makers of the fiber, predictions about its acceptance, and a search for one tiny sample, I have finally seen Qiana. It is a heavy, firm material available as yet here in only black or white for \$20 per yard. As is usually the case, dress manufacturers get most of what comes off the looms first. If you've been waiting for a Qiana dress, you'll have to dig down in your pockets--for some such amount as \$250. We tell you this only to show the steps any thing goes through before it is available.

The ads in Vogue magazine show garments of Qiana in beautiful wild prints. I'm only guessing at the prices.

Electronic Air Cleaner

This device is attached to a warm air furnace and is claimed to trap dust, dirt, and pollen on an electrically charged filter. The air cleaner is usually installed in the return duct of the furnace. Manufacturers claim that 95 percent of the airborne dirt and 99 percent of the pollen are removed from the air passing through the unit. You may pay from 80 cents for disposable types up to \$300 plus installation for the electronic cleaner. According to the manufacturer, the cleaning efficiency increases as the price goes up. For people suffering from dust and pollen allergies, it might be worth it. If you're interested, your furnace man is the one to see.

#

FOR WHEELCHAIR TRAVELERS

Guidebooks for wheelchair vacationers are available for travel throughout most of the United States. It isn't enough just making accessible facilities available. People must know where they are, and if the facilities are adequate for their disabilities.

Several motel chains have brochures describing their accommodations. To find out if they offer what you need, start planning and investigating early. Then there will be enough time to make reservations for what you want when you want it. Some motels have only a few units designed for wheelchair users so it's well to start planning now.

Write for these free guides:

1) Wheelchair Vacationing in the Black Hills and Badlands of South Dakota. Send to: Publicity Division, Department of Highways, Pierre, South Dakota 57501. This excellent guide tells where to eat and where to stay, the number of qualified units in each motel listed, and widths of bathroom doors.

2) A Guide to the National Parks and Monuments for Handicapped Tourists. Send to: President's Committee on Employment of the Handicapped, Washington, D. C. 20210.

3) Holiday Inn, 1313 Nicollet Ave., Minneapolis 55403. Ask for their motel guide. Those accommodating wheelchairs are marked.

4) The Wheelchair Traveler, P. O. Box 169, Woodland Hills, California 91364. Motels (in all states) with facilities for wheelchair users are listed. The list is updated annually.

5) Howard Johnson Corporation, International Building, 45 Rockefeller Plaza, New York, New York 10020.

6) Travelodge Corporation, P. O. Box 308, El Cajon, California 92022. This guide is primarily for the western United States.

#

SHORT SHORTS

If you are planning to curtain a picture window, consider hanging several panels instead of two very wide ones. The effect will be the same and the narrower panels will draw as well on traverse rods, are easier to take down, launder or dryclean, and to replace.

* * * *

Taffeta is popular for slips especially under knit dresses. Always drip-dry taffeta. Squeezing or wringing will press in wrinkles.

* * * *

The new enzymatic detergents for removing stains will not work if used in the wash water with chlorine bleach. Bleaches of perborate (those advertised as safe on all fabrics including silk and wool) will increase the effectiveness of the enzyme. The best results are obtained by presoaking with the enzyme and using bleach in the wash water for stubborn stains.

* * * *

The Federal Trade Commission has issued a policy statement that consumers receiving unordered merchandise have no legal obligation to pay for it or return it to the sender. This assumes that the consumer does not want or use the merchandise, and that there is no written agreement to pay for or return it. This is not a law but it is the result of an official action by the Federal Trade Commission.

#

YOU'LL BE SEEING

Dried Skim Milk That Whips

A dried skim milk that can be whipped into a low-calorie dessert topping has been developed by scientists of the U. S. Department of Agriculture. The experimental product does not need refrigeration or precooled utensils for whipping. You may have whipped dried skim milk which flattened out very soon. The new product will remain whipped for an hour. One quart of reconstituted milk will whip into one quart of topping.

* * * *

Self-Sterilizing Fibers

Fibers with bacteriostatic properties incorporated in the spinning solution have already been marketed by a major producer. Manufacturers of drycleaning solvents are working on germ-killing additives for their products. Since strains of germs have become immune to antibiotics, they are not destroyed by normal cleaning and laundering.

* * * *

Better Heat Resistant Plastic

If you have had trouble with heat melting your plastic kitchen utensils, take heart. USDA's Agricultural Research Service scientists have developed from pine gum a plastic which tolerates temperatures up to 750° F. The bottoms and rims of skillets often get to 700° F. and hotter! With further research they hope to make the new plastic stand up to even higher temperatures. This may be the next space age material to be used in the kitchen.

* * * *

Ultrasonic Drycleaning

Soil removed by ultrahigh frequency is another possibility. Under study for many years, a breakthrough is expected soon.

* * * *

Paper Everywhere

You can walk on it, wear it, sit on it, hang it on the wall, make your bed with it.

You'll be seeing lightweight, stackable, disposable paper furniture. Even with these features, it's said to be strong enough to sit on without collapsing.

Paper dresses had their splurge but interest in them has died down. Designers added too many fancy touches and the cost went up. It became impractical to pay a high price for a disposable dress. We may wait several years for satisfactory developments.

Paper robes and sheets will be used more in the doctor's consultation room where disposability is desirable.

Paper rugs may be available soon for cottages or college dormitory rooms where long wear isn't necessary.

* * * *

Instant Ice and Ice Water

In-the-door dispensers for ice water and ice cubes are the very latest in refrigerator conveniences. Water and ice cubes are delivered by pressing a glass or bowl against the ice cradle outside the refrigerator door. Still in limited supply, they are available in some parts of the country.

* * * *

Hot Water

On the other end of the thermometer is hot water delivered through a pushbutton tap on a new electric range. The 2-quart tank is connected to a water pipe for a constant water source.

#