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Newsletter

HOMEMAKERS LIMITED

14

December 1966

Dear Friend:

I've missed traveling around the state this past fall and seeing you again. Working on eight television programs has kept me busy.

In January you will receive a folder from me giving the stations carrying the programs and the times they will be shown. I hope you'll be able to watch "Your Keys to Easier Homemaking."

The Christmas Newsletter always seems special. Maybe it's because it is one time of the year when we all are thinking about the same things--mailing Christmas cards and packages, and greeting friends with wishes for happiness and cheer.

This poem expresses my feelings about Christmas much better than I can:

CHRISTMAS

The holly and the mistletoe
 The tinkling bells and song
 The red cheeks always smiling so
 The hurried shopping throng.
 The message of good wishes
 The memories of past years
 The heaped up goodie dishes
 The passing cup that cheers.
 The thrill of fond caresses
 The surprise that someone cares
 The remembered casual wishes
 The joy that each one shares.
 The need of the Christmas spirit
 The rest of the long year 'round
 The ways that we may live it
 The happiness thus found.
 The joy and peace I wish you
 The nectar of life's blend
 The clearest skies of azure blue
 The blessings without end.

--A. C. Telford

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation



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NEW TECHNIQUES IN A NEW MATERIAL

Bright new vinyl yard goods will tempt many home sewers to whip up Christmas gifts that are sure to be welcomed by the younger set. Because vinyl-coated fabric is new, even those familiar with sewing principles may need a few pointers.

First of all, choose the article--whether it is a garment or an accessory that is suitable for using vinyl-coated fabric. A few suggestions are:

Coats, vests, jerkins, ponchos.

Tote bags and head scarves with tape or ribbon ties.

Vinyl is excellent for placemats. It needs no hemming; just cut and use.

Don't try blouses or dresses because the sleeve seams are impossible to manipulate and would be scratchy and uncomfortable.

Don't expect to "ease" fullness into seams with vinyl.

Button holes usually are not recommended unless they are machine made (not bound). Instead use snaps, hooks, or spots of nylon contact tape (Velcro).

Select a simple pattern with few seams.

Avoid short darts as they give a puffed effect.

Lapped or welt seams top stitched from the right side give a smooth flat finish.

To hold pieces together for stitching seams, use tape or paper clips. Pinholes will show unless pins are inserted outside of the seam line.

Marking pencil or chalk should be used to mark stitching lines instead of the marking wheel.

Hems are machine stitched or held in place with fabric glue.

SHORT SHORTS

The purple ink used to make the circular USDA inspection mark on carcasses and fresh cuts of meat is made from harmless vegetable dye. USDA requires that all components of such inks must be safe for human consumption. No need to be concerned about cutting off the purple mark; it usually disappears during cooking.

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If you have a waste disposer be sure to run the cold water tap while operating the grinder. The water carries away the waste. The cold water solidifies fats so that they may be chopped up and flushed away. If you use hot water, melted fat goes down the drain where it congeals to coat and clog the pipes.

* * * *

In the United States soap and detergent products are used at the rate of about 30 pounds per person per year. The average housewife spends about \$26 annually on soaps and detergents for bathing, laundering, dishwashing, and other personal and housekeeping purposes.

While cleanliness standards and practices continue to improve, figures show that the cost of keeping clean has been declining relative to other family expenses. One reason is that increasingly efficient products do more for the money.

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If you are on a low-salt diet try cooking meat and vegetables with herbs. A few sprinkles of sweet basil on pork or beef brings out the meat flavor and you'll never miss the salt. Sweet basil is excellent in tomato dishes too. Marjoram is another one to try on pork, veal, beef, fish, and eggs--but use it sparingly. Rosemary seems to be a favorite for lamb, and also is used for poultry, veal, and beef.

Herbs can be added to the liquid when cooking vegetables, and a dash of lemon juice just before serving is a good substitute for salt.

Don't be afraid of new seasonings. They give that special, individual touch to meals.

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Try Turkish towels for bathroom curtains. Clip brass rings (about 69 cents for 14 rings) to pretty new bath towels in your favorite color and hang them from an ordinary curtain rod. The clips need no sewing and can be unclipped for laundering. When you decide to change colors, the towel-curtains can go into the linen closet for family use.

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If fixing the Thanksgiving turkey has satisfied your desire to stuff and tie up a big bird, try a boneless turkey roll for Christmas dinner. Since there is no waste, an allowance of 1/3 pound per person will satisfy even the huskiest appetites.

As there is no cavity to stuff, the dressing will have to be baked separately.

Gravy-making pan drippings may be in short supply, so it might be a good idea to pick up some wings and necks or giblets to add to the gravy.

Roasting time and directions will be found on the wrappers.

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On stormy days after Christmas when children may be underfoot in the house, let them have fun with Christmas cards. Cut the colorful pictures from greeting cards, paste them to trays with wallpaper paste, let dry, and add a coat of clear shellac to preserve the surface and make it washable. No special pattern to follow--just be sure the tray is scrubbed clean or the cards may not stick. This project might even be interesting for adults. If you're sentimental about names, leave them on.

A CHAIR FOR CHRISTMAS GIVING

A chair to be comfortable for relaxing and reading should fit the person who is going to use it most. A strong wood-framed chair doesn't sag and the cushions can be reupholstered without excessive cost.

The chairside table is important too. It should be the same height as the chair arms to make it easy to see and reach things on the table and to prevent spills. It should be sturdy and strong enough to lean on for support.

A hanging adjustable lamp puts the light where you want it. If floor space is limited it's easier to move around in a room without the danger of stumbling over lamps and lamp cords.



This chair supports the legs and hips; feet rest on the floor without raising the hips above the hip line.



Chair arms should be far enough forward to serve as aids in rising from the chair.

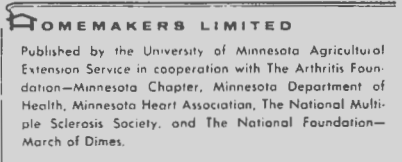


Strong, easily grasped arms support the weight when rising from the chair.



This chairside table is too high for the chair. Because of the pedestal base it might tip if leaned upon for support. The lamp is too high to give good light for reading.

Mrs. Beverly Lundgren, assistant extension specialist in home economics, is the model for our pictures; furniture arrangements are through courtesy of The Colonial Furniture Co., 2875 Snelling Ave. N., St. Paul.



PROCESSED POTATOES SAVE TIME AND MONEY

Homemakers who value their time at 50 cents per hour will be money ahead preparing potato recipes with processed potatoes rather than fresh ones. Also they save time and energy when hand limitations make peeling difficult. When cooking for one or two people, the saving can even be greater since there is no waste from spoilage and little concern about using leftovers. The contents of dehydrated potato packages are loose and dry so that fairly accurate servings can be prepared. Most frozen packages can be broken apart and only the desired amount used; the rest can be put back into the freezer.

New ways of processing potatoes have caused a gain in popularity, added variety to meals, and given the homemaker help in planning menus.

Whether using canned, frozen, or dehydrated potatoes, all recipes take less time to prepare than using the fresh product. For example, au gratin potatoes take only 1 minute of the homemaker's time when the frozen variety is used compared with at least 30 minutes for fresh potatoes. About the same time difference will be found using the dehydrated type.

Frozen whole potatoes are more satisfactory oven browned with roast than boiled or mashed. Browning also works well with the canned variety. There are no problems with methods of preparation as directions are printed on all packages.

Families may like some forms of processed potatoes better than others. Some may prefer certain brands over others. A slight change in ingredients such as adding additional milk or butter, onions, or other seasonings can provide interesting changes. Changes in food standards are occasionally hard to accept, but without some trial and error and a bit of creativity our three meals a day could become pretty dull.

YOU'LL BE SEEING

Flame-repellent or possibly flame-proof children's clothing--The Federal Trade Commission has been asked to study fabric flammability especially in children's garments. Findings from the study may also spread benefits to upholstery, draperies, bedding, and other textiles.

Stay-up hosiery--Manufacturers say that the hidden staying power is built right into the stocking top. Made of soft imported elastic, the top clings to the thigh but does not bind. Short skirts have been taken into account too by narrowing the welt at the top of the stocking. These new hose will probably be of more interest to slim teenagers who wear girdles mostly to hold up their stockings. Women with heavy thighs may not find them as satisfactory as those who have thin legs with less taper.

Fantastic improvements in household appliances--The knowledge and technology for making labor-saving dreams come true already exist. It's just a matter of time--within the next 10 or 20 years.

Perhaps one of the first dreams to be realized may be a washer-dryer-folder-hamper which will perform every laundering and post-laundering function--except actually storing clean clothes in drawers and closets. Just when this multiple-service washday device will appear on the market depends in part on the full development of durable press by the textile industry.

Automatic dishwashers are also in for dramatic changes--perhaps within a decade. Scientists anticipate a machine with two separate compartments, each with its own soap or detergent dispenser and hot water supply, but all operating at once to wash everything from fine crystal to heavy pots. They even foresee a "silver sanctuary" which will not only wash and clean, but will also polish silverware.

New cereal snack foods from soybeans--Tempeh, a traditional Indonesian food made by fermenting soybeans, can now be made with cereal grains and cereal-soybean combinations. USDA scientists developed the process to make tempeh from wheat, oats, rye, barley, rice, and cereal-soybean mixtures. The mixture forms a cake that can be sliced and fried, baked, or used in soups or other foods. Onion or garlic flavorings may be added during processing.

Atomic radiation that improves cotton--You may some day be wearing cotton clothing with desirable new properties put in them by atomic radiation, plus chemicals.

Scientists of USDA's Agricultural Research Service are experimenting with these treatments, and have found that cotton treated with certain chemicals and then irradiated can be made extremely soft and able to stretch almost 25 percent before breaking.

The softness could be important in clothing where a drape is involved, and the ability to "give" rather than break could be important in the durability of a garment. Some chemicals plus radiation help increase abrasion resistance of the fabrics, too.

The scientists are looking for ways to add other desirable properties to the fabrics--such as wash-wear, permanent press, flame resistance, and oil and water repellency. 1,500--12-66

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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