

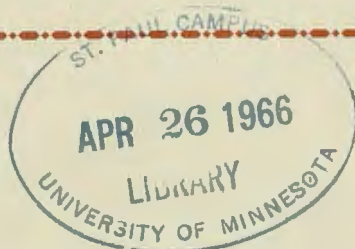
Heart-of-the-Home . . .

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Newsletter

MARCH 1964

Dear Friend:



Again, I'm glad to be able to visit with you through the newsletter.

I appreciate the notes telling me what you are doing, also notes about address changes.

Don't forget to send me your housekeeping hints. They need not be complicated. You may remember that some of the suggestions given in the classes which impressed you most were the "Why didn't I think of that myself?" ideas. I'll use them in the next newsletter which will reach you June 1.

Sincerely,

(Mrs.) Marion Melrose
Home Economist in Rehabilitation

DOES DIETING MAKE YOU GROUCHY?

Many people who cut down on calories in an attempt to lose weight find that their dispositions suffer. It may not be only fewer calories but the type of food eaten that is responsible.

The National Animal Disease Laboratory, Ames, Iowa, found that animals are susceptible to changes in disposition with food changes, too. In using ferrets to test vaccines, caretakers were forced to wear heavy gloves for protection when the little animals first arrived at the laboratory. After being fed a balanced diet, high in protein, the ferrets became tame and could be handled without gloves. When changed back to a limited diet they became snarling, biting demons again.

Protein foods that "stick to the ribs" do the best job to prevent the all-gone feeling which make our dispositions touchy while cutting calories.

One poached egg yields only 80 calories but will satisfy your hunger longer than 80 calories of jam on your breakfast toast.

Other good sources of protein relatively low in calories are skim milk, cottage cheese, lean meat, fish, chicken, and turkey. Select a varied diet that contains the different foods important for health.

Crash diets are OUT! They lack many nutrients and develop cravings for high calorie foods. A lunch of celery and carrot sticks is fine if combined with protein foods but celery and carrot sticks alone give a feeling of "fullness" which is very temporary.

If you do not have a copy of "Food and Your Weight," a bulletin which I have given to class members during the past year or two, write me and I'll send one to you.

VITAMIN PILLS-NO SUBSTITUTE FOR NUTRITIOUS FOOD

It has been said that Americans are "pill-happy." If we aren't taking pills to cure something we gobble them up to prevent illness or as substitutes for food.

In spite of the ads and the pretty vitamin bottles we are urged to keep on our breakfast tables, vitamin pills will not make a poor diet good. Good nutritious food every day is the best way to health and physical fitness.

According to the findings of a nutrition class at the University of California, vitamin supplements didn't even improve the physical condition of rats.

The class had four groups of rats: (1) on a good diet, (2) on a good diet plus vitamin supplement, (3) on a poor diet, and (4) on a poor diet plus vitamin supplement. They found the animals were no healthier on a good diet plus supplement than on a good diet alone. But they also found that animals on a poor diet plus vitamins did not approach the healthy condition of animals on a good diet alone. The reason: a poor diet may lack more than vitamins; it may be short on protein and minerals as well.

SHAPES ARE BACK IN STYLE

One of the leading dress designers says the "stick shape" is out. Good news for many of us.

Oleg Cassini, the official designer to Mrs. John Kennedy as First Lady, claims to believe in youth, romance, and the female form. Bras will become lighter. He says the type we now wear, which he calls "armor," must surely stop the blood circulation.

Mainly though, he speaks about girdles and believes in the women-as-she-is type. In the "natural-back" girdle, a woman presents a rounded, rather than the stick-straight view from the rear.

He feels that a guilt complex has been built into fashion. Instead, it should be a gay part of life.

If Mr. Cassini is successful in putting his idea across, there will be no more flattening panels in girdle backs. Instead, we will see bands stitched in place to accentuate back curves.

PUT UNUSED CORNERS IN KITCHEN CABINETS TO WORK

There's a lot of good storage area in the corners of wall and base cabinets, but it takes special planning to make this space convenient. It's particularly important not to waste corner storage space in small kitchens.

Housing specialists in USDA's Agricultural Research Service say that one of the best ways to make use of the corner space is to install revolving cabinets. Hardware for these cabinets is usually available from lumber yards, especially those who specialize in cupboard materials.

You will find several good ideas in a new USDA leaflet, "Corner Storage in Kitchens" (MP-944). For your free copy of this kitchen planning guide, send a postcard with your name and address to the Office of Information, U. S. Department of Agriculture, Washington, D. C. 20250. Ask for MP-944.

HOW HOT SHOULD AN IRON BE?

Too cold an iron won't do the work. Too hot an iron weakens modern fabrics, may change the color, and causes puckering and stiffening.

Answers to the question, "How hot should an iron be," have come from Agricultural Research Service specialists at Beltsville, Md.

They recommend these temperatures as starting points and the lowest producing satisfactory results:

225° F. - modacrylic (Verel, Dynel).
 250° F. - acrylic (Orlon, acrilan, creslan), Dacron polyester.
 275° F. - triacetate (Arnell).
 300° F. - wool, acetate, nylon.
 325° F. - Kodol polyester, rayon, silk.
 350° F. - cotton, linen.

If these temperatures don't give satisfactory smoothness, try more heat on a hidden part of the garment. A fast ironer ironing a very damp fabric may use higher temperatures than a slow worker can. The scientists found that increasing temperatures 50° to 75° did not injure most fabrics. Exceptions were Verel and Dynel, which could not be ironed above 250°. Acetate, nylon, and silk fabrics showed significant losses in strength when ironed repeatedly, even at recommended temperatures.

Even though your iron dial may not show specific temperatures it will be helpful to check the dial for proper settings. If the dial lacks some fiber names it's a good idea to make a mental or written note of the names and their proper ironing temperatures.

If the fabric permits, it is usually safer to use steam. Check the hang tag first to see if ironing with steam is a recommended procedure for the material. Some materials take a temperature lower than the steam setting on your iron dial. Then its best to use a dry iron. Water will drip out of the iron if the temperature is set below the steam setting. This may cause water spots which could be hard to remove.



"Then they showed how these lizards shed their tails..."

POTATOES DON'T NEED TO BE FATTENING

Potatoes have been given a bad name by many weight-watchers as being high in calories. We are accusing the potato somewhat falsely and should take the blame ourselves. The important thing is how they are prepared.

A serving of plain boiled potatoes ($\frac{1}{2}$ cup diced) has only 45 calories, but the same amount of mashed potatoes with table fat and milk = 115 calories, French-fried potatoes = 155 calories, American fried potatoes = 235 calories, fresh-fried potatoes (hash-browned) = 240 calories.

Potatoes furnish several nutrients. One is ascorbic acid (vitamin C). The highest content of vitamin C is in immature, or "new," potatoes that are recently dug and not stored. Vitamin C in stored potatoes drops from December to the end of July. Any on hand after 9 months storage have lost three-fourths or more of their vitamin C.

ONE EGG

It's hardly enough for your breakfast,
It isn't enough when you bake.
It isn't sufficient to make a meringue
Or cookies or a cake.
It doesn't go far in a salad,
Though you devil it, slice it or chop it:
But it covers the floor from wall to wall
If you drop it!

--Suzanne Douglas

SHORT SHORTS

Of every \$20 Americans spend for groceries, \$1.50 to \$2.00 goes for packaging, the U. S. Department of Agriculture says. This built-in maid service may be expensive, but would you want to go back to the good old days? Remember bulk peanut butter?

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To avoid using too much flour when making rolled cookies, have a stockinette cover on the rolling pin and roll the dough on a canvas. If you are a neat cookie roller you will not need to wash the canvas and stockinette cover each time. Sometimes in the summer, weevils (wherever they come from) get into these articles if they are stored in cupboard drawers without washing. If you have a freezer, wrap them in a plastic bag and put them into the freezer. This will keep them free from rancidity and weevils.

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Does a dryer really save time and energy? A clothes dryer can save the average homemaker 20 8-hour work days and 40 miles of walking in a year.

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Avoid using permanent starch on garments to be dried in the dryer. The plastic base of this starch will coat the dryer cylinder.

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Anyone who can smile when everything is going wrong isn't doing much to remedy the situation.

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Canned goods stored at 70° will keep their quality twice as long as those stored at 90°.

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It is not always economical to buy washing soaps and detergents in large size packages. In fact, ounce for ounce, large sizes are sometimes more expensive. Also, the packages are hard to pour from to measure. Next time you buy washing materials check prices against weight of contents. The large sizes may be more of an advantage to the manufacturer than to you.

DON'T HANG KNITS

Knit garments, sweaters, skirts, suits, or dresses will return to shape better if they are carefully folded rather than hung on hangers. Some knit dresses actually stretch an inch or more if they are hung.

Follow this procedure: Air the garment after removing it by hanging it carefully over a chair for a few hours. Then lay it on the bed (or some large surface), smooth out wrinkles, and fold carefully to get edges of hems and sleeves and collars even. Lay skirts and dresses with the front down and fold toward the back, pressing in any seat bulges. This method will often prevent the need for pressing. Wool loses its resiliency if pressed too much.

Store garments flat in a dresser drawer or on a closet shelf.

NEW SHOE MATERIAL ON THE MARKET

CORFAM, a new material for shoes, looks like leather, but has properties which the manufacturer says are superior to leather. Claims are that it does not scuff, does not need polishing, and is water repellent but still "breathes" as leather does. Because of this "breathing" characteristic, the material is very comfortable and pliable.

It is available in three colors, black, brown, and gray beige. One large Minneapolis store carries Corfam shoes in two styles, a walking type heel and high heels.

Shoes made from this material are expensive (\$21) because the supply of Corfam is still limited. But, as soon as production facilities can be increased it will be readily available and will be more reasonably priced.

JUNIOR'S JACKETS--WASH OR DRYCLEAN?

March may come in like a lion and go out like a lamb but we can be certain of wet muddy weather. This usually means that there is a greater need for cleaning children's jackets.

You will be better off drycleaning outdoor jackets, even if they are labeled washable.

A Michigan State University home economist tested seven types of jackets and found that drycleaning was safer, even for those with "washable" labels. Drycleaning causes less shrinkage and less change in appearance. Jackets of cotton-rayon poplin lined with taffeta quilted to foam, and those made of nylon taffeta with a nylon pile knit lining seem to be most satisfactory, especially if drycleaned.

A heavy jacket is not necessarily a warm one. A garment containing one firmly woven fabric and one thick, fluffy fabric offers most comfort in cold, windy weather. When buying a jacket, read all labels to be sure about the quality in a fiber-fill-lined jacket. It will clean and wear better if the lining is filled with new material than if waste fibers have been used.

Don't throw away the hang tags with washing and cleaning instructions. Write some description on the hang tag so you will know which directions go with which jacket.

Part of this article was printed in the December newsletter but the first half was left behind.

HEART-OF-THE-HOME CLASSES SCHEDULED

The spring schedule for Heart-of-the-Home classes is as follows:

International Falls - April 8, 15, 22, and 29. Contact Mrs. Ellen Ayotte, Home Agent, Courthouse, International Falls.

Grand Rapids - April 9, 16, 23, and 30. Contact Mrs. Ruth Kent, Home Agent, Courthouse, Grand Rapids.

Mora - April 10, 17, 24, and May 1. Contact Mrs. Margaret Salo, Home Agent, Courthouse, Mora.

A tentative schedule for May will be Red Wing, Winona, and the Rochester area.

Former members of Heart-of-the-Home classes may have friends they feel might benefit from attending. They may contact the home agents mentioned in the schedule or write me and I will see that they are notified of the exact time and place.

To simplify terminology, trade names of products or equipment occasionally are used. No endorsement of products or firms named is intended, nor is criticism implied of those not mentioned.