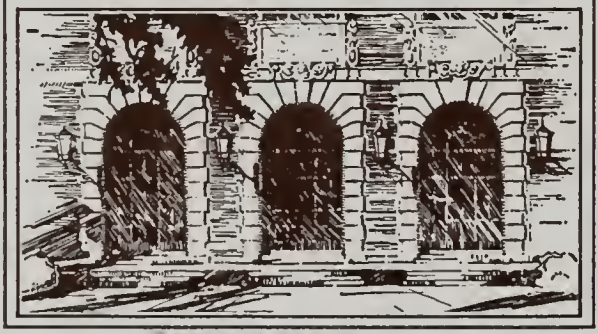

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 1, 1953

Know Where Your Money Goes

URBANA--"Where did my money go?" is a question almost everyone asks himself when a new year rolls around. About the only way you can be sure exactly where your money goes is to keep accurate records, says Mrs. Ruth C. Freeman, family accounts specialist, University of Illinois College of Agriculture. The beginning of a new year is an excellent time to make a firm resolve to do a little personal bookkeeping during 1953.

The University of Illinois home economics extension service offers you two good tools to help in your financial planning. They are "The Family Accounts Book" and the handy "Wall Record of Spending and Saving." The wall record is a set of cards to tack up in a convenient place for jotting down daily cash outlay.

If you need help in starting your family accounting system stop in at the office of your county home adviser who will be glad to assist you. Farm families who keep accounts for a year in "The Family Accounts Book" may have their spending analyzed and will get an individual report from the department of home economics at the University. Young married couples who live in suburban areas may also have

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FOR RELEASE THURSDAY, JANUARY 1, 1953

Know Where Your Money Goes - add 1

accounts analyzed. This applies only to persons married less than 10 years.

The handy wall cards and the family account books are available at the office of your county home adviser,or they may be obtained from the University of Illinois College of Agriculture, Urbana.

Illinois families are charged 25 cents for the accounts book and out-of-state families are charged 35 cents. The wall cards are 15 cents to everyone. A helpful leaflet, "Our Family Money Management Plan" is available without charge.

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Wash Cans Before Opening

URBANA--Canned goods gather dust on the dealer's shelves and are handled by a number of persons before they reach your kitchen. Always wash the top of the can with hot soapy water before you open it, advises Pauline Brimhall, health specialist University of Illinois College of Agriculture. This is a good sanitary measure and will protect the contents of the can in case the top slips inside.

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EJ:mi
12/29/52

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 2, 1953

Advice on Buying Blankets

URBANA--If your first-of-the-year buying is to include a blanket, you'll be ahead if you buy from a reliable dealer. Insist on merchandise that carries adequate labels so you can see at a glance the size, weight, and fiber content of the blankets.

Some helps in interpreting information you find on blanket labels is offered by clothing and textiles specialist Florence King, University of Illinois College of Agriculture. As for size, buy a blanket that is a good six inches longer than the mattress, to allow for tucking in, says Miss King. Concerning weight, you'll find a good blanket is not heavy. Warmth is not a matter of weight, but of the depth of the nap. A deep nap retards the escape of body heat and keeps out the cold by means of insulating air cells.

You're apt to have misgivings when you face a row of blankets made of blended wool and man-made fibers. An important thing to remember is that unless the amount of nylon, Dacron, Dynel, Orlon or Acrilon used is at least 15 percent of the blend, the good qualities of the new fibers will not be transferred to the blanket. For example, a blanket that has as little as 5 or 10 percent nylon in it will wear and wash just like a 100 percent wool blanket. The nylon may add a little strength to the fibers, but the difference will not be appreciable.

There are blankets on the market made entirely of man-made fibers, such as Acrilon, Dynel or Orlon. These are warm, light in weight, and have a thick nap. Among the features of blankets of this type is the fact that they are shrinkproof, durable, mildew- and mothproof. Labels on some of these guarantee them against loss of weight, and loss of strength and texture in washing.

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12/29/52

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 3, 1953

Meal Planning Help Available

URBANA--You can have "good meals every day" believes Frances Cook, food and nutrition specialist, University of Illinois College of Agriculture.

She gives a boost in the right direction in "Good Meals Every Day"--released last week by the University of Illinois Home Economics Extension Service, Urbana. The publication is available upon request.

Miss Cook appreciates the bigger issues that face homemakers who plan, prepare and serve meals for a family 365 days in every year. She recognizes that in the final analysis "you are the only one who can plan meals to suit the needs and tastes of your family."

"Good Meals Every Day" is aimed to give you some guide posts, so that your meals will be nutritionally adequate, will look and taste good, will be easy to prepare and serve, and will be within your food budget. It also offers some basic meal patterns to serve as a guide in planning such meals.

For your copy of "Good Meals Every Day" send your request to the University of Illinois, College of Agriculture, Urbana.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 5, 1953

Accessories Can Make Or Break Your Costume

URBANA--Accessories can enhance or ruin a smart appearance, says Myra Baker, clothing specialist, University of Illinois College of Agriculture. These important appurtences to your costumes should be selected with as much care and with as careful attention to detail as a suit or coat, Miss Baker adds.

There are two ways of assembling your wardrobe. The one you choose depends on your own taste and personality. You can put the major portion of your clothes budget into good basic clothes and add variety with inexpensive accessories; or you can buy moderately priced clothes and enhance them with good accessories that can be worn with several costumes.

The first plan is a good one if you like costume jewelry, bright scarves and gloves, gay shoes and similar high-style accessories. If you are on a limited clothes budget it is not wise to put a lot of money into fashions of the moment that may be outmoded in a short time.

If you are conservative in your tastes, you will be smart to shop for top quality accessories. A good leather bag and well-made,

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good-fitting shoes are a good investment, for they will outlast many cheaper ones and will look well while they are lasting. If you are willing to wear the same accessories for several seasons, it is economical to buy top quality.

In this case select bag, shoes and gloves of a basic color that will harmonize with several outfits. Let the design be functional, the decoration restrained, and the style suited to you and to the occasion. Sometimes no accessories at all are the right accessories. For example, with a jewel trimmed party dress it is a good idea to underplay the extras and focus attention on the dress itself. A necklace or other jewelry will frequently detract from the beauty of a dress that has trimming emphasis at the neckline.

"When in doubt," Miss Baker says, "underplay rather than overplay the accessories in your clothes picture."

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Nylon Through the Needle's Eye

When threading a needle with nylon thread, don't twirl the thread to get it through the eye, says Fern Carl, clothing and textiles specialist, University of Illinois College of Agriculture. Cut the thread off squarely and it will go through the eye more readily.

Sharp Scissors for Cutting Nylon

You need sharp scissors for cutting nylon fabric. The nylon fibers are so tough they resist the action of the scissors unless the edges are sharp, says Fern Carl, clothing and textile specialist, University of Illinois.

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12/30/52

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 6, 1953

(Note to Editors--This is the first of a series of four articles on hints for buying bed linens.)

Balanced Weave Increases Sheet Wear

URBANA--Balance of weave in a bed sheet is an important as balance of money in your budget, says Edna Gray, textiles specialist, University of Illinois College of Agriculture.

Bed linen carries standard informative labels. Included in the information on the label is the number of threads in a square inch of fabric. This figure varies according to the quality of the sheet. Muslin sheets have a count of from 128 to 145 threads to the square inch. Percale sheets have a count of 180 to about 200. A sheet with 145 threads to the square inch in more closely woven than one with 128 threads, and, consequently, can be expected to give longer service.

It is important also that the number of lengthwise threads (the warp) be about the same as the number of crosswise threads (the filling). For example, a muslin sheet with a count of 140 threads to the square inch in which the warp count is 72 and the filling count is 68, is well balanced. A sheet with the same thread count in which the warp count is 80 and the filler count is 60 is not well balanced.

Other construction features being equal, the sheet will a well balanced weave will wear longer than the one with the poorly balanced weave.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 7, 1953

To Defrost Fruits--Leave in Sealed Containers

URBANA--The way you defrost frozen fruits, when preparing them for the table, can mean the difference between good and poor quality.

Workers in the nutrition research laboratory, University of Illinois, thawed fruits in various ways and then compared the quality. Their findings show three methods of defrosting frozen fruits are equally satisfactory, provided the fruits are left in their sealed containers while they are defrosting. This keeps at a minimum the loss of aroma, flavor, and color.

Virginia R. Charles, research specialist, says the laboratory workers reported satisfactory quality in fruits thawed in the refrigerator, at room temperature, and in cold running water. It takes six to 12 hours for a pint container of fruit frozen in sugar syrup to thaw in the refrigerator, three or four hours in the room, and about one to one and one-half hours to thaw under cold running water.

Thaw frozen fruits so the last thraces of ice will have just disappeared at the time you want to serve them. When once thawed and exposed to air, fruits lose flavor rapidly, and light-colored fruits darken readily.

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1/2/53

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 8, 1953

Fiber E Rugs Are Washable

URBANA--We are being promised what seems like miracles, in home furnishings fibers. Handsome rugs and carpets that can be washed are to be available soon. Made of a type of rayon called Fiber E, the rugs can be vat-dyed to give clear, lasting colors. In the dyeing process the crimp in the yarn becomes a permanent curl that simulates the twist-weave so popular in present day home decorating.

Textiles specialist Florence King, University of Illinois, says manufacturers are experimenting with knitted Fiber E rugs. The over-all effect will resemble regular woven carpeting. Knitted rugs can be made to sell at low prices, since knitting is a much less expensive rug construction process than weaving.

Tufted rugs have been made of Fiber E also. Research on the care of tufted throw rugs by the manufacturer (Du Pont) showed that such rugs can be handled in the automatic home washer and dryer. For the larger ones, commercial laundry treatment is recommended, rather than the standard type of cleaning procedure used for wool rugs. The commerical laundries use a tumbling process that is especially good since it fluffs up the pile.

According to our present knowledge, when you find Fiber E rugs, you can expect them to be completely washable and keep their crimp and shape.

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1/5/53

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 9, 1953

Spoonbread is a Corn Bread Variation

URBANA--When we say spoonbread our thoughts start winging southward, for it is a traditional favorite there.

Actually, spoonbread is a corn bread that's so soft you serve it with a spoon. Like all quick breads, it is best when served piping hot. You spoon it from the baking dish and pair it with butter, salt and pepper or with butter and maple sirup.

Use it other ways too, such as a base for creamed tuna fish or for chicken a la king. It will go well with the meat course as a pleasant change from potatoes.

Here is a recipe for spoon cornbread from food specialist Dr. Mary Fuqua, University of Illinois home economics department:

1/2 cup cornmeal (white or yellow)
1/2 teaspoon salt
1 tablespoon butter
2 cups sweet milk
2 or 3 beaten eggs (two large or 3 small)

Mix cornmeal and salt in saucepan; stir in the milk and heat, with stirring, until a mush is formed--about 5 minutes. Remove from heat, stir in butter and when melted, stir in the beaten eggs. Mix well and pour into shallow, buttered baking dish. Bake at 375 degrees Fahrenheit until puffed and brown (about 25 or 30 minutes). Serve hot from baking dish.

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1/5/53

FOR RELEASE FRIDAY, JANUARY 9, 1953

(Note to the editors--This is the second in a series of four articles on hints for buying bed linens.)

Luxury and Durability Both Available In Sheets

URBANA--Do you shop for looks and luxury or for durability and economy? When you buy bed-linen, it is a case of "You pay your money and you take your choice," says Edna Gray, clothing and textiles specialist, University of Illinois College of Agriculture.

In the lovely and luxury class there are beautiful, smooth percale sheets. There are pastel tinted sheets and white ones with contrasting hems of plaid, stripes, prints and plain colors. All this beauty costs money, though, and you must expect to pay more for these sheets than you will for the more mundane muslins.

If you want to add a gay note to your bedroom, if you have a yearning for the elegant, your personal enjoyment and satisfaction will compensate for the extra cost. If, on the other hand, you are interested in servicability and economy in your sheets, choose closely woven muslin. Muslin sheets with a thread count of from 128 to 140 threads to the square inch will give many years of service.

Whichever kind of sheet you choose, read the label, for on it you will find a world of valuable information. It will tell you not only the thread count, but also the amount of shrinkage to expect, the torn size, the amount of sizing in the material, the weight per square yard, the breaking stength of the fabric. In some instances the label will also give you a guarantee of performance.

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1/5/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 10, 1953

Clean Hands Protect Health

URBANA--Plain soap and water can go a long way toward protecting your family's health, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture. Doctors and scientists have conquered many of the childhood diseases that formerly took such a heavy toll of young lives, but good personal hygiene is still effective health insurance.

Many of the germs that cause childhood illness are taken into the body through the mouth by dirty hands. All children put their hands in their mouths, and when they do, they gobble a few assorted germs. "Wash your hands," is an instruction the average mother gives a dozen times a day. Usually this admonition is met with varying degrees of juvenile resistance.

Why not make a little effort to change handwashing from a tiresome task to a pleasant interlude? Miss Brimhall gives a few suggestions to help you do this: Substitute gay animal soap for the conventional white bar. If there is more than one child in the family, let each one have his own particular soap. Get each child a soft hand brush in a pretty color. It will be an inspiration to take

-more-

an extra scrub. Teach the child to adjust the water so he can get a comfortable temperature. Provide a box or stool for him to climb on to reach the wash bowl. Let each child have his own towel. He can learn to identify it if it is a special color, if it is marked with his name, or if it is decorated with a gay story-book animal.

Many children can be taught to take pride in being clean. They usually object to washing because it is unpleasant or inconvenient. Overcome these minor obstacles and you will have gone a long way toward protecting your child's most precious possession--his health.

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Self-threading Needle Available

URBANA--There's a self-threading sewing machine needle on the market that really seems to work, says Fern Carl, clothing and textile specialist, University of Illinois College of Agriculture.

You slide the thread along the shaft of the needle and it slips into the eye. The needle comes in average sizes, and fits some sewing machines, but not all. You must insert the needle correctly, pushing it up as far as possible. In using it, don't sew over pins and don't pull the garment or the thread away so the needle bends. Pull the thread out and up to loosen it.

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EJ:mi
1/7/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 12, 1953

(Note to editors: This is the second in a series of four articles on buying bed linens.)

Tall People Need Long Sheets

URBANA--Do a little arithmetic when you shop for bed-linen and make sure you are getting the right size, says Edna Gray, clothing and textile specialist, University of Illinois College of Agriculture.

Sheets carry good informative labels that tell you, among other things, the over-all size. Remember this figure indicates the size before hemming. Also, although most fabric used in sheets has been pre-shrunk there is still a percentage of shrinkage left. The label will tell you about this too.

For example, a sheet with a torn length of 108 inches will be four and a half inches shorter finished because of the hems. If there is a five percent residual shrinkage subtract another five and a half inches, and you have an over-all length of not 108 inches, but 98 inches.

The length and width of the sheet you select depends on the size of the person who is going to sleep in it and on your own personal taste in bed-making.

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FOR RELEASE MONDAY, JANUARY 12, 1953

(To editors: This is the second in a series of four articles
on bed linens.)

<u>Pick the Best Sheet Sheets</u>

Tomorrow--in a little anticipation when you shop for new
sheets if you are getting the right size, says Miss Ruth, of
the textile specialist, University of Illinois College of
.

Sheets carry good information labels that tell you, one
thing, the overall size. Therefore this figure indicates
before buying. Also, either cotton or rayon used in
the-sheet fabric is still a percentage of cotton. The
will tell you about this too.

For example, a sheet with a new length of 108 inches
or not a full inches over the length of the bed.
is a five percent rayon of cotton. Although product size
inches, and yet have overall length of not 108 inches,
.

The length and width of the sheet you select depends on
the person who is going to sleep in it and on your own

FOR RELEASE MONDAY, JANUARY 12, 1953

Tall People Need Long Sheets - add 1

If you like a big tuck-in at the bottom of the bed and plenty of fold-over at the top, buy the long length. If you think the extra yardage is cumbersome to handle, the shorter length is for you.

A tall person's feet extend nearer the bottom of the bed and his shoulder's are nearer the top, so it stands to reason that he needs a longer sheet to cover him than a petite person does. Shorter length sheets can be a good choice for the youngsters who are learning to make their own beds. Less excess length and width makes the sheet easier for them to handle.

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EJ:mi
1/7/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 13, 1953

Entertainment Teams With Learning at Farm and Home Week

URBANA--You can take your choice in fun and entertainment at Farm and Home Week, February 2 through 5. Fellowship and learning will go hand-in-hand on the University of Illinois campus as folks return for this 52nd. event planned especially for them by their College of Agriculture.

This year there are about 300 reports on all phases of farming and homemaking on the program, plus about 25 special events, banquets and other entertainment.

One entertainment feature is Open House, in the Illini Union, Monday night, February 2. There will be plenty to do. You'll be able to make a voice recording to take home, see movies, go dancing, look at exhibits, watch demonstrations, or just sit and chat with your neighbors and University friends.

Tuesday evening young folks, and those not so young, will enjoy the Folk and Square Dance Jamboree at George Huff gymnasium. You can take part in this winter festival yourself or relax as you watch the rythm of your dancing neighbors.

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FOR RELEASE TUESDAY, JANUARY 13, 1953

Entertainment Teams With Learning at Farm and Home Week - add 1

The big event, entertainment wise, for Wednesday evening will be the Music and Drama Festival at the auditorium. Farm folks will be the actors in this program which will include plays and musical features from festivals held in various counties in the state during the year.

There are to be a dozen or so luncheons and banquets for various special-interest groups. So, come and take your choice! Your host, the College of Agriculture, has made plans for your pleasure.

AJR:mi -30-

Use Laundry Bleach For Stains in Sink

URBANA--Use your laundry bleach to make a kitchen or bathroom sink sparkling clean. Bleach the clothes and the sink in one operation, or give the sink special treatment. A stronger solution can be used in the sink than you use for clothes, says Catherine Sullivan, home management specialist, University of Illinois.

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AJR:mi
1/9/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 14, 1953

Watch the Weight When Buying Sheets

URBANA--Many a homemaker who is weight conscious about her own avoirdupois and that of her family never thinks about weight when she shops for bed linen. Weight in sheets is an important consideration, however, says Edna Gray, clothing and textiles specialist, University of Illinois College of Agriculture. The weight per square yard is one of the important bits of information you will find on the label of the sheets you buy.

In general, the higher the thread count, the heavier the weight of the sheet. A heavier sheet, other factors of its construction being equal, will usually wear longer than a lighter weight one.

If you send your sheets to a commercial laundry, you may find light weight sheets will save you money. Laundries charge for service by weight. A difference of a few ounces in the weight of a sheet will make a difference of quite a few cents in your weekly laundry bill.

Over a period of several years you may save enough on laundry bills to make a light weight sheet the best buy. For example, a sheet with a weight of $4\frac{1}{2}$ ounces a square yard might wear longer than one with a weight of $3\frac{1}{2}$ ounces. The light weight one, however, might cost so much less to launder that you would save enough on laundry bills to buy a new sheet.

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EJ:mi
1/9/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 15, 1952

Quick Meals Come Out of The Freezer

URBANA--Why not try putting a few one-dish meals into your home freezer for jiffy quick dinners on a winter night. Casserole dishes, stews, meat loaf, spaghetti sauce, creamed chicken, chicken pie and a number of other foods for the main dinner course can be prepared in quantity and stored in the freezer.

Simply prepare the dish as usual, but shorten the cooking time a little. Cook meat and vegetables until barely tender. The tissue will soften further during cooling, freezing, and reheating. Excessive cooking may result in loss of flavor and aroma.

Don't include potatoes in dishes that go into the freezer. This vegetable doesn't have a good texture after it is frozen and reheated. Plan to add the potato to stews during the re-heating.

Use the double boiler to thaw and heat the frozen prepared food. Put it into the top of the double boiler right from the freezing carton without thawing. It should take about 45 to 50 minutes to be ready for the table. Just time enough to do the last minute dinner preparations.

Recipes for making and directions for freezing one-dish meals for the freezer are available from the University of Illinois, College of Agriculture, Urbana. Ask for the circular, "Freezing Cooked and Prepared Foods."

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1/12/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 16, 1953

Powdered Bleaches Gain Popularity

URBANA--American homemakers buy two million boxes of powdered laundry bleaches every month. Many women are inquiring how such bleaches differ from liquid laundry bleaches.

Catherine M. Sullivan, home management specialist, University of Illinois, says that the powdered bleaches will keep clothes fresh and white if they are not badly soiled, but that a liquid bleach is more effective for clothes that are stained or very dirty.

Powdered bleaches seem to be safe for all fibers. Moreover, if the powdered bleach is spilled on clothing, it will not take out the color or harm the fibers. In fact, in a recent test, three times the recommended powdered bleach was used and the color of the fabric was not affected. Testing also showed that under good washing conditions satisfactory bleaching was achieved without harmful effect on the tensile strength of the fabric. Powdered bleaches seem to give the best results in hot water (150° F).

Powdered bleaches in general do not give as fast bleaching action as liquid bleaches. Some powders contain more sodium perborate, the chemical responsible for the bleaching action, so all brands are not uniform in their action.

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1/12/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 17, 1953

Evaporated and Powdered Milk Thrifty Buy

URBANA--Homemakers who want to save pennies by using evaporated or fat-free powdered milk for family cooking or drinking need not worry for fear they are sacrificing important nutrients, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Evaporated milk loses none of its food value in being processed. The water is simply taken out of it. When this water is replaced, the reconstituted evaporated milk has the same food value as fresh whole milk.

Most of the dried milk available now is fat-free. This simply means that the butterfat has been removed; other nutrients remain intact. When fat-free dried milk is substituted for fresh whole milk in the family diet, the homemaker should be sure that the diet also contains a good supply of butter or margarine. Dried skim milk, of course, has fewer calories than whole milk and is frequently recommended in reducing diets.

Evaporated milk costs about two-thirds as much as whole fresh milk; fat-free dry milk costs about one-fourth as much.

Mix powdered milk several hours or a whole day before you plan to use it. Standing in the refrigerator improves the flavor, Miss Acker says.

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1/14/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 19, 1953

New Fabric For Interfacing

URBANA--Pellon is a new name in the textile field, says Florence King, textile specialist, University of Illinois College of Agriculture. It is an unusual fabric in that it is neither woven nor knitted, but is made of fibers with a felting quality that are bonded together. The fabric looks like thin blotting paper, but it is soft and flexible.

Manufactures claim that it is crease-resistant, washable, dry-cleanable, fast-drying, and non-shrinking. It also acts as an insulation against both heat and cold. It is half the weight of woven interfacings of similar density.

Since Pellon is non-woven and has no warp or filler, it is the only interfacing that has the same elasticity in all directions. There is neither up and down, crosswise nor bias to the material, and, consequently, it may be cut in any direction. It will not ravel.

Because it does not shrink, it does not need to be sponged before it is used. Its fast-drying properties make it ideal to use with fabrics of the man-made fibers.

At present Pellon is being used by designers to replace canvas, horsehair, and other stiff interfacings that have been customarily used in tailoring. Pellon is said to maintain its shape when used to provide contour in garments. It will not become limp with washing or drying. Pellon is available by the yard at metropolitan department stores.

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1/14/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 20, 1953

Counties to be Cited for Home Safety Work

URBANA--Five Illinois counties will be recognized for outstanding work in home safety, February 5, during Farm and Home Week at the University of Illinois. The recognition is a part of the Illinois Safe-Homes program.

The state-wide program is sponsored by the Illinois Home Bureau Federation and the University of Illinois home economics extension service. Counties will be chosen for recognition on the basis of their organized efforts during the past year toward preventing home accidents.

The reporting of accurate facts on accidents and their causes is the keynote of the state-wide program. These reports are used as a basis for planning future accident prevention programs.

Non-fatal as well as fatal accidents are reported, if they were serious enough to have caused an interruption of normal activity for at least 24 hours. Families with a history of no home accidents during the year are asked to report they've had no accidents. Special safety report cards for homemakers to use are available at the office of the county home adviser.

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FOR RELEASE TUESDAY, JANUARY 20, 1953

Counties to be Cited for Home Safety Work - add 1

The Illinois Safe-Homes program is spearheaded by county Home Bureau groups who work with their own membership, as well as with members of other agencies in the county. The county committee is composed of a county safety chairman and unit safety chairmen with the cooperation of the county home adviser. Their aim is to promote better understanding of the fact that most home accidents are preventable. For example, accidents like burns and falls are the result of unsafe practices or conditions which the family can correct.

This is the tenth year recognition has been given to county home bureaus for their work in preventing home accidents. Last year the counties to receive recognition were Boone and Marshall-Putnam.

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AJR:mi
1/16/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 21, 1953

Cleanliness Helps Stop Disease Spread

URBANA--Clean hands and clean dishes will go a long way toward protecting your family from the infectious diseases that are so prevalent at this time of year, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

The homemaker should not only wash her hands frequently when she is preparing and handling food, but should also see that the youngsters do a little extra scrubbing when colds and flu bugs are in the air.

Plenty of soap, hot water, and friction are musts for good dish washing, Miss Brimhall says. Water that is hot enough to kill bacteria is too hot for the hands, so a final scalding rinse is necessary. Water at a temperature of 170 to 180 degrees Fahrenheit will kill most germs. After a thorough rinsing in water this hot, you can eliminate dish wiping if you wish.

Sudsy washing water with an adequate amount of soap or detergent is a good cleansing agent. Don't forget to give a little extra rub to the rims of glasses and cups and the utensils that go in the mouth, Miss Brimhall advises.

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EJ:mi
1/16/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 22, 1953

Pork, Beef, Lamb Liver Good Food Buys

URBANA--Pork, beef and lamb liver are equal, and may even be superior, in food value to more costly calves' liver, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Pork liver is the economy buy, selling for about half the price of calves' liver. Beef liver frequently sells for as much as 30 cents a pound less than calves' liver.

Liver may be served in a number of tempting dishes. Because pork and beef liver have a less tender texture and a less delicate flavor than calves' liver, they should be cooked slowly, Miss Acker says. Braising, stewing or baking is recommended

To improve the flavor and texture of pork liver, try marinating it in well-seasoned French dressing or sour cream for a few hours before cooking.

Pork, beef and lamb liver can be ground and used in meat loaves and casseroles. This nourishing meat can be combined with ground beef or used alone in these dishes. Scald the liver first to make it easier to grind. Cooked liver, ground and mixed with mayonnaise, onion and seasoning, makes a delicious and nourishing sandwich spread, Miss Acker says.

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1/19/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 23, 1953

Plenty for Versatile Homemaker--Farm and Home Week

URBANA--Illinois families contemplating that popular sport of home planning or remodeling will find it worth their time to attend the opening session for homemakers on Monday, February 2, during Farm and Home Week at Urbana.

A home management specialist will join with three agricultural engineers to give tips on planning the farm home and its surroundings at that time. At the same session Dr. Janice M. Smith, head of the University of Illinois home economics department, will tell visitors how the department serves homes in Illinois.

The general session scheduled for homemakers on Tuesday morning will supply answers to questions on home freezing and the buying of food. Dr. Frances O. Van Duyne, food research specialist at the University will discuss "Trends in Home Freezing," and Paul S. Willis, president of Grocers Manufacturers of America, Inc. will talk on "Food Buying Today." Willis works on problems of production and distribution with leading food distributors throughout the country and is regarded as a spokesman for the food industry.

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FOR RELEASE FRIDAY, JANUARY 23, 1953

Homemakers at Farm and Home Week - 2

Mrs. Raymond Sayre, president, Associated Country Women of the World, will unfurl a challenge to homemakers on Tuesday at 1:30 p.m. when she speaks on "Ramparts of Freedom."

At other sessions during the week, authorities will speak on a variety of topics, including selecting men's and women's clothing, home lighting, and laws that are important to the farm family.

Special classes will give homemakers a chance to discuss their particular homemaking questions and problems. Eighteen group discussions will be held on Tuesday, Wednesday and Thursday mornings at 9 o'clock and on Wednesday afternoon at 1:30. Each group will be under the direction of a home economist or a specialist in marketing, floriculture, horticulture, agricultural engineering and library extension.

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1/19/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 24, 1953

Go, or Send Your Wife, to These Farm and Home Week Programs

URBANA--The Mister or his Missus--either one, or both--will find 30 special programs listed for Farm and Home Week, University of Illinois, February 2-5, that cater to general interest. These programs are in addition to the dozens of other offerings that are apt to please one more than the other.

Here are some examples of programs recommended for both farmers and homemakers. "How to Make a Well Safe" and "Water Treatment for the Farm" are scheduled for Wednesday morning. Discussion leaders will review conditions that determine whether a well is a safe source of drinking water and then follow with a description of construction details for sealing and enclosing new or old wells to make them safe. If the water in your area carries deposits of calcium or iron, you can learn about methods of removing it.

The young family wanting to get started in farming, but facing the facts of rising costs, increased mechanization, larger farms and competition for good farms to rent, will get some helpful ideas at a Thursday morning session. "Interpreting Farm Lease Practices" and "Laws Important to the Farm Family" are other topics vital to farmers and homemakers.

A professional home lighting consultant will star at a program on "Appropriate Lighting for Today's Home."

Get the most from your visit to Farm and Home Week by planing in advance the programs you want most to attend. Send for a copy of the Farm and Home Week program to 304 Mumford Hall, College of Agriculture, University of Illinois, Urbana.

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1/21/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 26, 1953

Quiet Frozen Foods Are Best

URBANA--Silence is golden when you select frozen foods, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture. Frozen foods that have been slightly thawed and refrozen deteriorate rapidly in flavor and texture. The homemaker can tell whether or not this has happened simply by shaking the package. If it swishes or rattles, try another package. If it's silent, that's for you, Lomasney says.

Concentrated fruit juices also lose valuable vitamins if they are allowed to thaw slightly. So listen for the swish in concentrates too.

Many commercial freezing units have a thermometer near the top of the cabinet. Take a peek at it. If the reading is above zero, the chances are that the contents have been too warm to maintain the best quality. Look, too, for a heavy deposit of frost on the coil areas of the cabinet. An excessive frost deposit lowers the efficiency of the unit. When it is present, the chances are that ideal temperatures have not been maintained.

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Quiet Frozen Foods Are Best - add 1

Air circulation is required for proper frozen food storage, Lomasney adds, so make sure packages are not packed tightly against the sides of the cabinet. This goes for the home freezer too.

The flavor, texture and general quality of frozen foods are greatly affected by the way in which they are stored.

Frozen foods have skyrocketed in popularity since they were first introduced a few years ago. Methods of processing are being improved all the time, declares Lomasney.

EJ:mi -30-

Keep the Shine off Woolens

URBANA--Never press woolen fabrics dry, says Fern Carl, clothing specialist, University of Illinois College of Agriculture. Use a smooth, well-padded board and a moderately hot iron. Too hot an iron will make the fibers brittle. You can use a dry or steam iron, but always use a pressing cloth. Have water and a sponge near by for dampening the cloth. Always stop pressing while the garment is still damp.

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EJ:mi
1/21/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 27, 1953

Disciplined Fabrics Need Special Styling

URBANA--Have a care in selecting your dress pattern if you are planning to make a spring garment of one of the new crease-resistant fabrics, says Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture.

The crush-resistant finish that is being given to cottons, linens, rayons and silks keeps the fabric from mussing and also gives it a firm, crisp feeling. This treatment, however, makes it difficult to drape and ease the material.

It is important that the pattern fit well, since the fabric, because of its crisp texture, does not lend itself to fullness. Choose a style with darts rather than gathers to form the contour in the bodice. Avoid gathers or ease at sleeves and shoulder line. If you use a gathered skirt, the effect will be stiff rather than soft and clinging.

These disciplined fabrics are easy to finish because they have little tendency to fray. Pink the seams for a neat appearance, Miss Zwolanek suggests.

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EJ:mi
1/23/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 28, 1953

Milk Vital to Teen-Age Health

URBANA--Teen-agers need the calcium from more than a quart of milk a day, says Dr. Marian Talbert Childs, nutrition specialist, University of Illinois College of Agriculture. A quart a day provides adequate calcium for the child up to his ninth year, but from there on his milk intake should be increased. Calcium from five glasses a day is the minimum requirement for the 13- to 15-year-old girl, and calcium from six glasses for the 13- to 20-year-old boy, Dr. Childs says.

There is a sound reason why the adolescent needs plenty of milk. During this period of rapid physical growth, young bodies require an extra amount of both calcium and protein. Milk is one of the best sources of these nutrients.

Recent studies of tenth-grade girls in New York state show that only 77 percent had at least a pint of milk a day. Studies in several states have indicated that teen-agers drink less milk than younger children. Girls are particularly apt to curtail their milk intake if they tend to be over-weight. By so doing, they may seriously endanger both their present and future health.

Girls with weight problems should be encouraged to drink fat-free milk. This milk retains its calcium and protein content, but it is low in calories.

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EJ:mi
1/23/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 29, 1953

Reason Found for Brown Spots on Clothing

URBANA--The mystery of the brown spots--those annoying stains that appear in washable garments--has been solved by research, says Florence King, clothing and textile specialist, University of Illinois College of Agriculture.

The villain of the piece is electrolysis, according to the U. S. Department of Agriculture. Research has found that spots and holes frequently appear in a garment that contains a zipper made a two different metals--copper and aluminum, for example. When the garment is wet and in close contact with these metals, electrolysis takes place, giving off enough acid to damage the fabric.

A substance that conducts electricity must also be present. This may be minerals sometimes found in hard water, salt found in some (but not all) liquid starch, or detergent left in the fabric by insufficient rinsing.

To avoid brown-spot damage, Miss King suggests that you let the garment dry to the damp stage and iron it without rolling it up. If the garment must be dampened, leave the section around the zipper dry and sponge it lightly with water when you iron it.

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EJ:mi
1/26/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 30, 1953

Treat Colds With Respect

URBANA--Many children blow their noses too hard, says health specialist Pauline Brimhall, University of Illinois College of Agriculture. This procedure can force harmful bacteria from the nasal passages into the ear or head sinuses.

For this reason never tell a child to "blow hard." Rather, try to get him to "blow gently." Both sides of the nose should be open when he blows--don't let him hold one side closed with his finger.

If the child's nose is running, try to have him keep the skin dry so that it will not become inflamed. Let him use paper tissues or a soft old handkerchief that can be burned. Sometimes a little cold cream smeared under the nose will keep the watery discharge from getting on the skin.

Miss Brimhall warns against giving children nose sprays, nose drops or anything else for the nose without the advice of the doctor.

Family epidemics of colds are hard to prevent. The best preventive, when at all possible, is to keep the sick members of the family away from the well ones. The best place to get rid of a cold is in bed. Remember that what is "only a cold" may easily be a symptom of one of the more serious diseases, such as measles, whooping cough or scarlet fever.

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1/26/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 31, 1953

Make a Dress Form at Home

URBANA--If you have difficulty in getting a good fit in the clothes you sew for yourself, you'll find a dress form a big help.

Several types of dress forms are available commercially, or you can make one at home. Directions for making a paper one are given by clothing specialist Fern Carl in a publication that is available from the University of Illinois College of Agriculture, Urbana. You can't make the dress form without the help of several friends, but if you work rapidly you can finish it in 30 minutes to an hour.

A dress form will not solve all of your fitting problems, but it will help to overcome some of your difficulties. Besides serving as an "aid" in designing and fitting new garments, you will find it helpful in restyling your clothes, in altering ready-to-wear garments, in lining coats and in making hemlines even.

You'll find the form easy to use. Since it will be the same size and shape as your figure, you'can make fitting adjustments readily.

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1/28/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 2, 1953

Leaf Lettuce High in Nutrients, Low in Price

URBANA--Leaf lettuce, frequently overlooked by the homemaker, has a higher nutritive value and is less expensive than the more popular head lettuce, says Dr. Mary Fuqua, foods specialist, University of Illinois College of Agriculture.

In comparing the nutritive value of leaf and head lettuce, Dr. Fuqua says that leaf lettuce has about three times as much calcium, two to three times as much iron, three times as much vitamin A and twice as much vitamin C. Other nutrients in the two vegetables are about equal. Leaf lettuce is also a low calorie food. An average serving contains only about 10 calories.

Because of its dark green color, leaf lettuce makes an excellent underliner for salads, forming an attractive background for fruits and vegetables. Serve it alone or mix it with other greens.

Wilted lettuce is particularly good when the leaf variety is used, Dr. Fuqua says. Place the lettuce in a bowl with crumbled crisp bacon, hard-boiled egg slices and slivers of onion. Add salt, pepper, a little sugar, vinegar and water to part of the bacon fat. Heat this mixture and pour it over the lettuce. Serve immediately.

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EJ:mi
1/28/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 3, 1953

Dryers Not Hard on Clothes, Tests Show

URBANA--When the winter winds blow and the Monday wash stiffens on the line, many a homemaker thinks longingly of a clothes dryer.

Recent tests comparing the efficiency of outdoor drying and automatic drying show that the dryer excels in many ways. Clothes dried in the dryer held their colors better and faded less than those dried outside. White clothes dried in the dryer 50 times were as white as those dried outside.

The dryer is not hard on clothes, according to the tests. Sheets, shirts, cotton dresses and similar goods lost less tensile strength in the dryer than those dried outdoors. However, items with considerable nap, such as terry cloth towels, lost slightly more tensile strength when dried in the drier than when dried outdoors.

Shrinkage was the only factor where line drying came out ahead of dryer drying. Fabrics that were apt to shrink--cotton knits, towels, diapers and loosely woven fabrics, for example--shrank slightly more in the dryer when they were allowed to dry completely. Tests show that such items retain their shape best if they are removed from the dryer while still slightly damp and are stretched or blocked into shape.

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FOR RELEASE TUESDAY, FEBRUARY 3, 1953

Driers Not Hard on Clothes - add 1

Clothes dryers, both electric and gas, have become the fastest selling item in the major appliance business. Before you rush to the nearest dealer, however, there are a few things to consider, says Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

If yours is a nonautomatic washer, and if you are a "Monday's the day we do our wash" sort of homemaker, you may have to rearrange your work schedule to use a dryer. The dryer will not dry clothes as fast as your washer will wash them. Many women find it best to do only one or two loads of clothes at a time.

Check your electric wiring too, Miss Sullivan suggests, to be sure there is sufficient current to accommodate the dryer you choose. Most dryers require a 220-volt circuit.

Heat and moisture from the dryer which goes into the room has been found objectionable in some instances. As you look at dryers, you will discover various methods of disposing of the lint and moisture either by venting to the outside or by using some device in the dryer.

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EJ:jo
1/30/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 5, 1953

EDITOR: Do not release before Thursday p.m.

Rock Island and Tazewell Counties Win Safe-Homes Awards

URBANA--Rock Island county rated top honors for outstanding work in home safety today (Feb. 5) at Farm and Home Week at the University of Illinois, Urbana. The second-place state award went to Tazewell county.

This special recognition is part of the Illinois Safe-Homes program sponsored by the Illinois Home Bureau Federation and the University of Illinois home economics extension service. Counties are chosen for recognition on the basis of their organized efforts during the past year toward preventing home accidents.

Special credit was given the counties by Mrs. James Graham, Morrisonville, Illinois, state home safety chairman of the Illinois Home Bureau Federation, when she presented the awards. Of Rock Island county she said: "Your 73 percent participation in the program by home bureau members, your safety educational program nearly every month, and your publicity program in the county as shown by your county safety chairman's report has earned for you the distinction of being the outstanding county in the state in promoting home safety during 1952."

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Rock Island and Tazewell Counties - add 1

Of Tazewell county Mrs. Graham said: "Your report indicating the publicity, education and participation of county homemakers and 4-H Club members in promoting the home safety program during the year has earned for the county the second-place state award."

Seventy-two counties made final reports this year on their work in home safety. Besides the two top counties, those cited for their excellent work were Richland, Schuyler-Brown, and Monroe. Forty to 67 percent of the home bureau members in these counties reported accurate facts on family accidents and their causes. These reports are used as a basis for planning future accident prevention programs.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 5, 1953

Cabbage Is an Economical, Nourishing Winter Vegetable

URBANA--Cabbage is plentiful and low in price right now, says Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture. Mrs. Janssen suggests that homemakers use this versatile vegetable often in winter menus because it is a good source of vitamin C.

Try the Chinese method of cooking cabbage. Shred the cabbage fine, and put it into a heavy skillet in which a tablespoon of butter or margarine has been melted. Sprinkle the vegetable with salt and cook for two minutes, tossing it frequently. Serve immediately.

Cook cabbage in milk to get a delicious flavor and to keep the important nutrients that are sometimes lost by solution in other cooking methods. Use a small quantity of milk, and serve the liquid with the cabbage.

Cabbage should be cooked as quickly as possible, says Mrs. Janssen, because long cooking will produce a strong flavor and will cause the loss of important food values.

If you find the odor of cooking cabbage objectionable, try placing several slices of stale bread on top of the vegetable while it cooks in a covered pan. The bread will absorb the odor and should be discarded when the cabbage is cooked.

Don't throw away those dark green outer cabbage leaves if they are in good condition. Carotene, the precursor of vitamin A, is present in this outer section.

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2-2-53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 6, 1953

High School Girls Hear About College

URBANA--First-hand information about college life in general and careers in home economics in particular was given to high school girls throughout the state this week when coeds from the University of Illinois visited local high schools to talk to members of the June graduating class.

The University girls, all upperclass students in home economics, outlined some of the varied careers offered graduates in this field. They pointed out the increasing demand for graduates specifically trained in such specialties as institution management, food demonstration, radio and newspaper work, teaching, dietetics, fashions, clothing and textiles.

Opportunities for earning part of college expenses while going to school were also outlined by the coeds. Besides a number of room-and-board jobs, there are other student positions open through the student employment agency. A number of undergraduate scholarships are also available. Information about scholarships and job opportunities may be obtained at the Office of Admissions and Records at the University, the high school girls were told.

EJ:bb
2-2-53

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 9, 1953

Make a Kitchen Traffic Plan

URBANA--Watch out for the traffic pattern in your kitchen if you are planning a remodeling job, or if you are just planning to rearrange this important room in your home for greater convenience. This suggestion comes from Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

Before you start to tear out cupboards or push the refrigerator around, Miss Sullivan suggests that you make a floor plan to scale. Sketch in the equipment you now have, and make provision for any new pieces of equipment you plan to buy.

Now take a few days to study the habits of your family. Do they enter the house by the kitchen door? Do they have to trot through the kitchen to get to other rooms? If so, plan your kitchen so as to leave room for this traffic. Be sure there are no obstacles in this busy path. Be sure, too, that there is room enough for the youngsters to get by when mother is working at the sink or range.

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EJ:mi
2/3/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 10, 1953

Washable Baby Books Are Available

URBANA--Baby's book can now take a bath. The trend toward washable toys for children has invaded the book field, says Viola James, extension instructor, University of Illinois Library School. The books are printed in nonpoisonous colors on cloth and are labeled "nonpoisonous." Their bright-colored illustrations will not fade or run when the book is washed or boiled. You can even toss them into the washing machine.

The books are small in size and simple in subject matter, for they are designed for the very small child.

How old should the child be when he gets his first book? Miss James says he is old enough to enjoy the pictures and learn from looking at them when he is big enough to hold the book and turn the pages.

The child's first book can be one with no writing at all, because printed matter may only confuse him.

Books for young children should have pictures that are clear in outline but simple in detail. Too much detail and background material crowded onto a page will only serve to confuse the child and make it more difficult for him to learn to identify the pictured objects.

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EJ:mi
2/6/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 11, 1953

No Trick to Care for Pastry Cloth

URBANA--When it is time to wash your pastry cloth, take a hint from Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture. Mrs. Janssen says to soak the cloth in cold water and then wash it in soapy water. Don't wring it out, but spread it on the enameled top of your range or kitchen table. Smooth out the wrinkles with a spatula or brush, and the cloth won't need to be ironed. You don't need to wash it each time it is used.

The pastry cloth is fast replacing the old-fashioned molding board in American kitchens. Dough is less apt to stick to the cloth than to a board.

Pastry cloths may be made at home of canvas or may be purchased at the housewares counter of most department stores. A new pastry cloth now on the market has wooden sticks inserted through the hems on two sides, and metal bars that fit the other two sides. This makes the cloth rigid and keeps it from slipping. With the side bars removed, the cloth can be rolled around the rolling pin and tucked away in the kitchen drawer.

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EJ:mi
2/6/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE IMMEDIATELY

Illinois Home Bureau Federation Elects Officers

URBANA--Illinois homemakers elected five of their group to the executive board of the Illinois Home Bureau Federation during the recent Farm and Home Week in Urbana. Over 500 delegates attended the annual meeting. They represented the 50,244 women throughout the state who are members of the federation.

Mrs. Victor Schwartzentraub, Eureka, Tazewell county, was elected vice president' and Mrs. Warren Mynard, Oneida, Knox county, was elected treasurer.

The president, elected last year and serving the second half of her term, is Mrs. Adam McWilliam, Toulon, Stark county.

New district directors elected this year are Mrs. Elmer Eckdahl, Aurora, DuPage county, for the northeast district of the state; Mrs. Earl Drake, Westfield, Clark county, for the southeast district; and Mrs. George Knuppel, Mason City, Mason county, for the west-central district.

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JR:mi
1/9/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 13, 1953

Most Children Are Well Adjusted

URBANA--Well-adjusted parents make for well-adjusted children, says Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

A well-adjusted child gets along reasonably well with other youngsters his own age. He can think independently--make up his own mind about routine daily problems. He is generally cooperative and helpful. He is learning to control his emotions.

Of course, his ability to do any or all of these things depends on his age and state of development. Miss Briggs also tells parents not to be too concerned if sometimes the child temporarily seems to retrogress rather than progress in his behavior. This frequently happens, she says. For example, a child of six is sometimes more friendly, more courteous and more tolerant than a child of 11.

If mother and dad enjoy parenthood, if they love the child and let him know it, if they don't expect him to be perfect all the time, the chances are they will have a pretty normal youngster with no major emotional problems.

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EJ:mi
2/9/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 14, 1953

Attention, Not Pampering, Needed for Ill Child

URBANA--It isn't wise to pamper the ill child to such an extent that sickness becomes more attractive than health, says Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture. She adds, however, that a bit of extra attention and an occasional special treat will keep the youngster from feeling neglected when he has to stay in bed.

An attractively arranged tray with small amounts of food and a menu that includes something he particularly likes not only will tempt his appetite, but will also reassure him that the family sympathizes with him in his illness.

A special privilege, like trying on some bits of mother's costume jewelry or wearing one of daddy's ties, will make the child feel cared for and will keep him entertained.

The old adage that misery loves company may be applied to the sick child too. Having mother near by will give him a feeling of security and confidence.

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EJ:mi
2/11/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 16, 1953

Oh, Chiquita!

URBANA--Put ripe bananas in the refrigerator if you want to, says W. F. Lomasney, vegetable marketing specialist, University of Illinois College of Agriculture. Low temperature doesn't affect the flavor of ripe bananas at all, Lomasney says. Furthermore,the fruit can be kept at that just-right-for-eating state for several days if it is refrigerated.

Keep bananas at room temperature until they are ripe, but when the skins begin to show brown flecks, the fruit can be stored for three or four days in the refrigerator. The banana skin may discolor and take on a slightly greyish appearance, but the flavor, quality and texture of the fruit itself will not be impaired if stored at normal home refrigerator temperatures.

EJ:mi -30-

Ice Cream Good Food Source

URBANA--Ice cream is a good food source, says Dr. Marian Tolbert Childs, University of Illinois. One third pint of ice cream is about equal to one half cup of whole milk in calcium, protein and the B. vitamins and is equal to more than one cup of milk in vitamin A and calories.

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EJ:mi
2/11/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 17, 1953

Inexpensive Cabbage Served in Epicurean Style

URBANA--Cabbage, low in price and rich in food value, is a good choice for a midwinter vegetable course.

Have you tried scalloped cabbage or red cabbage with sour cream? Simple to prepare and second-helping good, these tempting suggestions come from Mrs. Pearl Janssen, food specialist, University of Illinois College of Agriculture.

For the scalloped dish, boil shredded cabbage in a small amount of water in a covered pan for five minutes. Put the cabbage in a greased baking dish and over it pour two cups rich, seasoned creamed sauce to which one cup of grated cheese has been added. Top with buttered bread crumbs and bake at 400 degrees F. until the crumbs are browned.

Red cabbage with sour cream is a gourmet dish. Cook one pound of finely shredded cabbage in one fourth cup boiling salted water until tender (four to five minutes). Keep the cover on the pot. Add one half cup sour cream, one half teaspoon caraway seeds and seasoning to taste. Heat and serve at once.

Red cabbage will keep its attractive rosy color if cooked with apples, or if a small quantity of vinegar or lemon juice is added at the end of the cooking period.

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EJ:mi
2/13/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 18, 1953

Build Good Food Habits at Daily Meals

URBANA--Here are suggestions for a family mealtime code, devised to benefit the preschoolers at your house.

Ruth Cooper, child development and family relations specialist, University of Illinois College of Agriculture, suggests the rules as a guide toward helping build good food habits, as well as furthering harmonious parent-child relationships.

Since the climate of the dinner table influences everything that happens during the meal, grownups should work to keep table conversation pleasant--with no mention of worries, grievances or annoyances. If preschool Jackie eats less than usual, refuses a food or spills something, don't make an issue of it. No comment at all is often a better policy.

When Jackie needs to be disciplined, choose some time other than at meals to do it. Also, never offer any food as a reward or refuse one as a punishment.

Give the child his meal as planned without asking him whether he wants this food or that one. Start out with less food than he will probably want, rather than so much that he loses his appetite. Let him ask for more food instead of asking him whether he wants more.

Never urge him to eat, whether for grandma's sake or for anyone else's. Don't urge him to eat because it will make him big and strong, because he needs nutritious foods, or for any other reason. Excuse him from the table promptly after he shows no further interest in eating.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 19, 1953

Sympathy Soothes Hurt Child

URBANA--When a child is hurt or sick, he gains comfort and loses fear if his parents give him a sympathetic and simple explanation of the pain, says Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

It isn't very reassuring for a child to be told, "Oh, you'll feel better pretty soon." Neither is it helpful to be admonished, "That doesn't hurt; don't be a cry baby." Honest sympathy, given in proportion with the hurt, makes the child feel cared for and loved and takes some of the sting out of the injury.

A sick child needs to be reassured, too, Miss Briggs says. Frequently he is frightened by pain and discomfort. If the parent takes a few minutes to tell him why it hurts and what is being done to make him feel better, the chances are that his tension will be relaxed. He can usually then be persuaded to cooperate in the treatment necessary to effect a cure.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 20, 1953

Help For Finicky Eaters

URBANA--Finicky eaters are a social nuisance. Moreover, they frequently deny themselves important food nutrients by being fussy about foods.

Food habits, like many other important habits, are established in childhood. For this reason it is important for parents of preschool age children to encourage them to try new foods and to develop good eating habits. Ruth Cooper, University of Illinois College of Agriculture, offers some ideas on how to accomplish this change:

One of the most effective ways to teach your family to like a food is to try new ways of preparing it, Miss Cooper says. Try the indirect approach by disguising the flavor of foods that your children don't care for with flavors that they like.

Many persons who don't like liver, for example, find that they enjoy the flavor when it is combined with other meat and seasonings in liver patties and liver loaf. Others have found that they acquire a taste for oysters by first eating oyster stuffing and oyster stew. Through a process of association, it is possible to learn to like flavors that were formerly distasteful.

Diversified food likes will contribute to your nutritional well-being and to your social popularity.

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Homemaking
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UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 21, 1953

Experiment with Herbs for Cooking Zest

URBANA--A simdgen of herbs can turn an everyday dish into a gourmet's delight, says Mary Vick, foods specialist, University of Illinois College of Agriculture. Herbs, used with skill, impart that subtle flavor that causes family and guests to ask, "M-m-m-m, how do you make this?"

If you are not experienced in herb cookery, begin by using herbs sparingly, Miss Vick suggests. Herbs are supposed to supplement the flavor of a food, not to hide it. A little enhances; a lot dominates. Begin by adding just a quarter-teaspoonful of herbs. From there on let your personal taste temper the amount you use. Never use the same herb in more than one dish at the same meal.

Dry herbs blend best with other food flavors when they are mixed with melted butter, margarine, cooking oil or milk half an hour before you use them.

Add herbs to soup or stew in the last hour of cooking. Tomato or mixed vegetable juice takes on added charm when herbs are used. Tie mixed herbs in a muslin bag and suspend the bag in the cold juice well in advance of serving time, preferably the day before.

Herbs lose their flavor and aroma if kept too long, so buy them in small quantities. Keep them tightly covered. If the aroma has diminished, so has the flavor, and it is time to replenish your supply.

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Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 23, 1953

Damp Coat Needs Kind Treatment

URBANA--Neither spring showers nor winter snows will seriously damage your wool coat or suit if you treat the garment kindly when you take it off, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Wool readily takes up moisture, Miss Carl says. It can absorb 30 percent of its weight without feeling damp to the touch and 50 percent without becoming saturated.

This good quality may lead to difficulty if you are fooled into putting a damp wool garment away in the closet without proper care, Miss Carl says.

When you have been caught in the rain, even though your coat doesn't feel really wet, hang it in a well-ventilated spot away from stove or radiator. Use a wide-shouldered, well-shaped wooden or padded coat hanger. Damp wool has a tendency to take on strange shapes if it isn't hung properly.

Never hang a damp wool garment over a chair back or a hook. Never throw it down carelessly. This treatment is sure to wrinkle the garment and pull it out of shape.

When the coat is thoroughly dry, brush the fabric to restore its original beauty. Always brush with the grain of the cloth.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 24, 1953

Illinois Home Bureau Federation Outlines Program of Work

URBANA--The Illinois Home Bureau Federation has indicated that its members will continue to urge the approval of legislation for a new home economics building on the campus at the University of Illinois. A resolution passed by delegates at their annual meeting in February shows that the members would expect to give greater effort toward increasing the student enrollment in home economics if a building is approved.

The Home Bureau Federation is asking its members to inform prospective college students of college scholarships that are available, especially ones in home economics and elementary education. In a reference to the improvement of local school systems, the federation said: "Believing that more understanding of schools and their needs comes with some knowledge of school law, we resolve to make a special effort to study and include in our program of work some phase of school law."

Relating to the Illinois Safe Homes project, the home bureau group has resolved this year to place particular emphasis on the

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FOR RELEASE TUESDAY, FEBRUARY 24, 1953

Illinois Home Bureau Federation Outlines Program of Work - add 1

prevention of burns in the home. Members will be urged to check their homes for fire hazards and remove such hazards, and to support programs designed to improve highway safety.

Civil defense programs, including blood typing and blood donations, will receive support from Illinois homemakers. They will also use their influence to increase the use of soil conservation practices.

In the matter of international relationships, the Illinois Home Bureau Federation said, "We resolve to support our international organization, The Associated Country Women of the World, by collecting pennies for friendship, subscribing to the Country Woman, participating in the Pen Pal project, cooperating in the Unesco Stamp Book and Unicef Greeting Card program and sending delegates to the A.C.W.W. meeting in Canada and entertaining foreign delegates who attend the Canadian meeting."

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NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 25, 1953

Crisp Crust Plus Smooth Custard Equals Good Dessert

URBANA--Many homemakers have trouble keeping the bottom crust of custard pie crisp. It is no problem at all, says Mrs. Pearl Janssen, foods specialist, University of Illinois, College of Agriculture, if you bake the crust and the custard separately and combine the two after they are cooked and cooled.

Mrs. Janssen bakes the crust on the bottom of a pie plate, with another pie plate of the same size placed over the crust during baking.

Bake the custard in a lightly buttered pie plate of the same size as the one used for the crust. Mrs. Janssen suggests the following proportions for making the custard: two cups of milk scalded for quicker cooking, three eggs, one-third to one-half cup of sugar, and salt, vanilla or nutmeg to taste. Place the plate of custard in a pan of water. Be sure the water in the pan is as high as the custard in the pie plate. Bake the custard at 375 degrees for about 20 minutes, or until an inserted knife comes out clean.

When the custard is cooked and cooled, run a spatula around the edge to loosen the filling from the pie plate. The custard will then slide into the crust as slick as a wink. It is simple to do and assures a crisp crust and a smooth custard.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, FEBRUARY 26, 1953

Keep Sick Child at Home

URBANA--Sick children who go to school seriously endanger the health of other youngsters and jeopardize their own well-being besides. So says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Communicable diseases among school children are always a serious health problem, Miss Brimhall says. Frequently such diseases are spread by the youngster who attends school when he is "coming down" with a disease.

Sniffles, slight headache and upset stomach in children are sometimes the forerunners of common childhood diseases. When these appear, even though the child doesn't seem very ill, he should be put to bed and kept away from the rest of the family if possible.

Many diseases are transmitted from one person to another during the preliminary stages of illness. To keep communicable diseases under control, both mother and teacher must be on the alert for early signs of illness. When these signs appear, the ill child should be isolated immediately to protect both him and his well schoolmates.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, FEBRUARY 27, 1953

Farm Family Living Level Shows Steady Rise

URBANA--Much progress has been made in modernizing farm homes in Illinois in the past 10 years, says Mrs. Ruth C. Freeman, family economics specialist, University of Illinois College of Agriculture, in her recent publication, "A Look Ahead in Farm Family Living in 1953."

The farm family level of living has increased as much as 90 percent in some areas of the state. Over a wide section the increase has averaged from 30 to 50 percent.

This higher level of living means higher costs and a larger cash outlay than was necessary ten years ago, Mrs. Freeman points out. Financial planning will help the farm family to foresee the effects of such changes and to maintain their level of living.

The booklet, which predicts trends for 1953, is available for the asking. Send to Home Economics Extension, University of Illinois, 206 Bevier Hall, Urbana. Ask for "A Look Ahead in Farm Family Living in 1953."

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Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 28, 1953

Produce Bargains Help the Budget

URBANA--If you are the food buyer for a typical Illinois family, you spend $3.15 a week for fresh fruits and vegetables. This is about 15 percent of your weekly food budget, for the average American homemaker spends $6.00 per week for food for each member of her family.

To get the most food value for your fresh-produce dollar, shop for bargains, suggests W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture. Each week many stores feature plentiful fruits and vegetables at attractive prices. Plan your weekly menus around these items, Lomasney suggests, and you will be giving your family the maxiumum food value for the minimum expenditure.

For this week (February 28 to March 6) green beans, carrots, potatoes, frozen peas and oranges and grapefruit are in plentiful supply, and many stores will offer them at low prices.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 2, 1953

Handy Card Lists Family Measurements

URBANA--How many times have you had to pass up a good bargain in wearing apparel for some member of your family because you couldn't remember the size of his waist or the length of his arms? This is especially true of the children, whose measurements change rapidly.

Edna Gray, clothing specialist, University of Illinois College of Agriculture, has the answer. It is a handy little folder, just the right size to put in your purse. It has space to list the members of the family and all their measurements. The card is bright colored so that you can spot it easily in your pocketbook.

Miss Gray thinks homemakers can save themselves a lot of disappointments and difficulties with the things they buy if they will remember to read the labels. On the outside of the folder she lists the important information that the label should tell you.

You may have one of these folders for the asking. Just send to Home Ecnomics Extension, University of Illinois, Urbana, Illinois.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 3, 1953

Peanut Butter Produced With New Taste

URBANA--Peanut butter may soon be boasting six delicious flavors and maybe more if experiments by the U. S. Department of Agriculture bear fruit.

The department recently cooperated in developing a peanut snack which has won wide consumer approval. The new product, which combines peanuts and other ingredients, was produced in three flavors, chili, orange and maple. It was packaged in a cellophane-wrapped roll similar to the package used for some processed cheese spreads.

The snack can be sliced and served on crackers, used for sandwiches or eaten just as it is as a confection.

Peanut spread, another peanut innovation, has been marketed successfully on an experimental basis. This product, which is about the consistency of peanut butter, has a smooth texture and is easier to spread than most peanut butter. It was produced in orange, maple and chocolate flavors. The first two proved the most popular. The chocolate gave the peanut butter an unattractive color. Further experiments are being planned before this product is marketed commercially.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 4, 1953

Early Diagnosis Can Prevent Hearing Impairment

URBANA--About five percent of the school-age children in this country have impaired hearing, according to a report from the Federal Security agency. Early diagnosis is one of the most successful means of preventing hearing loss.

Pauline Brimhall, health specialist, University of Illinois College of Agriculture, lists a few signs that may indicate a hearing deficiency.

Does the child fail to answer when spoken to? Does he misunderstand others' conversations and frequently ask "What?" and "Why?"

Does he request repetition of directions and make mistakes in carrying them out?

When in a group, does he watch others before beginning his work?

Does he tip or turn his head to one side when someone is talking to him?

Does he frequently look bewildered or unaware of what is going on about him?

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If he is in school, is he making poor progress in subjects that are taught orally?

Does he have speech defects, fail to form sound elements correctly, or have an unnatural pitch to his voice?

If any of these symptoms are present, it does not necessarily follow that the child will have a permanent hearing loss, but it does indicate that he should have immediate medical attention.

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How to Select Green Beans

URBANA--Green beans are in plentiful supply now and are being offered in many stores at bargain prices.

In selecting snap beans, either green or wax, look for bright color, medium size and crisp, smooth pods that snap easily, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture. Wetting snap beans helps to maintain quality for a longer time, provided the quality was good to begin with. Avoid dull, spotted or rusted beans. Keep the beans refrigerated until you are ready to use them.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 5, 1953

Waffles Makes Toothsome Desserts

URBANA--Don't let your waffle iron gather dust on the cupboard shelf, and don't limit its use to an occasional Sunday morning breakfast, advises Anne Fluhr, foods specialist, University of Illinois College of Agriculture.

Give the family a treat, Miss Fluhr suggests, and serve waffles for dessert. Served thus, waffles can give a party flair to an everyday family dinner.

Here are several novel dessert suggestions using waffles:

Top crispy waffle squares with ice cream, and spoon on chocolate or butterscotch sauce or fruit.

Fruit waffles are tempting fare too. Add a cup of fresh or frozen blueberries or raspberries to the waffle batter. Be sure to drain off excess juice if you use frozen fruit. Chopped apples may also be used. Top with butter and sugar and cinnamon or whipped cream.

Chocolate waffles will be popular for breakfast or for dessert. Just add two squares of melted chocolate and three extra tablespoons of sugar to a standard waffle recipe. Top with a scoop of whipped cream, ice cream or hard sauce.

Try heaping fresh fruit or berries on waffle sections and pouring cold soft custard on top.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 6, 1953

Woolens Benefit by Airing and Brushing

URBANA--Fresh air and sunshine can help you save on your cleaning bills, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Wool garments especially take kindly to the air and sunshine treatment. Hang them outside or in a room where air circulates. Combine this airing with frequent brushing to keep woolen garments new looking.

When you take off a wool garment, put it on a well-shaped wooden or padded coat hanger and hang it on the closet door or out in the room. This will allow the wrinkles to hang out and will freshen the appearance of the fabric. Never jam a woolen garment into a crowded closet.

A good, firm clothes brush is a must for good grooming. Usually it is best to brush wool materials with the grain of the fabric. This is not a hard-and-fast rule, however, for some rough-textured wools and fleeces are benefited by a light brushing against the grain. The brushing raises the nap.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 7, 1953

Frozen Strawberries Make Excellent Jam

URBANA--Make some strawberry jam from frozen berries. It will be another pleasure dividend from your home freezer. This off-season activity will call for a slight adjustment in your usual preserve-making habits.

According to research specialist Virginia Charles, here is the method used by workers in the foods research laboratory at the University of Illinois.

Use four cups of sliced strawberries, seven cups of sugar and one-half cup ($\frac{1}{2}$ bottle) of liquid pectin. NOTE: You'll want to add less sugar to fruit that was heavily sugared before it was packaged.

Combine the fruit and sugar in a large kettle, mix well, bring to a full rolling boil and boil hard for one minute, stirring constantly.

Remove the fruit-sugar mixture from the heat, add the liquid pectin and stir and skim by turns for five minutes. This is to cool the mixture and to prevent the fruit from floating. Pour into jelly glasses and cover at once with one-eighth inch of hot paraffin. Yield: about ten 6 oz. glasses.

NOTE: One box of powdered pectin can be substituted for the liquid type. Combine it with one cup of water, bring to a boil and boil rapidly for one minute, stirring constantly. Be sure to keep it at a full rolling boil throughout the one-minute period.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 9, 1953

Plentiful Eggs Give Good Food Dollar Value

URBANA--Quality, weight and price are the things to consider when you buy eggs, says E. E. Broadbent, marketing specialist, University of Illinois College of Agriculture.

Eggs are in plentiful supply right now and will probably continue to be so through the spring months. The homemaker can therefore get good value for her food dollar by including plenty of eggs in family menus.

Grade indicates the internal quality of the egg. Most eggs sold in retail stores are grade A, grade B or ungraded.

Grade A eggs, in general, will be fresher and more delicate in flavor than the others. Grade A also has a large proportion of thick white that stands up firmly around the yolk. The yolk is firm and rounded. Such eggs are good for all uses, but they are especially desirable for frying, soft and hard cooking, poaching and shirring.

For uses in which appearance and delicate flavor are not so important, grade B eggs are frequently an economical buy. The white is apt to be thin, and the yolk is frequently flat and tends to break easily. Such eggs can be used for baking, for custards, puddings and omelets and souffles.

Ungraded eggs are those that have not been separated for size or internal quality. They may vary in flavor and taste.

Sometimes the grade A eggs are taken out and the undergrades are sold as ungraded eggs. The wise consumer will buy eggs by a known brand or from a reputable dealer.

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3/4/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 10, 1953

Every Women Can Wear Beige

URBANA--Popular neutral colors for spring read like a menu card--cream, toast, cinnamon, honey, coffee, mocha. Anything goes with beige--black, navy, pastels, bright reds and golds. These beige and tan shades are a practical choice for the woman who needs a coat or suit that will combine with many other colors in her wardrobe.

There is a becoming shade of beige for everyone, says Gladys Daniels, textiles specialist, University of Illinois College of Agriculture. The only problem is to select the right beige tone.

For the woman with grey or white hair or for the woman whose complexion tends to be sallow, there are warm beige shades with undertones of pink or rose.

Creamy off-white or blonde beige flatters the woman who plans to acquire a summer suntan. Light beige offers a smart contrast to that sun-kissed look.

The woman with light brown hair is frequently told, "You can't wear beige."

"It just isn't so," says Miss Daniels. "For her, the richer cinnamon and mocha tones are flattering."

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3/6/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 11, 1953

Children Mirror Parents' Safety Habits

URBANA--Children are copycats. They copy their parents' habits, both good and bad.

This is especially true of safety habits, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

The child who watches Mother climb onto a box or chair to reach a high spot will do the same thing the first time he needs to stretch beyond his reach. Mother may not topple when Sonny is watching, but eventually Sonny will get a nasty fall from such practices.

If Johnny sees Dad carelessly throw away a match without being sure it is put out, the child will inevitably do the same thing some day.

When little Jane sees Mother put pins into her mouth, no amount of cautious admonition will keep Jane from doing the same thing.

Children mirror good safety habits too. As parents do their routine chores around the house or yard, they can lay a pattern for a lifetime of good safety practices for the youngster trailing at their heels.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 12, 1953

How to Flavor With Herbs

URBANA--Multiply your adventures in cooking and good eating by using herbs for seasoning. It's easy to become expert. You'll soon learn to know characteristic flavors of herbs, used separately and in combinations, and will be able to handle them with skill, economy and satisfaction.

Mary Vick, food specialist, University of Illinois College of Agriculture, says that, if you are a beginner, one good way to learn to use different herbs is to combine them with fats in the form of herb butters. Fresh, unsalted butter is especially good as a basis, since it absorbs delicate herb flavors readily. However, salted butter, margarine, pork drippings and rendered chicken fat can also be used.

To make a butter sauce for fish, broiled or fried meats, cauliflower or broccoli, add one-half teaspoon of dried, mixed herbs and one teaspoon of lemon juice to one-fourth pound of butter. Let the dried herbs soak in the lemon juice for a few minutes before mixing with the butter.

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FOR RELEASE THURSDAY, MARCH 12, 1953

How to Flavor with Herbs - 2

If you want to make an herb butter combination at the last minute, mix the butter with fresh or dried herbs in a glass or earthenware custard cup. Add salt and pepper to taste, set in boiling water and let stand 10 to 15 minutes while the hot butter absorbs the flavors.

When you use fresh herbs, cut or chop the leaves very fine. The more of the cut surface that is exposed, the more completely the aromatic oils can be absorbed. When you use dried herbs, remember that they are three or four times as strong as fresh herbs.

There are, of course, no set rules for using herbs in cooking. You will learn that certain foods have a more pleasing flavor when certain herbs are used. Some herbs blend harmoniously with almost any food; others with only a few. You will gain some of the most interesting flavor effects when you combine a leading flavor with two or three others that blend so well you can scarcely taste them. Chives and parsley are ones that are especially good in blends. On the other hand, basil, marjoram, mint, dill, tarragon and thyme have flavors that are strong enough to be used for accent.

Miss Vick believes that herbs are almost a "must" for a well-flavored French dressing. Try tarragon, thyme, rosemary and basil--either alone or in combination. Have the salad oil tepid, not chilled, when using herbs.

Try mixing a little dill with chives or onion in cottage cheese dressing. Make a colorful and delicious accompaniment to a meat course by mixing herbs with mayonnaise. Then spread the mixture on tomatoes, and brown them under the broiler for a few minutes.

Successful herb cooking is largely a matter of experimenting and tasting, so use your imagination. Use the herbs sparingly, adding only a little at a time. The aromatic oils are strong, and too much of any flavor is objectionable.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 13, 1953

Milk Gives You More for Your Money

URBANA--Penny for penny you get more essential nutrients for your money from milk than from almost any other food or combination of foods. So says Harriet Barto, nutrition specialist, University of Illinois College of Agriculture.

Few foods except milk and some milk products provide calcium in any great quantity, Miss Barto says. Calcium is essential not only for the development of the bony structure of the body, but also for coagulation of the blood. Adequate calcium is especially important during periods of rapid growth. A quart of milk a day supplies about a gram of calcium, which is enough for the daily requirement of most children and adults. There just isn't any practical way to supply the body's calcium needs without using milk, Miss Barto says.

Milk also provides protein and phosphorus, which are essential to every cell in the growing and adult body. And milk provides riboflavin, which promotes growth, vigor, good vision and clear skin.

Whole milk also provides vitamin A, which is important for growth, healthy eyes, skin and mucous membranes. Skim milk lacks vitamin A but provides all the other nutrients that whole milk supplies.

Nutrition-wise homemakers have learned that money spent on milk returns high health dividends.

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3/9/53

Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 14, 1953

Eggs, Scrambled to Perfection, Make Good Eating

URBANA--Scrambled eggs are so simple to prepare that even an inexperienced cook can whip them up in a jiffy. Nevertheless, there are a few tricks to scrambling eggs to just the right point of perfection.

Many cooks spoil this dish by starting to scramble the eggs too soon, says Pearl Janssen, foods specialist, University of Illinois College of Agriculture. Let the mixture cook over low heat until the eggs have coagulated, Mrs. Janssen suggests; then stir lightly to form big clumps. After this first stirring, let the mixture stand again for a minute or two, and then stir again. Turn the heat off before the eggs are cooked dry, and allow them to stand in the skillet to finish cooking. There will be enough heat in the pan to finish the cooking process. Scrambled eggs are frequently spoiled by too fast and too long cooking. Eggs that separate into dry curds and a watery fluid have been overcooked.

For variations of scrambled eggs, use tomato juice instead of milk for the liquid. Grated cheese or cooked bacon or ham bits can be added to the egg mixture before cooking. Bulk sausage, cooked first and drained of excess fat, can also be used. A third to a half cup of sausage is a good proportion. Cottage cheese, in the proportion of a quarter cup to two eggs, is a pleasing variation. If the cheese is creamy, no further liquid is needed. If the cheese is dry, you may have to add a little milk.

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3/11/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 16, 1953

The Tulip Look Best Suited to the Slim

URBANA--The "tulip look" is what a fashionable French designer has decreed for the spring fashion picture of 1953. This look is reflected in dresses and suits that are full and blousy above the waist and pencil-slim below. Style emphasis is at the top of the figure, though the fullness is sometimes restrained and made to conform to body lines.

This flower-on-a-stem look is all very well for the woman whose figure reflects the look of the slender, graceful tulip, but her less fortunate sisters had better watch out, says Myra Baker, textiles and fashion specialist, University of Illinois.

Styles that widen the shoulders and upper torso can give the woman with a full figure a top-heavy look. Moreover, tight-fitting skirts have a tendency to call attention to unflattering curves rather than to hide them.

If you are overweight, even a little, or if your figure is not well proportioned, leave the "tulip look" to your slimmer sisters or choose a modified version of it.

There are many smart clothes available for spring in a variety of styles, so select the fashion best suited to your particular figure, Miss Baker advises.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 17, 1953

Long or Short Coats Are Smart for Spring

URBANA--You can have either the long or the short of it in a spring coat. Both are good style for '53, says Myra Baker, fashion specialist, University of Illinois College of Agriculture.

This year's coats are not cut so full nor so flared as last year's. The modified flare and wrap-around style are in vogue. Straight boxy lines in short coats and Chesterfield and princess lines in long coats are new. Sleeve are full-cut but are not extreme.

In selecting your coat, look to your figure and look to your wardrobe, suggests Miss Baker. The full-length coat with harmonizing accessories is a costume in itself and can be used with other clothes in your wardrobe. There is a long coat style to complement any figure.

To look smart, the short coat must harmonize in style and in color with the suit or dress with which it is worn. Never wear a short full coat over a flared or gathered skirt, Miss Baker says. This double-flared look spoils the lines of even the loveliest figure.

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Long or Short Coats Are Smart for Spring - add 1

If you are short or have a full figure, you will find the finger-tip or three-quarter length coat more becoming than the short coat that ends at the hip line.

Straight lines or a modified flare complements the larger figure. The woman who is five feet four or under needs to have color harmony from head to toe. Sharp contrasts cut her height.

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Fever Gone? Keep Child in Bed an Extra Day

URBANA--Health worker Pauline Brimhall, University of Illinois College of Agriculture, today stressed the value of an extra day in bed for children who've had even a minor illness.

When a child has had even a slight elevation of temperature, says Miss Brimhall, health authorities recommend keeping him in bed for a full 24 hours after his temperature is normal.

Any illness saps a child's strength and lowers his resistance to infection. An extra day or two at home with plenty of rest is good health insurance.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

High School Girls Invited To College

URBANA--"Come to college." That is the invitation being sent from the University of Illinois home economics department to high school senior and junior girls throughout the state. The event is the annual home economics hospitality day on April 25. At that time high school girls will have an opportunity to tour the home economics department and to meet home economics students and faculty.

A tea and style show at 3 o'clock in the afternoon will be one of the day's many special features. There will also be a luncheon in the home economics cafeteria and laboratory demonstrations by the college coeds.

Visitors will see just what home economics majors do in the fields of textiles and clothing, child development and family relations, housing and home furnishings,and foods and nutrition. Girls who plan to attend hospitality day are asked to make arrangements with their high school home economics teacher or whoever will be in charge from their local high school.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 18, 1953

Perfect Soufflés Are Easy to Make

URBANA--Soufflé, a French contribution to good eating, is sometimes shunned by the inexperienced cook. It shouldn't be, for anyone can turn out a soufflé that is light and delicious, says Pearl Janssen, foods specialist, University of Illinois Home Economics Department. In these times of plentiful supplies of eggs, try a soufflé tonight as a main dish or as a dessert.

Slow cooking is the most important thing to remember in preparing a good soufflé, Mrs. Janssen says. Have the oven about 350 degrees, and place the dish of soufflé in a pan of water during cooking. Be sure the water in the pan is as high as the mixture in the baking dish. This insures slow, even baking temperature and make for perfect results.

The volume of the soufflé will be greater if you grease only the bottom of the dish, and not the sides. Remember, your soufflé will increase in size during cooking, so don't fill the dish too full. Cook until a paring knife inserted in the center comes out clean. An underdone soufflé will collapse on its way to the table.

Ham and spinach soufflé is a filling one-dish meal. So is tuna or salmon soufflé. Dessert soufflés, either vanilla or chocolate, are sure to win the family's praise and provide valuable protein for a meatless meal.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 19, 1953

Artists Design Fabrics for Home Sewer

URBANA--Foremost American contemporary artists are lavishing their talents on Miss and Mrs. America this year. In the new printed dress fabrics you can find signed originals by many well-known artists.

The designs range all the way from abstract prints to prim Victorian nosegays. There are bold conversational patterns, shadow prints with other-world shapes and small geometrical motifs.

Colors are lovely. They include apricot, lemon yellow, strawberry pink and fire-engine red. There are also muted tones of gray, blue and beige and gay prints on charcoal, black and navy.

Gaily colored lollypops parade on a black background in a crease-resistant cotton print. In another print, white chairs, ice cream cones, and soda pop form a fascinating design reminiscent of the corner drugstore of 20 years ago.

These prints by famous artists all carry the artist's signature on the selvedge of the material. They are protected by fine-arts copyright, so you will find them only in quality fabrics.

Some prints are available in silk and rayon combined with Orlon or nylon, but for the most part these signature prints are used in good quality cotton or cotton combinations.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 20, 1953

Now Is the Time to Freeze Eggs

URBANA--Are your hens working overtime these days and producing more eggs than you need for daily use? If they are, put the extras into the home freezer, advises Dr. Frances VanDuyne, foods research specialist, University of Illinois College of Agriculture.

You can freeze the whole eggs, or you can separate the whites and yolks and then freeze them. Frozen whole eggs and egg yolks will keep for six to eight months. Frozen egg whites will keep for a year. Dr. VanDuyne suggests that you freeze the eggs in recipe-size quantities so that you can defrost them as you need them.

Experiments at the University of Illinois foods laboratory show that frozen whole eggs are satisfactory for use in any recipe that calls for whole eggs. The whites can be used in making angel-food cakes, meringues, cake frostings and soufflés.

Dr. Van Duyne's sheet of directions for freezing eggs is yours for the asking. Send your request to Department of Home Economics, College of Agriculture, University of Illinois, Urbana.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 21, 1953

Egg Pancakes Are Novel and Nutritious

URBANA--Egg pancake is a Sunday morning breakfast treat or a filling one-dish meal for lunch or supper, says Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

To make the pancake, put 1/2 cup milk, 2 eggs, 1/2 teaspoon salt, 1 tablespoon sugar and 1/3 cup sifted all-purpose flour into a bowl in the order given. Beat with a rotary beater until smooth, and pour the mixture into a 10- or 12-inch skillet in which a teaspoon of butter or margarine has been melted. Cook over direct heat until the bottom of the pancake is a delicate brown--about two minutes. Put the pancake into the broiler about three inches from the flame, and cook until it is set and puffy.

Turn the pancake onto a warm plate and spread with butter and seasoned applesauce. Squeeze the juice from a quarter of a lemon onto the sauce. Roll the pancake up like a jelly roll and sprinkle with confectioner's sugar. Serve immediately. This recipe will serve one or two persons.

A famous Chicago restaurant serves egg pancake with lingonberries, a small, sweet member of the cranberry family. Lingonberries are particularly delicious in this dish; but since they are usually imported, they are not always available.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 23, 1953

Cotton Rugs Get a New Look

URBANA--Cotton rugs have come out of the bedroom and can now hold their own in the decorative scheme of any room in the house, says Katherine Weesner, home furnishings specialist, University of Illinois College of Agriculture. Many well-known rug manufacturers are featuring cotton carpeting.

These new cotton rugs differ as much from the old rag and shag rugs as jet propulsion differs from the paddle wheel. The pile of the new rugs is short--about 1/2 to 3/4 of an inch--and may be either cut or looped. In general, the looped finish is more durable and will not break or fray so quickly as the cut.

The fiber has been twisted to give resiliency, a quality that cotton does not ordinarily have. When the yarn is closely woven and the rug has a rubber-based backing, the result is a durable, good-looking floor covering. The rubberized back holds the yarn loops in place and also keeps the rug from slipping.

Colors range from pastel tints to deep tones. There are also a number of variegated and tweed effects. If there are youngsters in your family, or if you plan to use the rug where there is heavy traffic, select a color that won't show the dirt. A dark tone or a mottled or all-over pattern is best.

A cotton rug can be a good decorating investment, Miss Weesner says. Don't think of it as a stop-gap to use until you can afford something better. Select good quality, and your cotton rug will be handsome and serviceable for many years.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 24, 1953

Camouflage Furniture Defects With Slipcovers

URBANA--The right slipcover can do wonders for furniture that is outmoded or unattractive in line or shape, says Mrs. Dorothy Twardock of the home furnishings staff of the University of Illinois.

You can make a chair look larger or smaller, and you can cover up many of the sins of poor design with a carefully tailored, well-made slipcover.

Plain fabric or small all-over prints will decrease the apparent size of a chair or divan. Bright, light or large-patterned prints will increase apparent size.

The shape of a chair can be changed by a little clever padding under the slipcover. You can use cotton or sponge rubber to pad.

If you are inexperienced in making slipcovers, you will be smart to make a muslin pattern before you cut your material. The pattern is good insurance against costly mistakes. Before you cut the fabric, pin, pin and repin, Mrs. Twardock says. Be sure to follow the grain of the cloth in cutting and pinning. Good fit will give your slipcover a professional look.

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Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 25, 1953

Make Your Own White Sauce Mix

URBANA--A new mix that you can make at home can take the lumps and the trouble out of making white sauce, says Anne Fluhr, foods specialist, University of Illinois. You can make a quart of mix at a time and store it in the refrigerator to be used as needed. Use the mix to make thin, medium or thick white sauce.

Here is how you make it: Blend two cups nonfat dry milk solids, 1 cup all-purpose flour and 1 cup (1/2 pound) margarine or butter. Work the mixture with a pastry blender or a fork until it is like fine crumbs. Store in a covered container in the refrigerator.

When you want to make cream sauce, put the mix into a pan and add cold water or other cold liquid and stir. Cook over low heat, with constant stirring, until thickened and smooth. Season and serve.

For thin white sauce, use 1/4 cup mix to 1 cup water; for medium sauce, use 1/2 cup mix to 1 cup water; for thick sauce, use 3/4 cup mix to one cup water. Pack the mix firmly in the cup when measuring.

You can use tomato juice, stock or whole milk instead of water in the sauce. Herbs, sautéd onion, parsley, cheese or hard-cooked eggs can be added for variety and flavor.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 26, 1953

Fresh Fish Is Thrifty Family Fare

URBANA--Fresh fish is frequently a good buy for the thrifty homemaker. Look for these signs of freshness when you buy fish: eyes, bright, clear and bulging; gills, reddish-pink, free of slime; scales, tight to the skin, bright and shiny; flesh, firm and elastic, springing back when pressed and not separating from the bones; odor, fresh.

You will find it also pays to understand the many ways in which fish is sold. Most dealers market fish in the following ways: whole, just as it comes from the water; drawn, with internal organs removed; dressed, with internal organs, head, tail, fins and scales removed; steaks, cross-section slices of large dressed fish; fillets, meaty sides of fish with bones and sometimes skin removed.

Whole fish may be cheaper than fillets or steaks. But, remember, the whole fish will have a considerable amount of waste.

This information and more valuable advice on selecting and preparing foods is included in a USDA booklet, Family Fare. You may get the booklet by writing to the Department of Home Economics, University of Illinois, Urbana, Illinois.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 27, 1953

Fancy Dresses Call for Quiet Accessories

URBANA--Look yourself over before you leave your house. See if you are overdecorated.

"When in doubt, be conservative," advises Myra Baker, fashion and textiles specialist, University of Illinois College of Agriculture.

Miss Baker calls attention to the fact that many of the season's suits and dresses are highlighted with touches of gold and jewels. With one of these garments, the best accessories are simple in line and have little or no added decoration.

Abstract, geometrical and fanciful prints are prominent in the fashion picture too. Here again let the emphasis of your ensemble be on the design in the dress. You can ruin the effect of a lovely print dress by wearing it with a flowered or fussy hat, gay gloves or an ornate bag.

When a fancy suit or dress competes with eye—catching accessories for attention, both the dress and the accessories lose their appeal. Save your ornate jewelry for your simple basic dresses, advises, Miss Baker.

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3/23/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 28, 1953

Egg Law Boon to Homemakers

URBANA--Few Illinois homemakers realize how much they benefit from the state egg grading law, says James Roush, of the agricultural economics department, University of Illinois.

Before this law went into effect, eggs were sold under a variety of terms, including "fresh," "selected," "strictly fresh," and many others. The homemaker had no way of knowing just what these terms meant and no assurance of quality in the eggs she bought. Eggs sold in a box marked "Selected" might be grade A, B or C. So long as the eggs were edible, the buyer had no recourse.

Since the grading law was passed, however, all eggs sold at retail must be candled and must be edible. Grades indicating quality must be stamped on the box. Ungraded eggs must be so marked.

AA or A grade eggs should be top quality. Such eggs are suitable for all cooking and eating purposes. They are especially recommended for use where flavor and appearance are important.

Grade B eggs can be used for baking and cooking.

Grade C eggs are seldom sold in retail stores.

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FOR RELEASE SATURDAY, MARCH 28, 1953

Egg Law - add 1

Eggs marked "Ungraded" may be of any quality from AA to C grade. The purchaser has no way of knowing the quality of "Ungraded" eggs.

The egg grading law is another of the many steps being taken to standardize food quality and to help the homemaker get her money's worth from her food dollar.

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Ammonia Will Loosen Stains in Oven

URBANA--To remove stubborn stains from the oven, rub them with household ammonia and leave a cloth saturated with ammonia in the oven for several hours or overnight. Then wash the oven with warm, soapy water, rinse and dry. This method is recommended by Catherine M. Sullivan, home management specialist, University of Illinois.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 30, 1953

Suit Must Fit to Look Smart

URBANA--Be fussy about fit in selecting a suit, says Edna Gray, clothing specialist, University of Illinois College of Agriculture. Before you pay your money for a new suit, there are several points to note.

First look at the shoulders. If the suit doesn't fit through the shoulders and at the neck line, look around for another garment, Miss Gray says. It is almost impossible to alter a suit at the shoulder line without spoiling the tailoring and the style.

Alterations at the waist offer fewer difficulties. If the seams need to be let out, be sure that there is adequate material and that the seams or darts have not been slashed at the waistline.

Note whether stitching marks will show when the seam lines are changed. Look to see whether the seams have been pressed on the inside so that shiny marks will show when the garment is altered. Don't hesitate to ask the clerk to rip the lining a bit at the bottom of the jacket so that you can look at the inside.

If the jacket needs to be taken in rather than let out at the waist, the task will be less complicated. It is important to

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note, however, whether changing the seams and darts will alter the basic lines of the garment.

Unless the suit skirt is complicated in design, it can usually be altered satisfactorily. Here, again, check the seams for material, seam marks and shine. Pay attention to the lines of the seams and the design of the skirt. Alterations sometimes throw a pocket out of line or change the position of a seam. These changes may ruin the coordinated look of the suit.

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Metal Saucepans Sensitive to Temperature Changes

URBANA--You're apt to warp your frying pan if you pour cold water into it when it is hot. University of Illinois home management specialists say it is good practice to wipe out any grease with absorbent paper after you remove the food and then soak the pan in hot water instead of cold. Quick changes in temperature tend to warp any metal

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 31, 1953

Select Slipcover Material With Care

URBANA--There is nothing like a new slipcover to give your winter-tired living room a look of springtime freshness, says Mrs. Dorothy Twardock, home furnishings staff, University of Illinois College of Agriculture.

If you plan to make new slipcovers this spring,be careful to select the right fabric. Body firmness, washability and colorfastness are the important things to look for in selecting slipcover material.

To have body, the fabric must be firmly woven with threads of equal strength in both the lengthwise and the crosswise weave. Firm fabrics tailor better than flimsy ones and show less tendency to slip and get out of place on the furniture.

Slipcover fabric must be washable if it is to be of practical use. This, of course, means that colors must be fast to both water and sunshine.

The material must also be fully shrunk either by the manufacturer or by you.

Firmly woven cotton, Mrs. Twardock says, is a satisfactory slipcover material. Sailcloth, denim, cotton gabardine and ribbed cotton are all suitable materials. Corduroy is long wearing but has a tendency to catch and hold lint and dust.

Nubby, rough-textured fabrics are popular among decorators this season. If you have your eye on this type of material, be sure there are no loopy threads (float threads they are called in the trade) that will catch and pull out.

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3/27/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 1, 1953

Herb Jelly Can Be Made Now

URBANA--Herb jellies are a spicy addition to the meat course of a meal. The jellies can be made easily right now when your supply of homemade condiments is probably running low, says Mary Vick, foods specialist, University of Illinois College of Agriculture.

Use fresh, canned or frozen fruit juice. Grapefruit, grape, lemon, orange or apple juice or apple cider is suitable. You will need to use pectin, either the liquid or the powdered variety. Follow the cooking directions that come with the pectin, and simply add the herbs.

Wash the leaves and stems of the herbs, and mash them thoroughly in the jelly kettle before adding the sugar and fruit juice.

Miss Vick suggeststhat you use about two tablespoons of herbs to a recipe calling for half a bottle of pectin. When the jelly is made, you can pour the liquid through a fine cheesecloth if you object to the bits of herbs in the finished product.

You may want to add vegetable coloring to give an appetizing appearance to the jelly. Add the coloring a little at a time just before you add the pectin to the sugar and fruit juice mixture.

Here are a few suggestions for flavorful herb and fruit jelly combinations: savory with grapefruit juice, marjoram with lemon juice, sage with cider, thyme with grapejuice, rosemary with orange and lemon juice combined,and parsley with lemon juice.

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3/27/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 2, 1953

Embossed Cottons Require Special Care

URBANA--Summer cottons with an embossed or raised design call for special care in laundering. Ordinary washing and ironing can smooth out the fabric and remove the embossing. Once removed, the embossed texture can never be restored.

Edna Gray, clothing specialist, University of Illinois College of Agriculture, tells us most manufacturers recommend hand-washing embossed cottons in warm water and then hanging them to drip dry. Don't wring or squeeze the wet garment because you may make wrinkles that won't come out.

You will need to do little or no pressing if you handle embossed cottons carefully in washing. If you feel you must press, wait until the garment is dry; then use a warm iron and press lightly. Press with an up-and-down motion rather than a back-and-forth one.

Experiment with some scraps of material, or try the iron on the back of a pocket or a seam edge before you press the whole garment. As Miss Gray points out, this may save you costly mistakes.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 3, 1953

Care Insures Long Life For Brushes

URBANA--Take care of your paint brushes, and they will reward you with many years of service, says Catherine M. Sullivan, University of Illinois College of Agriculture.

Cleanliness is the first rule of care. If you put a paint brush away full of paint, or only partly cleaned, you can expect it to have broken bristles and to lose its shape.

When you use oil paint, varnish or enamel, clean the brush with paint thinner. If you pour the thinner into a bottle after you finish cleaning the brushes, the paint will settle and you can use the thinner again.

The thinner will remove most of the paint from the brush. Then wash it thoroughly in soap and warm water. Get the soapsuds well into the base of the brush. Rinse it well and repeat the sudsing process until all the paint color has been washed away. Lay the brush flat to dry. Wrap it in paper to keep the bristles clean and in shape. Store the brush flat or suspended on a rack.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 4, 1953

X-Ray Helps to Eradicate TB

URBANA--Health authorities are looking forward confidently to the day when tuberculosis will be as rare as smallpox in this country. This day will come, says the Illinois State Medical association, if each community will make a concerted effort to search out persons who are harboring the disease.

A chest X-ray is one method of finding unknown cases, and it is an important means of early diagnosis. Take advantage of the mobile X-ray unit when it comes to your community, advises Pauline Brimhall, health specialist, University of Illinois College of Agriculture. A chest X-ray frequently reveals infection in persons who are unaware that they have tuberculosis. The X-ray, moreover, often uncovers other unsuspected heart or lung conditions.

Because of the heavy incidence of tuberculosis in adolescents and young adults, emphasis on treatment and case-finding has been stressed in this age group. Now, however, equal stress is being placed on chest X-rays for persons in their fifties, sixties, seventies and eighties.

Now that the cause and cure for tuberculosis are known, it is possible to eradicate this disease completely, Miss Brimhall says.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 6, 1953

Overnight Care of Paint Brushes

URBANA--When it takes more than a day to finish a paint job, leave your brushes in good condition at night. Here are some suggestions from home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

When you've finished for the day, work the excess paint out of the brush onto a board or newspaper. After that, hang the brush in a "keeping liquid" with the bristles well away from the bottom of the pot. One way to do it is to drill a hole through the handle so that you can hang the brush on a stiff wire laid across the upper edge of the pot containing the liquid.

You won't want to use the same type of keeping liquid for all your brushes. The best liquid for brushes used in oil paint is a mixture of two parts raw linseed oil to one part good-quality thinner. Plain thinner or turpentine is often used, but is not so good for brushes made of hair, because it takes the natural oil out of the bristles. Rinse the brush in thinner before you use it again.

Use turpentine or a mixture of equal parts varnish and turpentine for brushes you've used in varnish or enamel.

Wash shellac brushes in denatured alcohol. It's not serious if a shellac brush becomes a bit stiff, for it will soften when you dip it into fresh shellac. If a brush is used in water paint, you can wash it out in warm water and hang it to dry with the bristles pointed downward.

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4/1/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 7, 1953

Traveling Tips For Happy Journeys

URBANA--Are you planning to travel with your preschool-aged youngster? Don't fence him in if you want a happy trip, says Margueritte Briggs, child development specialist, University of Illinois College of Agriculture. A child hates being confined in small quarters; if at all possible, give him room to stand up and move, to twist and wiggle.

Squirming space is sometimes hard to provide if you must travel by train or bus. A few advance preparations, however, can help keep the small child from getting restless on a long journey.

Plan to take a crib-sized blanket. Fold it to make a cushion to boost the youngster so that he can see out the window. Tuck the blanket under his head or cover him with it when he wants to take a nap. A favorite plaything, a new toy, a book, paper and color crayons will help to while away the time when the scenery get boring. A between-meal snack is also a pleasant diversion. Take a thermos bottle of milk or fruit juice, a few crackers or an apple.

Once you are on your way, be sure the youngster is comfortable. Most public conveyances are heated, so take off the child's

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snowsuit or coat and hat. Whenever the train or bus stops, take him for a walk outside. A breath of fresh air and a few minutes' exercise will help him blow off steam.

A youngster two years old or over can be prepared ahead of time for a journey. Let him play train or bus at home, and take time to explain the behavior that is expected of him when he travels.

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Fresh Asparagus Now In Season

URBANA--Springtime is asparagus time. Enjoy this seasonal vegetable often. In selecting asparagus, choose stalks with very little white showing. The stalks should be tender and firm,and tips should be close and compact. Use asparagus as soon as possible after it is picked--it toughens rapidly.

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4/3/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 8, 1953

Peanut Butter For Novel Sandwich Spreads

URBANA--Lunch-box lag sets in about this time of year in many families, and Mother may have just about run out of tasty sandwich ideas. Peanut butter to the rescue, suggests Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Most children like peanut butter, and since it is in abundant supply right now, why not try some new tricks with this old favorite?

Whether you pack a lunch or prepare sandwich snacks for home consumption, you may welcome some of these novel peanut butter combinations:

One half cup peanut butter and one half cup chili sauce.

One half cup chopped celery, one fourth cup diced canned pimiento and one half cup peanut butter.

One half cup peanut butter, one cup grated raw carrot, two tablespoons mayonnaise.

One fourth cup deviled ham, one fourth cup chopped sweet pickle, two tablespoons mayonnaise, one half cup peanut butter.

One half cup peanut butter, one half cup pitted dates.

Three fourths cup peanut butter, one half cup pickle relish.

One half cup peanut butter, one fourth cup crumbled crisp bacon, one tablespoon mayonnaise.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 9, 1953

Use Two Press Cloths for Wool

URBANA--Use two press cloths when ironing wool, and press the garment on the wrong side if you would avoid shine, recommends clothing specialist Fern Carl, University of Illinois College of Agriculture.

The cloth placed next to the garment should be a dry one. Use a heavy cotton or wool. Over the dry cloth goes a dampened, light-weight cotton one. The damp cloth should be first dipped in water and then wrung out as dry as possible.

Use an up-and-down motion with the iron rather than a back-and-forth one. Lift and place rather than push and glide. Press with a light touch. Stop pressing before the fabric is completely dry; and when the garment has dried, brush it lightly.

Improper pressing will cause your woolens to shine just as they do from hard wear. One way to treat stubborn shiny spots is to dampen the top press cloth in a cup of water to which you've added one teaspoon of household ammonia. This will often completely remove shine caused by poor pressing, and it tends temporarily to remove the shine caused by wear.

Press your woolens on a soft, well-padded ironing board rather than a hard, "boardy" one, says Miss Carl.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 10, 1953

Slip Your Shoes Off to Rest Your Feet

URBANA--How would you feel if you were caged in a tight-fitting leather suit all day and couldn't stretch or breathe? That is what happens to your feet when you keep them in shoes from morning 'til night. Feet have muscles that need exercise just as the other muscles in your body do, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Slip your shoes off whenever you get a chance, put your feet up and wiggle, stretch and twist them. Miss Brimhall advises.

Miss Brimhall suggests the following rules for foot health and comfort:

Wash your feet frequently--at least once a day. Dry them thoroughly.

Change your shoes and stockings often. If possible, never wear the same shoes two days in a row. Change socks or stockings daily.

Be sure shoes and stockings fit properly. Both should be $\frac{1}{2}$ to $\frac{3}{4}$ inch longer than your foot.

Cultivate good posture; give your feet proper support in well-fitted shoes.

Cut your toenails straight across--never shorter than the flesh.

Don't practice bathroom surgery. If you have corns or calluses that need cutting, see a doctor.

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Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 11, 1953

Ground Beef--How to Buy and Store

URBANA--The ground beef you find at the store may vary a great deal in quality. Here are some reminders to help you make your selection. They come from food specialist Glenna Lamkin, University of Illinois College of Agriculture.

You can expect freshly ground beef to have a bright red color. Good quality ground beef should contain some fat, though too much in the mixture will cook out and be wasteful.

When you buy the ground ready-to-use beef, it will vary not only in quality, but also in proportion of fat to lean. Sometimes it will be labeled to indicate the cut of meat used, such as "ground chuck." When it is not labeled, ask your dealer what kind of meat you are getting.

If you wish to have beef ground to order, the most commonly used meats are round steak, shoulder (chuck), flank, sirloin tip and neck meat. If the meat is lean, have two ounces of suet ground with each pound of meat.

Frozen ground beef patties should be kept frozen until ready to cook or else thawed in the refrigerator just before cooking. It is not wise to hold ground beef longer than one day in the refrigerator unless it is frozen. Store it, loosely covered, in the coldest part.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 13, 1953

Freeze Asparagus at Seasonal Peak

URBANA--Asparagus will soon be popping up in the home vegetable garden. If you are planning to put some packages of asparagus in your home freezer, plan to process it when the stalks are at their tender best, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Sort the stalks according to thickness, and wash them thoroughly. Cut or break off and discard the tough parts. Leave the spears in lengths to fit your freezer package, or cut them into two-inch lengths.

Blanch the asparagus in boiling water. Blanching time will depend on the thickness of the stalks--two minutes for the small stalks, three minutes for the medium-sized ones and four minutes for the large ones. Cool promptly in cold water and drain.

Pack into containers, leaving no head space. When packing asparagus spears, alternate tips and stem ends. If you use containers that are wider at the top than at the bottom, pack with the tips down. Seal and freeze.

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4/8/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 14, 1953

Food Labels Tell the Truth--Read Them

URBANA--Smart shoppers look at labels. This is especially true of the homemaker who buys packaged or canned goods, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

You can depend on food labels to tell the truth. The Federal Food, Drug, and Cosmetic act has seen to that.

By law, the label must be easy to read and must give the common or usual name of the food. That is not all the information the label gives, however, for it must also state the amount of the contents in pounds or in dry or liquid measure, the variety of the food, the style of pack, whether or not an artificial coloring or preservative has been used, and whether the contents are genuine or an imitation or synthetic.

When packages or cans contain more than one ingredient, these ingredients must be listed in the order of their predominance. For example, a can labeled chicken and noodles contains more chicken than noodles; a can labeled noodles and chicken contains more noodles than chicken.

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Labels Tell the Truth - add 1

When federal standards for ingredients of a product have been established, the manufacturer is not required to list these ingredients in order of their predominance. For example, mayonnaise and salad dressing have established federal standards, and the ingredients of these two products do not have to be listed on the label.

Many food processors go beyond the legal requirements and give the purchaser further pertinent information, such as the number of slices, cups or servings, the directions for use, the vitamin content and details of quality and processing.

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Plan Your Beef Purchases

URBANA--Now that beef is plentiful, you can afford to have it on your family menus often. Study the local markets and patronize those handling the kind of meat that fits your budget, suggests the Bureau of Home Economics of the United States Department of Agriculture.

Homemakers who plan meals well ahead of time can take advantage of the advertised meat "specials." It is good economy--you save time and fuel--to cook a larger piece of meat than is needed for one meal. Your family will enjoy it sliced cold, and every left-over tidbit can be quickly turned into a tasty dish, hot or cold.

To cut down on fuel costs, select cuts of beef that you can cook on top of the stove unless, of course, you will be using your oven anyway.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 15, 1953

Make Your Own Gingerbread Mix

URBANA--Gingerbread in a jiffy? It is easy and inexpensive when you make your own gingerbread mix and keep it stored on your pantry shelf.

Geraldine Acker, food specialist, University of Illinois College of Agriculture, tells you how:

8 cups sifted all-purpose flour.
1 tablespoon double-acting baking powder
1 1/2 tablespoons soda
1 1/2 tablespoons ginger
1 tablespoon cinnamon
2 teaspoons salt
2 cups sugar
2 cups fat

Sift dry ingredients. Cut in fat until mixture is like cornmeal. Store the mix in a covered container. Yield, four 7 x 11 inch gingerbreads.

For plain gingerbread beat together 1/3 cup molasses, 1/3 cup buttermilk and 1 egg. Add two cups of the mix and beat until smooth. Turn into a greased 7 x 11 or 8 x 8 inch pan, and bake at 375 degrees F. for 40 to 50 minutes or until the cake springs back when touched lightly.

If you don't have buttermilk on hand, substitute 1/3 cup of sweet milk to which 1 teaspoon of vinegar has been added.

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4/10/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 16,1953

Asparagus Is Plentiful In Midwest

URBANA--Lots of asparagus at moderate prices. That is the word from the wholesale fruit and vegetable markets this week. Asparagus is coming in from Georgia and California now, and local supplies will follow shortly.

In selecting asparagus, look for stalks that are firm, plump and straight, says W. F. Lomasney, vegetable marketing specialist, University of Illinois College of Agriculture. Crooked stalks come from weak plants, and the flavor and quality will not be the best.

The tip of the stalk is a key to quality. It should be compact and dark green. If the tip has started to open, the asparagus is either too mature for good eating, or it has been badly handled. Overmaturity makes for toughness; bad handling makes for poor flavor.

Use asparagus as soon as possible after you buy it. It loses flavor and quality rapidly. If you must hold it for a few hours, remove the elastic band or string that holds the bunch together and store the asparagus in the refrigerator.

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4/13/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 17, 1953

Beef Is Abundant

URBANA--Beef prices are staying down, and budget-minded homemakers find that they can include more beef in their weekly menus than they could a few months ago.

Look to the inexpensive cuts of beef if you are interested in providing plenty of nourishment and taste appeal at a modest cost, says the United States Department of Agriculture.

Such cuts as rump, chuck, plate, flank and shank are in the low-priced group. Moist heat--braising, stewing or pressure cooking--is best for these cuts.

Pot roast of beef is an easy-to-prepare dish. Select a piece of beef large enough for two meals, for pot roast has many second-day possibilities.

Brown the pot roast over a high heat, using enough fat to give the meat a golden crust. When the roast is browned, you can finish the cooking in a covered pan in a moderate (350 degree) oven. Or you can add a small amount of liquid--water, soup stock or tomato juice--and cook the meat on the top of the stove. Plan on about three hours of cooking time. Slow cooking makes the meat tender. If you use a pressure cooker, the meat will cook in about an hour and a half.

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Homemaking Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 18, 1953

Use Left-Over Beef in Tasty Dishes

URBANA--The lady with a light touch with left-overs endears herself to her family and is kind to her food budget as well. Now that beef is in abundant supply, homemakers have a chance to experiment with the left-overs from the Sunday roast.

Ann Fluhr, foods specialist, University of Illinois College of Agriculture, suggests that you try beef-potato puff or beef stuffed potatoes.

To make beef-potato puff, cook two tablespoons each of chopped onion and parsley for a few minutes in two tablespoons of fat. Mix this thoroughly with three cups of ground cooked beef, three cups of mashed potatoes and one cup of milk. Season with salt and pepper. Add three beaten egg yolks and fold in three beaten egg whites. Pile this mixture lightly into a baking dish, greased on the bottom only. Cook in a moderate oven (350°) for about one hour, or until the center is set and the top is lightly browned. Serve with tomato sauce. This will serve about six persons.

Stuffed baked potatoes are easy to prepare and are a special favorite with the youngsters. Select large, smooth baking

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Use Left-Over Beef in Tasty Dishes - add 1

potatoes and bake them as usual. When they are cooked, split them lengthwise and remove the potato from the skin. Mash the potato with butter and seasoning, and mix with it an equal amount of cooked ground or chopped beef. Pile the mixture back into the potato skins and dot the top with butter or margarine or sprinkle with grated cheese. Place the stuffed potatoes under the broiler. Brown and serve.

Left-over ham, lamb or veal may be substituted for the beef in these recipes.

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4/15/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 20, 1953

Select Simple Style for New Fabric

URBANA--Orlon and cotton chambray, a newcomer to the fabric field this season, presents many problems to the home sewer, according to studies being conducted at the University of Illinois.

Choose a simple pattern if you plan to make a dress or blouse of this fabric, advises Mrs. Alice Coleman, clothing specialist who has been experimenting with the material. The sleeves should be plain; the bodice should have darts rather than gathers to give contour and fullness; the skirt should have few seams and few or no gathers.

Don't choose a pattern with slashed pockets, bound buttonholes or complicated tailoring. Finish all seams on the inside. Cut the selvedge from the material before you cut out the pattern. The selvedge has a tendency to ripple.

In Orlon and cotton chambray, the Orlon threads run lengthwise of the material and the cotton threads run crosswise. Because the Orlon fiber is tough and smooth, the cotton threads tend to slip. This causes fraying and pulling at the seams.

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Select Simple Style for New Fabric - add 1

The Orlon fibers give the fabric a crisp, stiff body and a shiny look. The stiffness makes it unsuitable for draping or gathering; the shininess makes it unbecoming to the woman with a full figure.

Mrs. Coleman and Florence King, both faculty members of the textile division of the University, have made and are wearing dresses of this fabric to make day-by-day wearability tests. They have found that the material wrinkles and that the wrinkles do not hang out overnight. Aside from the tendency of the cotton threads to slip on the Orlon threads, the material seems durable. It is easy to wash, but has to be ironed while damp or ironed with a steam iron. It stiffens under steam but regains its original body as it dries.

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4/15/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 21, 1953

Hospitality Day--University of Illinois--April 25

URBANA--Questions about college life and the University will be answered for high school junior and senior girls who attend Hospitality Day at the University of Illinois on April 25.

Members of the home economics student council at the University have planned the day's "get-acquainted" program. They want to let prospective students know about the opportunities in home economics, introduce them to people they'll want to meet, and help to answer their questions on what to expect of college.

Dr. Janice M. Smith, head of the home economics department, will welcome the young women at the morning session and tell them of the many phases of home economics they can study at the University of Illinois.

Another feature of the morning session will be a talk by Miss Agnes Tandberg, dean of freshman girls. She will tell about the privileges and responsibilities of young women studying at the University.

Representatives of student organizations will explain the role of their groups in University activities. These students will

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FOR RELEASE TUESDAY, APRIL 21, 1953

Hospitality Day - add 1

include Velma Riley, Griggsville, Illinois, vice president of Woman's Group System; Carolyn Cramer, Yale, president of Panhellenic Council; Barbara Murphy, Carthage, president of the Home Economics Student Council; and Betty Johnson, Maroa, vice president of the Home Economics Club.

The high school guests will tour laboratories, classrooms, the home management house and the Illini Union Building. A luncheon will be prepared and served by senior students in the newly remodeled cafeteria in Bevier Hall.

At the style show and tea in the afternoon, the girls will be given tips on planning their college wardrobes. University coeds will model the kinds of clothes they wear to many college activities.

This is the home economics department's fourth Hospitality Day at Illinois. Last year the department entertained 175 guests from 52 high schools on that day.

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Onions Are Best Buys

URBANA--Onions--cheap and plentiful--are among the best buys of the week, says the U. S. Department of Agriculture. Use onions as a main vegetable; don't confine their use to flavoring for other dishes.

Try stuffed baked onions, scalloped onions or French-fried onions. French onion soup, toasted French bread and a salad make a delicious meal. Your family will find this combination a tasty change from routine meat and potato menus.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 22, 1953

Consider Traffic in Selecting Rugs

URBANA--The traffic problem is as important to the homemaker who is planning to buy a new floor covering as it is to the traffic cop on the streets of downtown Chicago.

In selecting a floor covering, be guided by the needs and activities of your own family, and not by the decorating mode of the moment. This advice comes from Kathryn Weesner, home furnishings specialist, University of Illinois College of Agriculture.

Analyze your room arrangement, noting the places that get the heaviest floor wear. Plastic or rubber tile, decorative inlaid linoleum or scatter rugs may be a good choice for those areas.

Houses that have a combination living-dining room offer a problem in floor covering. The dining area gets spots and spills, especially if there are young children in the family. The floor covering there should be easy to clean. You may find it practical to leave the floor in this area bare and use a large rug to give warmth to the living area.

For the active family, room-sized rugs that can be turned about to equalize wear are often a more practical choice than nailed-down carpeting.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 23, 1953

300 to Attend Hospitality Day at University of Illinois

URBANA--More than 300 guests from 56 Illinois communities have accepted an invitation to visit the University of Illinois home economics department on Saturday, April 25.

Junior and senior high school girls and advisers throughout the state have been invited to the annual Hospitality Day sponsored by the Home Economics Student Council at the University. Tours and laboratory demonstrations, a luncheon, tea and style show are on the program for the day. The council hopes to acquaint high school students with the campus and to introduce them to the various programs in home economics.

Barbara Murphy, Carthage, Illinois, president of the council, says the tours that are planned will require a considerable amount of walking, and she hopes visitors will wear comfortable walking shoes. Regular school clothes are in order.

Guests who have toured the department before will recognize the changes in the cafeteria, where luncheon will be served by seniors majoring in restaurant management. The recent changes have resulted in time-saving advantages for students who work on counter preparation.

This is the home economics department's fourth Hospitality Day at Illinois. The first year senior girls from high schools within a 50-mile radius of the University were invited. Last year, like this year, invitations were sent to junior and senior girls from all high schools in the state.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 24, 1953

Use Your Washer for a Dye Pot

URBANA--You can give new color and life to faded or drab-looking bedspreads, draperies and slipcovers the dye-pot way, says Edna Gray, University of Illinois specialist in clothing and textiles. The agitating action of your washer will dye the material evenly, without streaking or spotting. Because cotton fabrics dye at temperatures below the boiling point, they are particularly adaptable to washing-machine dyeing.

But don't try to dye fabrics navy blue or black in the washer, Miss Gray warns. Those dark colors require simmering to insure strong, even tones.

For washing machine dyeing, use the hottest water available. The article that is to be dyed should be clean and wet. Shake out folds and creases before putting the material into the dye bath.

The time of agitation depends on the depth of color you want. Time may vary from 10 to 30 minutes. Look at the material from time to time to check for color. Remember, dyed articles are several shades lighter when dry than when wet.

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Use Your Washer for a Dye Pot - add 1

When the fabric has taken on the desired color, rinse it thoroughly until the rinse water runs clear. If you have a washing machine with spin-drying action, allow the fabric to spin to the damp-dry stage. Never put dyed articles through the wringer; it causes streaking. In lieu of spin drying, roll the dyed article in a clean cloth or towel before you hang it on the line.

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Rhubarb Plentiful

URBANA--Rhubarb supplies are plentiful in local markets now, for outdoor-grown rhubarb is appearing now to supplement shipments from midwest hothouses. So says the U. S. Department of Agriculture in its weekly market report.

This versatile vegetable lends itself to a variety of dishes besides rhubarb pie and rhubarb sauce. Treat your family to rhubarb brown betty. Use the recipe for apple betty and substitute stewed rhubarb for the apples. You may need to add a little extra sugar if the rhubarb is tart.

Two cups of diced rhubarb can be added to tapioca pudding. Make the pudding as usual and cook it until the tapioca is clear. Add the diced rhubarb and continue cooking until the rhubarb is tender. Serve the pudding hot or cold with plain or whipped cream.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 25, 1953

Quick and Easy Reducing Diets Are Dangerous

URBANA--Do you need to lose that spare tire from your waistline before the bathing-suit season begins? If you need to reduce, make it slow and steady, says Pauline Brimhall, health specialist, University of Illinois.

Reducing under a doctor's guidance is the safe way, Miss Brimhall says. Your doctor will tell you that a pound or two a week is plenty to lose. Quick and easy diets just aren't safe and sane.

To cut down on your calorie intake without starving your body of its other needs, follow these simple rules, Miss Brimhall says:

Eat three meals a day--don't skip breakfast. Don't be tempted by between-meal snacks.

Avoid high-calorie foods--fats, fried foods, salad oil, gravies and rich sauces, nuts, pastries, cakes, rich desserts, candies, jellies and jams. Eat small-sized servings of bread and cereal each day.

Don't skimp on fruits and vegetables. Eat a variety--yes, potatoes too. Take your fruits and vegetables straight--no cream sauce or fat--no sugar and cream. Eat protein-rich foods, lean meat, eggs and fat-free milk.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 27, 1953

Picture Window Should Frame a View

URBANA--A light burning in the window may have been a good theme for a gay-nineties ballad, but it is a poor theme for home decoration if your window is a picture window.

A picture window should do just what its name implies--frame a picture. "Whoever heard of sticking a lamp in the middle of a beautiful picture?" asks Kathryn Weesner, home furnishings specialist, University of Illinois College of Agriculture. A lamp in front of a picture window is a trite arrangement, Miss Weesner says.

A picture window is usually the focal point of interest for the whole room, so a smart decorator centers attention on the window and lets nothing distract attention from it.

If you must use the window area for furniture, use a low table that won't cut the view, and use lightweight, open-backed chairs that give a feeling of space. If you need a reading light near the window section of the room, put the lamp at the side of the window, not smack in the middle of it.

Arrange heavy pieces of furniture, such as the divan and large chairs, on the side of the room opposite your picture window. This arrangement will help to give your room balance.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 28, 1953

May-Day Giving Can Be Inexpensive and Joyful

Go "a-Maying" with your child on Friday, the first day of May. It's a good way to have fun and to let him learn the joy of making others happy, says Helen Marshall, child development specialist, University of Illinois College of Agriculture.

Tradition requires that May baskets be filled with flowers, though popcorn or tiny candies are sometimes used. When possible, the baskets are hung on a friend's doorknob at the break of dawn. The giver scurries away without letting his friend see who left the gift.

This is giving at its best, says Miss Marshall. Habits of thoughtfulness and generosity more quickly become part of a person when there is no expectation of reward or thanks.

Children can make May baskets out of paper cups or boxes, using gay crepe paper and ribbon as trimmings. A paper cornucopia with a loop of string or yarn at the top is a simple-to-make May basket.

If you are new in a community,or if your child has just reached the age where he can enjoy the happy May-day custom, check with other mothers in the neighborhood to find out what the local customs are.

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4/24/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 29, 1953

Beef Production Up 60 Percent

URBANA--Beef is the number one bargain in red meat, says the United States Department of Agriculture. About 178 million pounds were processed under federal inspection last week. That's sixty percent more than for the same week last year.

By consuming more beef, Americans are showing that they find plentiful supplies mighty welcome. Although production is heavier than it was last year, less beef is going into cold storage.

Most homemakers have little difficulty in finding a variety of ways to serve beef. The less expensive cuts, such as chuck, flank, short ribs, and plate, make appetizing budget dishes.

Swiss steak, stuffed flank steak, ragout of beef, braised short ribs, beef pie and beef stew with dumplings are all hearty main-dish treats.

And don't overlook beef heart and kidney. Both offer a chance for pleasing variations in your dinner menus.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE IMMEDIATELY

Iigh Schoolers View the Future at Hospitality Day

URBANA--"We have a design on you," smilingly punned Dr. Janice M. Smith, as she welcomed 300 high school girls to Hospitality Day at the University of Illinois Saturday, April 25. Dr. Smith, head of the home economics department, is adviser for the Home Economics Student Council who sponsored Hospitality Day. Junior and senior girls from all high schools in the state were invited.

The day's program was planned with the thought that the girls who were on hand are future Illini. "There are many ways in which you can design your future," Dr. Smith told the girls. "The way your design comes out depends upon you...your personality and your aspiration."

A girl with her sights on a future in home economics can get her major training in her choice of eleven options, or areas, if she attends the University of Illinois. Her career after she is graduated may be in the ever-expanding fields of product development, consumer education and food services or in the well-established fields of high school, college and adult teaching, Dr. Smith said.

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Limited finances should not discourage a girl who wishes to attend the University. Many students take advantage of scholarships, part-time work and special loan funds. Those interested in scholarships should ask about them at once at the office of their county superintendent of schools or write to Dr. Janice M. Smith, head of the home economics department, University of Illinois, Urbana.

During their visit on campus the high school girls toured classrooms, laboratories, the home management house and the Illini Union building. Luncheon was served by college students in the home economics cafeteria. "Clothes That Go to College," was the theme of a student style show in the afternoon.

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4/27/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 30, 1953

Dye and Match Odd Hose to Save Pennies

URBANA--Whoops! Got a run in your stocking?

Don't throw away that odd one. says Mrs. Alice Coleman, clothing and textile specialist, University of Illinois College of Agriculture. Save your odd nylons, Mrs. Coleman suggests, until you have a dozen or so. Then dye them and match them.

Here is how you do it: First use a color remover--follow the directions on the package. Don't be alarmed if the stockings turn yellow, green or orange. They will eventually become colorless. Any commercial dye that is suitable for nylon can be used for dyeing stockings. Select a neutral or beige tone and proceed according to the directions. You will find that most dye manufacturers recommend that you simmer the stockings in the dye bath for about an hour. Stockings dyed in this way hold their color through numerous washings. And the dyeing doesn't seem to lessen the strength of the fibers.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 1, 1953

Protect Your Child Against Preventable Diseases

URBANA--Be wise, immunize. This advice comes from Pauline Brimhall, health specialist, University of Illinois College of Agriculture. Many communities in Illinois are ripe for serious outbreaks of communicable diseases, such as smallpox, diphtheria and whooping cough, Miss Brimhall warns.

The State Department of Health recently conducted a survey to check the number of children who have been immunized against preventable diseases. In 42 of the communities surveyed, less than 50 percent of the children had been vaccinated against smallpox and diphtheria. A single case of either disease in such areas could lead to a serious outbreak.

Because only 14 cases of diphtheria and no cases of smallpox were reported in the state last year, many parents feel that immunization against these diseases is not vital to their children's health. Such a premise is false and dangerous, Miss Brimhall says.

Children can be kept safe from diphtheria, smallpox, whooping cough and tetanus infection by immunization. If your child has not had this protection, see your doctor at once. If the child was immunized in infancy, he may need booster shots. To be safe and sure, check with your doctor.

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EJ:mi
4/27/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 2, 1953

True and False Fancies About Calories

URBANA--Know the true facts about calories if you are planing to go on a reducing diet, says Dr. Mary Fuqua, foods and nutrition specialist, University of Illinois College of Agriculture. If you think you need to lose more than a few pounds, consult your doctor and let him recommend a diet specifically for you.

When you count calories, get an authoritative list of foods and their calorie content. Don't be guided by what uninformed persons tell you.

Here are a few fallacies about calorie count that have come to Dr. Fuqua's attention recently:

Margarine is not so fattening as butter. False. A tablespoon of butter and a tablespoon of margarine each furnish about 100 calories.

Frozen desserts are not so fattening as ice cream. False. The calorie count is about the same.

Toast is not so fattening as plain bread. False. There is nothing about toasting that lowers the number of calories in bread.

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Salad dressing is not so fattening as mayonnaise. True. Commercial boiled salad dressing has about 58 calories to the tablespoon; mayonnaise has 92. The oil in the mayonnaise makes the difference.

The booklet, "Safe and Sane Weight Reduction," gives accurate calorie charts and helpful hints for a balanced reducing diet. Write Home Economics Extension, University of Illinois, Urbana, for a free copy.

EJ:mi -30-

Plentiful Beef and Raisins Combine for Budget Dish

URBANA--Beef and raisins are both in plentiful supply this week, says the United States Department of Agriculture. Beef tongue is an especially good budget buy. Try combining boiled tongue with raisin sauce for a special dinner treat.

Simmer the tongue in water to which one tablespoon of spices, one bay leaf, one-half cut celery and one teaspoon of salt have been added. Cook the tongue until it is tender--about three to five hours of regular cooking or about an hour in a pressure saucepan. Remove the skin, trim off the root end and stick about six or eight whole cloves into the meat. Place the tongue in a baking dish and dust with a tablespoon of flour. Add three-fourths cup of currant jelly, softened with a fork, and one cup of raisins that have been soaked for an hour in warm water. Add the juice of one lemon and bake in a hot oven (400 degrees) for one-half hour, basting frequently. Serve hot or cold.

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4/29/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 4, 1953

Straw In Vogue For Milady's Fashions

URBANA--Straw, or a reasonable facsimile of it, has come out of the barnyard and into the fashion picture. Designers of women's wear are using jute-weave fabrics, straw braid, straw lace, raffia trim and straw-patterned woolens, says Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Besides these materials, a new 100 percent cotton fabric, woven and finished to look like straw, has appeared in the ready-to-wear market. One such fabric is called Madagascar straw cloth.

Tests conducted by the National Institute of Cleaning and Dyeing show that this straw cloth may be washed or dry-cleaned. The fabric loses more stiffness in dry-cleaning than it does in washing. Some dry-cleaners are equipped to restore part of this last stiffness with a dry sizing.

Flexing and bending of Madagascar straw cloth in wearing or washing may result in some loss of the crisp texture. If you wash a straw-cloth garment at home, avoid rubbing, wringing or agitating it in the wash.

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Straw In Vogue For Milady's Fashions - add 1

Also, don't use chlorine bleaches on Madagascar straw cloth. Chlorine reacts with some of the finishes to turn the fabric brown. Don't use starch either. The starch will not penetrate the finish of the material, but will remain on the surface and make the fabric too stiff. This added stiffness may cause it to break and split.

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Raisins Are Plentiful Fruit

URBANA--Raisins are unusually plentiful this year, says the United States Department of Agriculture. In fact, they are so plentiful that May 10 to 16 will be Eat-More-Raisins Week. Watch for special bargains in raisin breads, cookies and pies at your baker's, and plan to use more of this iron-rich fruit in your home cooking.

Some fresh fruits are a little high in price right now, so this is a good time to use canned and dried fruits. Don't forget raisins!

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EJ:mi
4/29/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 5, 1953

Look for the Inside Story in Clothes

URBANA--"You can't tell a book by its cover," says the old proverb. "You can't always judge a dress by its exterior either," says Edna Gray, clothing specialist, University of Illinois College of Agriculture.

If you want a guide to the quality of the ready-made garment you are buying, take a look at the inside.

Inside seams are a cue to quality. Are the seams wide enough to allow for possible alteration? Are they finished? If not, is there enough material for you to finish the seams at home? Do the seams have a tendency to ravel? If they do, watch out for pulling at the armhole and at other points of strain.

Take a look at the buttonholes and the buttons too. Are the stitches in the buttonholes close enough to prevent fraying? Are the buttons smooth, sturdy and of good quality?

If you are buying an inexpensive dress, you may have to compromise on quality to gain on price. If you are a wise shopper, however, you will know exactly what you have sacrificed.

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EJ:mi
5/1/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 6, 1953

Know the Facts About Food

URBANA--Foolish food fads and phony diets have no place in the lives of healthy Americans, says Dr. Mary Fuqua, University of Illinois College of Agriculture. Many persons take chances with good health when they pay attention to silly diet crazes.

The best way to find out the true facts about foods is to consult a reputable authority. There are several places where your questions about food or diet will be answered correctly free of charge.

The United States Department of Agriculture (Bureau of Human Nutrition and Home Economics) and the Food and Drug Administration in Washington, D.C.; the University of Illinois extension service; and the home economics department of any accredited college are a few of many sources where you can get correct food information.

Before you go all out for a crack-pot diet or for a food fad that is supposed to keep you young and vigorous until you reach the age of a hundred, stop and think; then find out the facts. You will be healthier and happier if you do.

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5/1/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 7, 1953

Food May Be Safely Kept in Open Can

URBANA--Canned foods can be stored in the opened can they come in, says Dr. Mary Fuqua, foods and nutrition specialist, University of Illinois College of Agriculture.

The old-fashioned notion that food left in an opened can is poisoned by the metal, just isn't so. Both the food and the can are sterilized in the canning process. On the other hand, a dish into which you may pour the canned food may be far from sterile. The dish may have bacteria on it that will cause food spoilage.

A few acid foods, if allowed to stand in an opened can, dissolve a small amount of iron from the can. This small bit of iron is neither harmful nor dangerous to health.

After canned food has been opened, it should be stored in the refrigerator and kept covered.

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5/4/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 8, 1953

Does Your Freezer Pay Its Way?

URBANA--Does a home freezer pay its way in food savings? That depends on how the freezer is used, says Dr. W. J. Wills, specialist in agricultural economics, University of Illinois.

The United States Department of Agriculture estimates that it costs about $79 a year to run a 12-cubic-foot home freezer. Included in this estimated cost are a yearly depreciation of $30; interest foregone of $14; repairs (figured at two percent of the purchase price) $8; and electricity to freeze and maintain 400 pounds of food, $27.

A farm family that raises a portion of its food and needs to store seasonal surplus for later use, may be able to make a home freezer pay its way. An urban family that buys the food that goes into the freezer must use the freezer wisely to make it a sound economical investment.

Here are some suggestions to help you do this:

Buy foods in quantity at quantity prices whenever possible.

By fresh fruits and vegetables and other foods at the peak of their season, and process them at home.

Budget your freezer space--remember, a full freezer will hold the same temperature longer than an empty one.

Don't keep food in the freezer too long--use it and replace it.

Use part of your freezer space to store left-overs and cooked foods that would otherwise be wasted.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE IMMEDIATELY

Home Bureau Members View Challenge of Future

URBANA--This week, May 3 to 9, people throughout the nation are paying tribute to the achievements in rural living made by the three and a half million women who take part in demonstration work. In Illinois, this work is done through the Home Bureau under the guidance of the county home advisers and the home economics extension service at the University of Illinois.

During this week of formal recognition, many women who realize the values they have had from Home Bureau contacts are thinking of other families who also need the influence of the home economics extension program. As a consequence, members will be working to secure more cooperators so that their organized action can make lasting contributions to improved home and community living.

Home Bureau work points up the importance of a woman's work in the home. As one homemaker from North Dakota put it: "The home is the foundation of a nation, and when that home is managed by a well-informed homemaker who cooks well-balanced meals, clothes her family with well-fitted garments, and furnishes her home with harmonious colors and furniture, we have a strong home foundation. If within this home the rights of each are respected and we teach and live love of home, country, fellow men, and God, we have the homemaker's ultimate goal. A nation with these homes will be prosperous, respected by other nations and a blessing to the world."

Many of Illinois' 50,000 Home Bureau women express the same sentiments toward the benfits they receive.

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5/4/53

for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 9, 1953

Be in Print to Be in Style

URBANA--If you're in print, you're in style for summer, says Myra Baker, clothing specialist, University of Illinois College of Agriculture.

Prints appear in cotton, silk, linen, nylon and Orlon. Prints combine with plain fabrics. Prints line summer suit jackets and make matching blouses, scarves, gloves and turbans.

There are prints to complement every type of figure. But you may have to shop to find the print that is best suited to you.

In high style are big-patterned, splashy prints that have a light background and a definite design. Such prints are smart and dramatic, but they are not for the woman with a figure problem. Large prints, especially those in which the design is spaced far apart, make a stout woman look stouter. Large prints overpower the small woman.

Tiny geometrical prints, or prints that give an all-over rather than a splotchy effect, are a good choice for anyone, and especially for the woman with a full figure or for the woman whose figure is not perfectly proportioned.

Besides the conventionalized and abstract prints with a modern air, there are quaint tiny-flowered prints that are also becoming to the larger figure.

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5/6/53

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 11, 1953

Combine Milk and Fruit for Tasty Thirst Quenchers

URBANA--Refreshing fruit and milk drinks provide important nutrients for the daily diet. If you have difficulty getting your youngster to drink his full quart of milk a day, or if you have a convalescent or an older person in your home, you will find milk variations whet the appetite and nourish the body as well, says Harriet Barto, nutrition specialist, University of Illinois College of Agriculture.

Fruit milk whip made with strained fruit, either fresh or canned, is easy to make and offers many tempting combinations.

Combine two cups of milk with two tablespoons of sugar. In a separate bowl mix together one small can of strained fruit--the kind sold for baby's diet--one tablespoon of lemon juice and one-eighth tablespoon of salt. Slowly add the fruit mixture to the milk and sugar, stirring constantly. Chill thoroughly. Before serving, beat the mixture with a rotary egg beater or an electric mixer. For a special treat, add a scoop of ice cream.

For banana milk shake, combine one fully ripe mashed banana with one cup of very cold milk. With the egg beater, beat the banana until it is creamy. Add the milk, mix thoroughly and serve at once. Use ice cream in this one too if you wish.

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5/6/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 12, 1953

Dark-Colored Towels Need Special Care

URBANA--A black towel used to be a dirty towel, but not any more. Black and dark-colored towels are gaining in popularity. Even Scotch tartans have gone Turkish.

Dark-colored towels need a little special care in the laundry, warns Dorothy Durrell, textile specialist, University of Illinois College of Agriculture.

To produce deep-toned towels, an unusual amount of dye is required. Because dark towels sometimes color the wash water, they should be washed separately.

In washing, use warm water--about 120 degrees F.--and a mild soap or synthetic detergent.

Terry towels may be dried in the automatic washer or hung outside. Select a shady spot for outside drying, and give the wet towels a shake to fluff up the pile. Hang about a third of the towel over the line so that the hems won't pull out of shape.

When the towels are dry, shake and fold them, but never iron them. Ironing flattens the loops and lessens the absorbency of the towel.

If the laundry washes your towels, specify that they be fluff dried or tumble dried.

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5/8/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 13, 1953

No Miracle Drug for Safety

URBANA--Every mother wishes there were some magic potion she could give her child to inoculate him against accidents. The mother of a youngster at the toddling stage needs to be especially cautious.

At that stage the youngster's curiosity frequently leads him into danger. Every door that is left ajar, every drawer that is half open, every odd object that comes within the child's range is a subject for investigation. He wants to push, climb, feel, touch and taste.

Anticipating accidents and eliminating the hazards that cause them helps to protect your child during his early years. Care and vigilance also pay off in accident prevention, says Mrs. Ruth Crawford Freeman, University of Illinois, coordinator of the Illinois Safe-Homes program.

Here are a few suggestions to help you guide your child through the curious years:

Don't leave a small child in a room with an open window unless the opening is protected by a screen that won't push out. Youngsters can climb higher than you think.

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FOR RELEASE WEDNESDAY, MAY 13, 1953

No Miracle Drug for Safety - add 1

Don't let your child play outside in an unfenced yard. If the yard is fenced, be sure there are no puddles into which he may fall.

Don't leave the child to play alone in the kitchen. The kitchen offers more accident hazards for small children than any other room.

Don't overlook small items like buttons, pins and needles that fall on the floor. If you sew at home, be especially careful to keep such objects out of the child's reach.

Don't leave medicines, cleaning fluids, furniture polish, fertilizer and insecticides where the child can get them. Many of these things, although not marked "Poison," are highly toxic and can cause illness and death.

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EJ:mi
5/8/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 14, 1953

Vitamin Pills No Substitute for Good Diet

URBANA--Put down your pill box and pick up your fork, says Dr. Mary Fuqua, nutrition specialist, University of Illinois College of Agriculture. A vitamin pill is no substitute for nourishing food and was never intended to be. Persons who eat a good, well-balanced diet need not resort to vitamin concentrates for good health, says Dr. Fuqua.

Persons suffering from vitamin deficiencies can benefit from vitamin concentrates, but such medication should be taken only on the recommendation of your physician. He will know what vitamins and how much of them you need and what particular preparation will suit you best.

Include a variety of foods--milk, eggs, meat, fruit, vegetables and whole-grain cereals and bread in your diet, and you can forget the vitamin pills.

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5/11/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 15, 1953

Carelessness Invites Home Accidents

URBANA--What can you do about home accidents? You can do plenty--and you can do it now! Don't wait for George to get around to it; George has problems of his own. Home safety concerns not only yourself, but your husband and children and your friends and neighbors.

Carelessness causes most home accidents. Health specialist Pauline Brimhall, University of Illinois suggests this simple, two-point program that may pay off in saving lives:

Step one: Set your house in order. This means making a cellar-to-attic inspection. Face up squarely to every hazard--for example, that rotten board in the porch steps or that cellar stair without a handrail. No cheating! No putting off until tomorrow. Fix it now before it causes an accident.

Those cleaning cloths you've used for polishing furniture or waxing floors--wash them or throw them away. Too many fires begin in closets where oily cloths are stored.

Step two: Teach the family how to stay alive. We're all inclined to take short cuts. But this business of pulling out a drawer to stand on can be suicide. So can overloading an electric circuit or leaving medicines in reach of a child. Even the safest house is deadly if it is lived in by people who act as if they mean to die in it--soon.

Part of this teaching is hard to take. If you try to tell others their shortcomings, you can bet they will let you know about your own. So if you want them to take your suggestions, be ready to take theirs.

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5/11/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 16, 1953

Quiet Games for Out of Doors

URBANA--Now that small children are playing outdoors, hot weather will soon suggest games that are less active than the ones they played before.

Here are some ideas that might work into the program. They come from Mrs. Millicent Martin, child development specialist, University of Illinois, home economics department.

Water painting, says Mrs. Martin, is always a favorite with children. The only equipment needed is a can of water and an old paint brush--a two-inch brush is a good size. Children will find plenty of things to paint--trikes, wagons, swings, slides, just about any outdoor equipment.

If you have young "fishermen" in the family, they can cooperate with each other and get really amazing results if they have some help from you first. They'll need some "fish," cut from an old inner tube. Six-inch ones make a nice size. Make a hole for the eye so that one child can fish while the other ties the fish onto the line. A small, soft rope makes a good fishing line.

All mothers know that children like to play with dough. You can make some for your youngsters with flour, salt and water that will fill the bill perfectly. Use twice as much flour as salt, plus enough water to make it moldable but not sticky. Some mothers like to add food coloring or powdered tempera paint. When the dough is not being used, keep it in aluminum foil so that it won't dry out. If it does get dry, add a little more water and rework it.

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AJR:mi
5/13/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 18, 1953

Serving Food Attractively Is an Art

URBANA--A boost to happiness in any home is plain, wholesome, well-cooked food, attractively served. The careful arrangement of even a simple meal can go a long way toward raising drooping spirits, perking up poor appetites and creating an atmosphere of well-being and contentment.

Garnishing food is an art. But it's one you can easily learn. To give you a start, here are some suggestions from Mary Vick, foods specialist, University of Illinois home economics department.

To begin with, garnishes should be edible--almost always. The few exceptions to this rule include the bride and groom on wedding cakes and the sprig of holly at the base of holiday desserts.

Never, never use garnishes to disguise deficiencies or poor quality of food.

Keep food garnishes simple. They should look natural, fresh and dainty--never overworked or overdone. Their size and character should suit the type of food you team them with.

Do you ever top your vegetable salads with tiny onion rings or dip the edges of salad lettuce in paprika?

When it comes to fruit salads, Miss Vick would like to see the pretty but overworked maraschino cherry given a rest. Instead, use grapes, strawberries or pomegranate seeds once in a while.

Lemon wedges for fish are pretty when dipped in chopped parley or paprika. And using watercress like parsley, on salads or meat dishes, can be a pleasant change.

Soups are fun to garnish. A dash of whipped cream with pimento in it is a perfect topping for cream of pea soup. Breakfast cereals make crisp accessories for soups. Use popcorn too; it is especially good on corn and chicken soup.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 18, 1953

TEST Towels for Quality

URBANA--Whether you are buying Turkish towels to give the June bride or to replenish your own linen closet, shop carefully for quality as well as beauty.

Here are four tests for quality you can apply to towels right at the store counter. They come from Dorothy Durrell, textile specialist, University of Illinois home economics department:

1. Look at the plain portion of the towel to see whether the underweave is firm, close and tight. A close weave holds the loops firmly in place. Hold the towel to the light. If the light shows through at regular pinpoints, the underweave is uniform and good. A loose, uneven underweave will show weak open spots.

2. Feel the towel. A sturdy towel with substantial body will dry better and wear longer than a lighter one. Compare the different weights and grades.

3. Look at the side edge. There are three types of edge finishes for towels: the true selvedge that has closely woven lengthwise and crosswise threads; a single turned edge with a zigzag stitching; and a double turned edge where the material is folded over twice.

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and stitched. The true selvedge gives the best wear. The stitching on the hemmed edge frequently breaks with wear and laundering, leaving a raw edge that ravels.

4. Look at the hems on the end. The most satisfactory end hems are sewn with small,close stitches, and the edges are back-stitched at the corners. A well-finished end hem will show careful workmanship. Such hems are a good indication of quality.

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Molasses Milk Is Tasty Drink

URBANA--Spring used to be the sulphur and molasses season. Now mothers can give their youngsters iron-rich molasses in more palatable form, says Harriet Barto, nutrition specialist, University of Illinois.

Try molasses milk for a dinner-time treat or a between-meal thirst quencher.

Combine one quart of cold milk with two or three teaspoons of molasses. Mix thoroughly and add a sprinkling of nutmeg.

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5/15/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 24, 1953

Blended Sirup Will Have Pure Maple Flavor

URBANA--Here's news for flapjack and waffle fanciers. A high-flavored maple sirup that can be blended with corn or cane sirup to produce a delicious pure maple flavor has been developed by United States Department of Agriculture researchers.

Pure maple sirup is a luxury item. Because the supply is limited and the processing expensive, the cost is frequently prohibitive. The pure maple flavor is so delicate that much of its value is lost when it is blended with other sirups. When the maple sirup is heated to make it more concentrated for blending,it turns to sugar.

Government researchers found a simple solution to this problem. They tried cooking the maple sap for a long time at a low temperature. This produced a thick sirup that had a deeper color than ordinary maple sirup and had four to six times as much maple flavor. When this new sirup is blended with corn or cane sirup, the resulting blend has a pure maple taste.

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5/15/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 21, 1953

What's in a Name?

URBANA--Use a little psychology on your youngsters when you want to encourage them to eat nourishing foods. A glamorous name, for example, can frequently tempt a child to try a new dish.

Harriet Barto, nutrition specialist, University of Illinois College of Agriculture, suggests carrot eggnog for a nutrient-rich and tasty drink. "But don't call it carrot eggnog," Miss Barto says, "Call it golden float."

Here is how you make it:

Combine one beaten egg, one-half small can of strained carrots, two tablespoons of orange juice and a pinch of salt. Then add one cup of very cold milk and one dip of vanilla ice cream. Mix the ingredients thoroughly and serve at once. This recipe makes enough for two servings.

"Pink peptail" is the name Miss Barto suggests for a tomato and milk drink that is equally good for breakfast, for an appetizer for dinner and for a between-meal thirst quencher.

To make six servings, stir two and one-fourth cups of tomato juice slowly into one tall can of evaporated milk. Add one-fourth teaspoon celery salt or other seasoning. Onion juice or a dash of Worcestershire sauce may also be added. Be sure all ingredients are very cold.

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5/18/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 22, 1953

Pressure Cooker Saves You Time

URBANA--With hot weather on the way, homemakers are looking for cooking short cuts that will give them more time out of doors and require less time at the kitchen stove.

Make use of your pressure cooker, says Anne Fluhr, foods specialist, University of Illinois College of Agriculture. Cooking in the pressure pan can save a lot of time and energy this summer.

Less tender meats, such as pot roast and Swiss steak, are suitable for pressure cooking. You'll also find that the pressure cooker will cut cooking time for meat balls, short ribs, pork chops, pork shoulder, steaks and smoked shoulder butt. Consult your pressure cookbook for the time and amount of pressure to use.

Don't use the pressure cooker for meats that require dry heat such as rib roasts, ham slices and T-bone steaks, Miss Fluhr says.

Before you cook any meat except smoked or cured meats, brown it well in a generous amount of hot fat. Only meat to be used for soups or stews should be allowed to cook in water. Other meats should be placed on a rack in the pressure cooker to prevent them from becoming water-soaked.

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5/18/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 23, 1953

Frozen Vegetables Improve With Proper Cooking

URBANA--The way you cook frozen vegetables has a lot to do with their flavor and quality. Reporting on experiments conducted in the foods laboratory of the University of Illinois, Virginia Charles, foods specialist, says that frozen vegetables retain the best flavor, texture and appearance if they are popped right from the freezer into the pot.

Use as little water as possible, and be sure it is boiling briskly. Put the frozen block of vegetables into the boiling water, and break the solid mass as soon as possible so that it will cook evenly. Start cooking the vegetable over high heat, and when the water has come to a full rolling boil reduce the heat.

Because the tissues of frozen vegetables have been softened by blanching and freezing, they need a shorter cooking time than fresh vegetables do--about one-half to two-thirds as long. Cook the vegetables until they are just tender, and the loss of water-soluble vitamins and minerals will not be excessive.

Corn on the cob is the only exception to the cook-while-still-frozen rule. Thaw it at room temperature about two hours. If corn on the cob is not thawed first, the kernels become overdone before the cob has a chance to warm through.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 25, 1953

e Pretty and Practical at Home

URBANA--"Dress to please others," said Benjamin Franklin any years ago. This is still good advice for today's homemaker. Mother sets the tone for the whole household. When she looks attrac- ive, all the family appreciates it.

Because most homemakers spend more hours in house dresses han they do in dress-up clothes, dress designers and manufacturers re doing their best to provide mother with work clothes that are oth pretty and practical.

To be pretty, choose house dresses that are becoming in olor and design. To be practical, choose house dresses that are easy o care for, long wearing, comfortable and safe.

Fern Carl, clothing specialist, University of Illinois,has ome pointers to help you in your selections:

A house dress should be generously cut, but not too full. A dress with an action back and kimono, raglan or full-cut sleeves is a good choice. Small pockets are better than big ones that catch on doorknobs and table corners. The house dress should be easy to put on and take off. Many homemakers like the wrap-around and the button- down-the-front style.

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FOR RELEASE MONDAY, MAY 25, 1953

Be Pretty and Practical at Home - add 1

House dress material should be sturdy and easy to iron. Seersucker, denim, gingham and other cotton fabrics are suitable. Flat trimming and a minimum of pleats and ruffles help cut down on ironing time.

Prints, checks and stripes are more practical than plain-colored materials. Plain fabric shows every spot.

Long sleeves, fly-away trimming or anything that may catch in the cooking flame is not only bothersome, but also hazardous.

Your homemaking tasks vary with the size of your family and their ages. Suit your clothes to your daily tasks. But whatever you wear around the house, remember to look pretty, please!

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Applesauce With Raisins Is Tasty Dish

URBANA--Raisins are plentiful and reasonablein price, says the United States Department of Agriculture.

Try adding raisins to spicy applesauce for an easy and nutritious dessert. A pound of apples will make about three servings of sauce. Add about one-fourth cup of raisins to this amount of apples.

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5/20/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 26, 1953

Wheel Toys Benefit Children

URBANA--America is a nation on wheels. This is true not only of adults, but also of children. A child nowadays is hardly out of the cradle before he is ready for his first wheel toy.

Wheel toys are good playthings, says Helen Marshall, specialist in family relations at the University of Illinois College of Agriculture. Not only do such toys provide many hours of fun, but they also develop muscular coordination. Building such coordination when the child is young prepares for game skills later on.

Wise parents suit the wheel toy to the child's age. A toy that is too large for the child or too difficult for him to manipulate loses much of its appeal and benefit.

Miss Marshall offers the following guide to age readiness: At 15 to 18 months, the child is ready for a small doll buggy or similar push toy. He likes to push it for the sake of pushing and because it gives him something to hold onto during his unsteady walking period. He frequently objects to having anything put into the buggy--he just wants to push.

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Wheel Toys Benefit Children - add 1

At about 18 months to two years, he is ready for a kiddie car. He rides with a walking motion that develops his ambulatory skill. Many kiddie cars have side supports to keep the child from toppling off.

At about two years, he is ready for a tricycle. He will use it during all his preschool years. Be sure it is the right size so that his feet can reach the pedals, and the right weight so that it won't tax his strength.

At four years or a little earlier, when his balance is such that he can stand on one foot, he will like a two-wheeled scooter and an express wagon. The express wagon he will use for social play with other children his own age. Children like to give each other rides in a wagon, and they like to load it with their belongings.

Large trucks and fire engines that are suitable for the child to sit on, to push and to pull, and to fill with other toys and blocks are the most versatile of all wheel toys. A child enjoys them from his toddling days into his school years.

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EJ:mi
5/22/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 27, 1953

Time-Saving Tips for Using Onions

URBANA--Onions are the bargain vegetable of the week. Use them often, suggests Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture. Whether you serve them as a separate vegetable or use them to season other foods, you will find they add zest and sparkle to your menu.

Here are a few tips for their preparation and use:

If you peel onions under running water, you'll avoid tear shedding.

Instead of chopping a small quantity of onions, you'll save time by using a coarse shredder.

For juice, don't try to squeeze the onion like a lemon, but use the fine shredder.

When you want the flavor to permeate a casserole or soup, cook the onions in a little fat for a few minutes. Let them cook until they are yellow, but not brown. The fat is a good flavor carrier.

If your onions have sprouted, use the tender green sprouts as you would chives.

When you combine onions with other vegetables, such as carrots or green beans, cook the vegetables separately and then toss them together. In this way each vegetable retains its own flavor and enhances the flavor of the other.

Bermuda onions and orange slices make a good salad.

Vinegar or lemon juice rubbed on a paring knife will remove the taste and the odor of onions.

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EJ:mi
5/22/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 28, 1953

Tips on Cooking Frozen Meat

URBANA--Don't thaw frozen meat under water, advises Virginia Charles, foods specialist, University of Illinois College of Agriculture. Experiments show that meat can be thawed slowly in the refrigerator, faster at room temperature and faster still in front of an electric fan. Any of these three methods seems to have no ill effect on the flavor or texture of the cooked meat. Thawing under water, however, does cause loss of flavor and loss of important nutrients.

Thawing meat deteriorates more rapidly than fresh, so food experts recommend cooking it as soon as possible after it is thawed.

Meat can be cooked frozen, but it is difficult to gauge the cooking time of frozen meats, especially the larger cuts. You can start cooking steaks and chops when they are frozen, but allow about twice as long for cooking.

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Onions Like the Air

URBANA--Onions like to breathe. Store them in a cool, dry place where air is circulating. A basket or rack is better for storage than a bag.

If the skin of the onion crackles, the quality is good. When the onion has begun to sprout or has softened at the growing tip, it is past its prime, says W. F. Lomasney, marketing specialist, University of Illinois.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 30, 1953

Pitch Out That Old Prescription

URBANA--Don't overlook the medicine closet when you are doing your spring house cleaning--and when you clean the medicine closet do a thorough job. That prescription the doctor gave you for your cough last winter, those pills he prescribed for Grandma when she had the "flu" belong in the waste basket, not on the medicine shelf.

Some medicines deteriorate and some increase in potency with age, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture. A doctor's prescription is given for a specific illness at a specific time. To keep medicine several months and to self-prescribe it later is a risky practice.

For example, penicillin and terramycin liquids are potent for a week only. Penicillin liquid must be refrigerated to be good that long. Tablets and capsules have a much longer dating. They are often given for respiratory infections, and they may be no good when the patient gets another cold or sore throat a few months later. Such pills are not dangerous to take when they are old, but taking them can delay prompt, effective treatment.

Nose drops frequently discolor and accumulate mold from one year to the next and become unfit for use.

In short, there are so many sensitive drugs in common use that the only safe practice is to discard all old prescribed medicines.

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5/27/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 1, 1953

Frozen Bread May Cut Waste

URBANA--Some day you may be getting your bread in the frozen foods department instead of off the bakery shelves at your grocery store.

Homemakers with home freezers know that they can put bread into their freezers and keep it for a week or two. Why not freeze bread at the bakery, sell it frozen and thus eliminate the thousands of left-over, stale loaves that are returned to bakeries all over the country each day?

United States Department of Agriculture researchers are cooperating with the American Institute of Baking to find the answer to that question.

Before frozen bread can be widely distributed, many production problems must be solved, such as how soon and how fast to freeze, whether to slice and wrap the loaves before or after freezing, how long the frozen bread can be stored and whether the homemaker will accept frozen bread as enthusiastically as she has accepted other frozen foods.

Researchers think that the savings in wasted bread and in overtime work will pay for the additional costs of freezing.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 2, 1953

Vegetable Custard Is a Nourishing, Tasty Dish

URBANA--Drink your milk and eat it too, advises Harriet Barto, nutrition specialist, University of Illinois College of Agriculture, who says you can increase your family's milk intake by using more milk in cooked dishes.

Vegetable custard is a milk and vegetable combination that is particularly good for warm-weather menus. It can be served to the young child, to the person on a restricted diet or to the whole family. It has both eye and taste appeal.

For two servings, make a white sauce with one teaspoon of melted butter, one teaspoon of flour and one-fourth cup of milk. Add one well-beaten egg, one small can of strained vegetables and one teaspoon of lemon juice. Pour the mixture into greased, individual custard cups. Bake in a 425° F. oven for about 20-25 minutes, or until a knife inserted in the custard comes out clean.

In baking any custard, set the cups or the casserole in a pan of hot water, being sure that the water is as high as the custard mixture.

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FOR RELEASE TUESDAY, JUNE 2, 1953

Vegetable Custard - add 1

The recipe for vegetable custard can be doubled or tripled to make enough for the whole family. It can be cooked in a casserole instead of in individual baking cups.

You can use strained green beans, carrots, squash or peas for the vegetable. Serve the custard either hot or cold. Chilled and unmolded, vegetable custard makes an attractive centerpiece for a vegetable salad, or a good cold supplement to a vegetable dinner. Either hot or cold, it will add variety and valuable food nutrients to luncheon, supper or dinner menus.

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Don't Put Weight on Damp Furnishings

URBANA--After you have sprayed your furniture or carpets with insecticides, don't use them until the spray has dried. Doing so will give the pile a mashed-down appearance that may last for several days.

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EJ:mi
5/29/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 3, 1953

Vheel Toys Need Safe Play Spots

URBANA--If your child is like most modern youngsters who say 'car" before they say "Mama," wheel toys will be among his favorite playthings. In selecting trucks, tricycles, scooters and wagons for his preschool play hours, suit the vehicle to the play area that the child must use.

A cement sidewalk or a smooth-surfaced yard with a minimum of hazards is best suited for the kiddie car, the tricycle and the cooter. Those toys are not suitable for riding on grassy surfaces, ays Helen Marshall, child development specialist, University of Illiois College of Agriculture. The child not only has difficulty maniulating wheel toys on the grass, but rough, bumpy ground leads to ainful tumbles.

When the little youngster first takes his wheel toys outside o play, he finds the world wide, wonderful and enchanting. His feelng of freedom and his native curiosity may lead him into danger.

The wise mother keeps a close watch on her pedaling or pushng youngster until he has learned to play safely.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 4, 1953

Serve Onions Baked Or Glazed

URBANA--Onions are being received on midwest markets in volume shipments and at reasonable prices. This should be good news for the cook whose family enjoys a lavish use of this flavorsome vegetable.

The value of onions as a seasoning is well recognized, but have you served them as a main vegetable dish lately? Mrs. Pearl Jansen, food specialist, University of Illinois home economics department, suggests serving them baked or glazed.

Baked onions are easy to fix and unusually good. Select medium-sized ones and cut them in half crosswise. Sprinkle with salt and pepper and dot with butter. Bake in a covered casserole for about an hour at 375-400 degrees F.

Glazed and panned onions are cooked on top of the stove. The small silver-skinned onions are good for glazing. Those about the size of a walnut are best. Boil about 10 minutes in salted water until barely tender. Drain thoroughly. In a shallow saucepan combine three tablespoons of butter and three tablespoons of white or brown sugar. Add the drained onions and cook over low heat, stirring occasionally until they become brown, glazed and tender.

It is well to reserve a small chopping board for onions so that the flavor won't get into food where it doesn't belong. After peeling and chopping onions, wash the knife and your hands in cold water to remove the odor. Lemon juice or vinegar will help take the odor away too.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 5, 1953

Protect Woolens From Insects

URBANA--Cleanliness is the first line of defense against moths and carpet beetles. Those greedy little pests that sneak into your home and much on wool find soiled garments much more tasty than clean ones.

Be sure all wool clothing is completely clean before you put it away, says Edna Gray, clothing specialist, University of Illinois College of Agriculture. Clothes that don't need dry cleaning or washing should be thoroughly aired and brushed before they are stored.

Brush the cuffs, pockets, folds and seams--all those hide-away places that moths like. Sun both the inside and the outside of the garment. Insect larvae missed in the brushing will fall to the ground when exposed to light.

Just before you bring the clothing into the house, brush again for good measure. Carpet beetles fly around out of doors and may snuggle into a garment after you have given it a preliminary brushing.

Once the clothing is clean and aired, store it as fast as you can. Be sure the box or bag in which you store wool clothing is

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air tight. Insects have a way of sneaking through cracks and crevices. At the top or bottom of the zipper on some storage bags, there are sometimes tiny openings through which insects can crawl. Seal such openings with gummed paper.

To doubly protect your clothing against insect damage, spray with an insecticide or put paradichlorobenzene or naphthalene flakes or balls into the storage container. Moth-repellent flakes and balls vaporize in time, and you may have to replenish the supply every few months.

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Thaw Fruit Just Before Serving

URBANA--Frozen fruits taste best when they are served just as the last traces of ice disappear. Fruit loses flavor rapidly once it is thawed and exposed to air, says Virginia Charles, foods specialist, University of Illinois College of Agriculture.

Leave frozen fruit in its freezer container while it thaws. Light-colored frozen fruits darken rapidly upon exposure to air.

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EJ:mi
6/2/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 6, 1953

Diet Dishes Can Please All the Family

URBANA--The person on a special diet sometimes presents a problem to the homemaker who plans the family meals. Folks on restricted diets may be sensitive about having to eat special food, so try to plan menus that the whole family will enjoy and that can also be eaten by the member with a diet problem.

The soft diet that is often required for the young child, the convalescent or the older person can include many appetizing foods that are nourishing, satisfying and delicious, says Harriet Barto, nutrition specialist, University of Illinois College of Agriculture.

"Baked Potato Special" is a soft-diet dish that lends itself to many pleasing variations. Bake the potatoes and cut them in half lengthwise. Remove the inside and mash it with butter or margaine and salt. Add half as much strained vegetable or chopped cooked meat or chopped canned meat, such as that sold for babies. Mix the two ingredients together lightly, and heap the mixture into the potato shell. Bake in a hot oven--400 degrees F.--until brown. Strained green beans, spinach, carrots, peas, mixed greens, can also be used.

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FOR RELEASE SATURDAY, JUNE 6, 1953

Diet Dishes - add 1

Grated carrot on toast is another tasty dish that can be included in the soft diet. Make one half cup of very thick white sauce, and add one small can of strained carrots. Heap the mixture on slices of toast. The mixture should be thick enough not to run off the toast or soak into it. If diet regulations permit, you can add a little grated onion to the mixture and sprinkle grated cheese on top before you put it under the broiler to brown.

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Store Juice in Refrigerator

URBANA--It is important to store orange juice in the refrigerator at 40 degrees Fahrenheit. Juice stored in a covered container at this temperature loses only a negligible amount of vitamin C, according to University of Illinois food specialists.

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6/3/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 8, 1953

Aprons Can Grow Out of Discarded Clothes

URBANA--Before you discard outgrown or slightly worn garments, take a look at them to see whether you can salvage enough material to make an apron. For example, the collar and cuffs of a man's shirt may be frayed, but the rest can still be used, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

To make an apron from a shirt, you don't even need to rip a seam. Cut off the front strip of buttons and buttonholes, and then cut off the top of the shirt at the lower edge of the armhole.

Leave the bottom hem and the slight scallop at the side seams just as they are. Hem the sides and gather the top onto a waistband made from one sleeve. The apron strings will come out of the other sleeve.

If you want to add a gay touch, use colored bias tape or rickrack for trimming bands.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 9, 1953

It's Time To Freeze Strawberries

URBANA--Strawberry patches are reddening in Illinois. Now is the time to put some of the crop into the home freezer.

Strawberries freeze well if dry sugar is added. Berries may be sliced or crushed. The proportion that has been found best is one cup of sugar to five cups of strawberries, says Dr. Katherine Hivon, foods specialist, University of Illinois. If you want to pack some berries whole, it is best to cover them with a 40 percent sugar sirup. Make the sirup by dissolving one cup of sugar in one and one-fourth cups of water.

Illinois varieties that freeze best according to tests made at the University laboratories are Blakemore, Catskill, Dorsett, and Redheart. Chesapeake and Temple varieties are good. Some of the newer varieties probably are satisfactory, but extensive tests of them have not yet been made.

Remember in freezing any fruit to use only choice, firm ripe fruit. An over-ripe or bruised berry can impair the flavor of the whole carton.

Be sure your freezer package is sealed tight--it should be as nearly air-tight as possible. It should also be leak-proof.

To hold frozen products in good condition, the temperature of the freezer should be maintained at zero degrees Fahrenheit or lower.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 10, 1953

Use Machine Stitching as a "Stay"

URBANA--"Stay-stitching" in home sewing is a term you may have missed. It could be that you already use this helpful technique but may not have heard the classroom term for it.

Ritta Whitesel, specialist in clothing construction at the University of Illinois, explains that stay-stitching, done by machine, is used to keep the off-grain seam edges from stretching before you've sewn them together. It's a row of stitching made through a single thickness of fabric, about one-eighth inch from the seam line. Use a length of stitch that won't pucker the material--the same length used on regular seams is usually satisfactory.

Seams that are apt to need stay-stitching are the neckline, the armscye, and the waistline of gored or circular skirts. These are the bias or off-grain seam edges that would easily stretch out of shape.

It is not necessary to use stay-stitching in every case. Don't use it if you can manipulate the fabric with your hands well enough to prevent the grain from stretching out of line. Many folks use it when it is not necessary, and this wastes a lot of time. Use your own judgment.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 11, 1953

Insecticides, Use Them With Care

URBANA--Modern insecticides are one of the greatest boons to summer comfort and to year-round sanitation that scientists have given the American homemaker. Insecticides, however, should not be used carelessly, says Pauline Brimhall, health specialist, University of Illinois, who warns that almost all insecticides are poisonous to humans and to animals.

If you follow the directions that come with the particular insecticide you are using, and if you exercise reasonable care, you will find them safe for home use.

Here are a few general safety rules to follow:

When you use insecticides, either liquids or powders, be sure that dishes and cooking utensils are covered and that food is stored where it won't be contaminated.

Don't store insecticides in the same cupboard with foods.

If you spill insecticide on your skin, wash it off promptly.

When spraying insecticides, breathe in as little of the mist or dust as possible.

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Keep children and pets off sprayed surfaces until the spray has dried.

Use insecticides on children's clothing only when you are going to store it. Before allowing the child to wear treated garments, have them dry-cleaned.

Many oil-based insecticides are flammable. Don't use them near open flames, sparks or electric circuits.

When you finish using an insecticide, empty the unused material into the original container, clean the sprayer or the duster and wash all exposed surfaces of the body with soap and water.

Store insecticides out of the reach of children.

EJ:mi -30-

Quick French-Fried Onions

URBANA--For quick and easy French-fried onions, dip the onion rings in milk and then in seasoned flour and fry in deep fat. The onions come out just as crisp and brown as they do when they are dipped in batter. This tip comes from Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

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6/8/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 12, 1953

What to Do When a Child Hurts Others

URBANA--When children play together, one child is bound, eventually, to hurt another. What should parents do? Dr. Nellie L. Perkins, head of the child development division at the University of Illinois has some suggestions:

To begin with, tit-for-tat punishment to "teach him what it's like" is poor policy, says Dr. Perkins. A child won't understand a grown-up's attack on him. Rather, he'll decide that this is a harsh, cruel world, full of powerful people who will hurt him.

It's better not to demand an apology or a promise never to do it again. You may get an appearance of conformity while resentment is building up underneath. That can be dangerous both for the child and for you in your relationships with him.

Don't tell a child you like him when he is good, but not when he is naughty. Let him know that you love him at all times, no matter what he does. Try not to let your sympathy for the victim or your sense of justice make you lose your temper.

If you catch a small child about to hurt someone, quietly prevent it. You may need to hold him. Say to him, "You mustn't do

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that to Peter; it hurts him." or "You're hurting Peter." If you happen to be the victim, say, "I won't let you do that. I don't like it; it hurts."

If you arrive too late to prevent an accident, soothe the hurt child. Explain without hint of blame in your voice, "He should not have hurt you, but he was tired"--if you think that was the case. Or "He didn't realize that he was hurting you, but he must learn." Try to arrange things so that the children who have come into conflict are able to play happily together later on.

When a child has hurt someone, take him away from the group for a while. You do this not as a punishment, but to give him a chance to pull himself together. You may say, "You are not ready to be with other children just now." When a toy or tool has been used to hurt or threaten another child, take the object away; put it out of sight. Divert the child; start him doing something else.

Children must learn, gradually, that some things are socially acceptable and some are not. Try to make them understand that when they do certain things, like hurting others, people don't like it. Be sure, however, in putting this point across, that you assure children that they are liked and loved--it's just that there are some things they just must not do.

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6/8/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 13, 1953

Don't Squelch Your "Helpful" Child

URBANA--Children are normally aggressive--some more so than others. They can't resist an opportunity to be "helpful." Active, talkative and alert children can make a lot of problems for parents. But parents should not squelch this aggressiveness, advises Dr. Nellie L. Perkins, child development specialist, University of Illinois home economics department.

Children have to approach and attack if they are going to learn, says Dr. Perkins. They need to enjoy being faced with problems and expected to go ahead on their own. They develop initiative and self-confidence when they are encouraged to tackle problems without having to run for help, permission or encouragement.

The problem for parents is to train children to be aggressive in an acceptable way. For example, the modern "dream home," with its multitude of gadgets and mechanical equipment is a paradise for any child. The fingers of an aggressive seven-year-old will itch to turn every knob in the kitchen. If you shut him out of the kitchen, or out of the laundry, or out of the house while you are cleaning, he will be missing some of the most important phases of home life.

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Use household jobs as the "curriculum" through which to teach your children self-reliance and responsibility. Teach them the wise, safe and efficient use of equipment. Have some clearly stated rewards and punishments for their behavior when left to themselves. All this takes time when you are busy getting dinner on the table. But the time will pay off in your own peace of mind when your children are alone.

Aggression in social situations and solving intellectual problems is just as important as aggression in meeting physical problems. To be at ease in a group, to know how to act, what to say and how to say it, as well as when to say it, to be able to make decisions and reason things out are essential to social well being.

Parents can give children opportunity for a wide range of social experiences to help them grow in confidence and assurance. It takes practice--the kind of practice that comes with choosing playmates, inviting guests, planning a favorite menu. When, as a family, you plan activities for the convenience of everyone involved, you will be showing your children how to solve daily problems with a minimum of mistakes and a maximum of satisfaction for everyone.

When your children know they can do things safely and successfully, they will be secure, and you will be proud of them.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 15, 1953

New Process Produces Better Cheese

URBANA--Better Cheddar--that's the word from the United States Department of Agriculture dairy scientists. It's good news for American homemakers who use more Cheddar cheese than any other variety. The scientists have applied their knowledge of chemistry, bacteriology and mechanics to produce a new method for making America's favorite cheese.

The new process eliminates much hand labor and some of the cooking, cheddaring and salting that were formerly needed to produce high-quality cheese. Moreover, the cheese made by the new formula is equal or superior to that of high-grade cheese made by present methods. The new Cheddar has fewer holes than the old style and is easier to slice.

Details of the new process will be made public at the annual meeting of the American Dairy Science Association June 22-24 in Madison, Wisconsin. The process will probably be released under a public service patent and will be available to the public without charge shortly thereafter.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 16, 1953

Give Your Home a Cool Look

URBANA--The uncluttered look is the cool look for summer. Put away most of your knicknacks, take down your heavy draperies--in short, clear the decks, suggests Mrs. Dorothy Twardock of the home furnishings division of the University of Illinois.

You don't have to spend a lot of money to get the cool and airy feeling you want. Neither do you need to do a complete redecorating job.

Inexpensive, light-weight materials can be used to good advantage in summer decorating. You may want to slipcover your divan and chairs in cool-looking cotton--sailcloth, denim or cretonne.

You can substitute light, sheer curtains for winter draperies. Such curtains will break the glare of the summer sun, but they won't keep the breezes out.

An arrangement of fresh flowers or decorative leaves will give your room a garden-fresh look. But don't overdo it. One bouquet to a room is usually enough.

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Homemaking
Radio News

NVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 17, 1953

Make Cottage Cheese From Pasteurized Milk

URBANA--Cottage cheese is easy to make at home with pasteurized milk, says S. L. Tuckey, dairy manufactures specialist, University of Illinois.

Use commercial cultured buttermilk as your source of sour milk bacteria. One cup of the buttermilk, which you can get at any milk plant or grocery store, is enough to sour a gallon of pasteurized skim milk.

Dr. Tuckey explains that pasteurization destroys 99 percent or more of the bacteria in milk. So pasteurized milk won't sour properly unless you add a culture of sour milk bacteria.

It takes 12-14 hours for a firm curd to form in the milk. It's a good idea to keep the milk in a water bath at 72° F. in order to have proper temperature control.

The firmness of the curd depends pretty much on the amount of acid developed by the sour milk bacteria. At the proper acidity, there will be small droplets of whey on top of the curd; also, when a tablespoon of curd is lifted from the curd mass, the hole will fill with whey.

For really delicious cottage cheese, you will want to cook the curd and then drain and wash the cheese. A good way to proceed with these steps is described in mimeographed directions that are available from the home economics department, College of Agriculture, University of Illinois, Urbana, Illinois. The directions also include suggested uses and recipes.

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5/12/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 18, 1953

Hoops for Aprons

URBANA--Hoops used to be for barrels, or possibly for skirts, and sometimes for rolling; now hoops are for aprons. A new-comer to the notion counter is a plastic hoop that fits around the waist. The hoop takes the place of the waist band and the ties on milady's apron. Using hoops simplifies both the making and the laundering of aprons.

A hoop apron can be made out of very little material--two-thirds of a yard or even half a yard if you add a contrasting trimming strip or a perky ruffle, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

All you have to do to make the apron is hem or bind the sides and bottom of the material and make a hem at the top through which you slide the hoop.

To launder the hoop apron, you simply slip it off its hoop and it is flat for washing and ironing.

There are small-sized hoops to be used for baby's bibs. The bib can be made from a standard-sized washcloth or from odds and ends from your scrap bag.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 19, 1953

Help Children Learn Respect for Other's Feelings

URBANA--When children are together, sooner or later someone gets hurt. It may start with one hurting the other, but it usually ends up with both being hurt. Their bodies and feelings suffer, and there's a good chance for building belligerent attitudes toward other children.

Dr. Nellie L. Perkins, University of Illinois child development specialist, points out that children may hurt others quite unintentionally. They may attack just to see what will happen. Or they may push and maul just to let off steam, treating persons just as they would push, kick or hit an object. They may be so completely lost in their play that they react impetuously or heedlessly without their usual good judgment. In fact, they may be quite unaware that what they do may hurt others.

When any normal child is attacked, he resents it. He defends himself and his belongings. When he is not allowed to fight back, he is at a disadvantage. Soon he will not be able to hold his own in a group of active, curious, alert youngsters.

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FOR RELEASE FRIDAY, JUNE 19, 1953

Help Children Learn Respect for Other's Feelings - add 1

How can you teach unsocially aggressive children to respect the feelings and rights of other people? How can you help your child to understand that you can't permit hurting? Dr. Perkins has the following suggestions for day in, day out handling that goes to the core of the problem and its solution.

Search for ways to make the child feel that he is an accepted, important capable person.

Give him increased opportunities to follow his interests. Offer him chances in play and other activities to show self-assertion and strength.

Provide him with physical outlets in play--chances to pound, to throw, lift, push sufficiently bulky materials in a constructive building project. Give him a chance to play with clay, to make noise, run hard, kick a large ball.

Give him a little extra affection when he has been corrected or criticized. Watch for opportunities when you can praise him. Give him more of your time if you possibly can.

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Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 20, 1953

Ouch, It Hurts

URBANA--Is your face red? And your shoulders and your legs?

Here is a simple rule of thumb to guard against painful sunburn. When you take your first sun bath, note how long it takes for your skin to become faintly pink--pink, not crimson. Use that length of time as your exposure meter. Until you are well on your way to a sun tan, limit your sun bathing to two or three times that period. Five times that period can give you a painful sunburn, and ten times that period can result in second-degree burns.

Too long and too much exposure to the sun is dangerous, says Pauline Brimhall, health specialist, University of Illinois.

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Don't Eat the Flower, Baby

URBANA--Many common garden flowers are toxic, and several are poisonous. When your baby toddles over to the garden, clutches a flower and stuffs it into his mouth, he may look cute, but he is asking for trouble.

The best practice is to teach children that flowers are to admire and to smell, but not to eat. This advice comes from Pauline Brimhall, health specialist, University of Illinois.

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6/17/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 22, 1953

Select Right Variety of Raspberries

URBANA--When you select raspberries to put into your home freezer, be choosey about variety. Red and purple berries freeze better than the black ones. Black ones are apt to be seedy, and seediness is much more objectionable in frozen fruit than in fresh.

Sodus, a purple berry, is one of the best varieties for freezing. Latham, a red berry, is good, and the red Chief is not quite so good, says Dr. Katherine Hivon, foods specialist, University of Illinois. Some of the newer varieties have not had sufficient testing to be rated, but they may freeze satisfactorily.

Raspberries are a delicate fruit; they require very careful handling so that the berries will not be crushed. Be sure to freeze only firm, ripe, whole fruit.

Raspberries have the best texture and flavor when they are frozen with 30 to 40 percent sugar sirup, depending on the sweetness of the berry.

Make a 40 percent sirup by dissolving one cup of sugar in ¼ cups of water; make the 30 percent sirup by dissolving one cup of sugar in two cups of water.

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Raspberries - add 1

You can use a dry sugar pack with one cup of sugar to five cups of berries, but tests show that the product rates lower in quality and flavor than when you use a sugar sirup.

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Stitch Seams With Grain of Fabric

URBANA--Should you sew a dress seam up or sew it down? Your decision can make a difference in the finished garment, says Ritta Whitesel, clothing specialist, University of Illinois.

Stitch all seams with the grain of the fabric. Stitch from the widest part of the section of the garment to the narrowest part. For example, stitch skirt seams from the bottom of the skirt up to the top. Stitch bodice seams from the top to the bottom.

This method keeps grain lines in place and keeps the bias seams from stretching.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 23, 1953

Select Functional Styles for Housedresses

URBANA--When you make your own housedresses, make them functional. Suit the style of the dress to the work you will be doing when you wear it, says Fern Carl, clothing specialist, University of Illinois College of Agriculture.

In selecting a pattern, look for the following features:

Arm ease--obtained by sleeve styling. There are several sleeve styles that give room to stretch and work--bias-cut, raglan, circular, cap or kimono sleeves, a golfer-type sleeve with a pleat on the top, or a cuff sleeve that has no seam and laps at the underarm.

Action room--fullness through the shoulder. A dress that has a back yoke with gathers or a pleat below the yoke will give you stretching room. A bias strip under the arm or a blouse cut entirely on the bias is good.

Skirt ease--fullness for kneeling and stooping. The skirt should not be so full, however, that it catches on door knobs and cupboard corners. In general, gored or gathered skirts are good.

To be functional, your housedress must be easy to care for and must require minimum ironing. You will find many patterns that are comfortable and practical as well as pretty and feminine.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 24, 1953

Cheese Cake for Hot Weather Dessert

URBANA--Icebox cheese cake is an easy-to-make hot-weather dessert. Because it contains milk, cottage cheese, and cream, it is nourishing too and will help your family get the needed daily intake of dairy products.

You can use a graham cracker or cookie-crumb crust. To keep the crust from soaking, bake it, unfilled, in the oven for ten minutes.

Here is how to make the filling:

Soak 2 tablespoons plain gelatin in ½ cup water. In a double boiler prepare a custard made from the following ingredients: ½ cup milk, 2 egg yolks, ½ cup sugar and 1 teaspoon salt. Stir the custard during heating. When it begins to thicken, add the gelatin and beat until smooth.

Cool the custard in cold water. Then stir into it 2 cups of seasoned baker's cheese or smooth creamed cottage cheese. As seasoning, use a teaspoon each of grated lemon rind and pure vanilla extract, plus 3 tablespoons lemon juice. If you use cottage cheese, be sure to put it through a sieve first to break all the curds.

Into the mix you now have, fold 1 cup of heavy cream that has been sweetened and whipped. Last of all, fold in 2 egg whites that have been beaten until stiff. Fill the pie shell, sprinkle with a few crumbs left from the shell and then chill the pie 6 to 12 hours before you serve it.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 25, 1953

Packaging Important to Frozen Foods

URBANA--Good packages make good products. That's the rule to follow when you prepare food for your home freezer.

To keep food from losing flavor and quality in the freezer, the package should be moisture-proof, vapor-proof and leak-proof. It should also be easy to seal, easy to handle, inexpensive and compact enough to take up a minimum of freezer space.

There are several good freezer packages on the market, many of which can be reused. Some of them have a lining of plastic, cellophane or pliofilm for tight sealing.

You can use glass jars for freezing, but there is always a chance of breakage. Tin cans are good for freezer use, but they are not so convenient to fill and seal as some of the other packages.

Cartons such as commercial companies use for ice cream, milk and cottage cheese are not satisfactory for use in the home freezer. You lose more in the quality of the frozen food than you can save in package cost, says Frances Cook, foods specialist, University of Illinois College of Agriculture.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 26, 1953

Select Melons by Their Looks

URBANA--Smellin' a melon won't tell you a thing about its quality. Your eyes are a better guide than your nose, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture.

When you select cantaloupes or muskmelons, take a look at the stem end. Melons picked at maturity or vine ripeness always have a circular depressed area about the size of a dime at the stem end. A melon that doesn't have this circular depression was picked before it was ripe and will never be top eating quality.

As for honeydew melons--you can select them by feel. Simply slide your hand over the surface. If the melon has a waxy feeling and tends to stick to your hand, the quality is good. If the skin of the melon feels slick or polished, the fruit is immature and won't cut well or taste good.

To select a watermelon, simply draw your thumbnail lightly against the melon skin. If the outer skin layer slips back with little resistance, you will have good eating. If, however, only a dark line is traced on the rind with the thumbnail, the melon probably is not good quality. There will be a lot of wasteful rind, and the edible part won't be sweet and flavorful.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 27, 1953

Serve Kabobs on a Picnic

URBANA--Kabobs, the meal on a stick, are a good solution to the what-can-we-eat-on-a-picnic problem.

To make kabobs, use a metal skewer or a long green stick. On it place alternate layers of uncooked meat--beef, lamb, ham, bacon, frankfurters--and pieces of potato, wedges of onion and bacon. Broil the kabob over the coals, turning it frequently until it is done. You can pre-boil the potatoes for faster cooking. The addition of small pieces of bacon will make the kabob juicy and tender.

Leave a small space between each piece of food on your stick if you want the kabob well done. Otherwise place the pieces close together, advises Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

You can eat the kabob right from the skewer or you can slide it off the skewer into a long roll.

Kabobs offer infinite chances for variation. Try combining ham, pineapple wedges and mushroom caps; or frankfurters, bacon, onion and potatoes. See how original you can be.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 29, 1953

Tips on Ticks

URBANA--Watch out for wood ticks. Cases of Rocky Mountain spotted fever are reported every year in Illinois. The source of the infection is the common wood tick found in many sections of the state, says the Illinois Department of Health.

Not all wood ticks are infected, and not everyone bitten by a tick in the next few months will come down with spotted fever. It is wise, however, to take all possible precautions against tick bites, advises Pauline Brimhall, health specialist, University of Illinois.

If you know a wooded area is infected with ticks, steer clear of it. There is always a chance of picking up a tick when you are camping or picnicking. Wear clothing that is tight at the ankles and wrists, and apply a liberal dose of insecticide around your legs, and arms.

Check your bedding before you crawl into it, and examine your body once a day for ticks.

Be careful when you remove a tick from your skin because the spotted fever organism can be transmitted by mashing the infected

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tick on the skin. The blood from the crushed tick can also be a source of infection if it gets into your eyes or into a break in your skin. Use a pair of tweezers to grasp the tick and pull it out gently. Sometimes a lighted match or cigarette held near the tick will make it detach itself from the skin.

Wash the wound with soap and water and alcohol.

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Keep Milk Cold

URBANA--Kept under good refrigeration, milk retains its flavor and quality for three or four days. It deteriorates rapidly when it is kept longer.

Be sure to keep milk tightly covered. Get it into the refrigerator as quickly as possible after it is delivered.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 30, 1953

Illinois Woman Gets National Fellowship

URBANA--Lucile Hieser, state home economics 4-H specialist on leave of absence from the University of Illinois for graduate work, has been awarded the Ellen H. Richards fellowship for advanced research in home economics. The fellowship is sponsored by the American Home Economics association.

Miss Hieser has just completed a year of advanced training at Cornell University, Ithaca, New York, under a Farm Foundation fellowship. She will use the new award to continue her study at Cornell. The problem being considered for her thesis research is a study of the clothing project in the 4-H Club program.

Originally from Tazewell county, Miss Hieser served as home adviser in Woodford and Greene counties. She joined the state 4-H staff five years ago and supervised home economics 4-H work in 21 counties in southern Illinois.

She received her B. S. degree at the University of Illinois and her M. A. at the University of Missouri. She interrupted her Extension Service work during World War II to serve as a clothing officer and recreation and welfare officer in the United States Coast Guard.

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Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 1, 1953

Storage Space for Golf Clubs and Ball Bats

URBANA--Storage space especially for sports equipment has been designed by Helen McCullough, home management specialist, University of Illinois College of Agriculture. The storage unit is only 16 inches deep, and yet it accommodates gold clubs, moving picture equipment, guns, fishing tackle, skates, bats, balls and much of the paraphernalia of the modern sports-minded family. Shelves, racks and hooks are used to make every inch of storage space useful.

The closet can be built into an old house or incorporated into plans for a new one. It can also be used as part of a storage wall. Because of its compact size, it will fit into a hall or study or can be put into a corner of the living room.

The home handy man can build it himself if he wishes.

If you have stumbled over a baseball bat lately or been hit by a flying tennis racket when you opened the hall closet, you may want to send for the new University of Illinois bulletin, "Space Design for Household Storage." The bulletin is authored by Miss McCullough, who has been doing research on home storage problems for

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many years. It gives dimensions and designs for several separate storage units, including the one for sports equipment. It is available from the University of Illinois, Urbana. The price is $1.25.

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French Toast Sandwiches

URBANA--If you have decided on sandwiches for lunch and the bread is a little stale, try making French toast sandwiches. The youngsters will like the variation.

Make the sandwich as usual and dip it in a mixture of egg and milk. Brown it in the skillet in butter or margarine as you would French toast.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 2, 1953

New Method for Canning Green Beans

URBANA--You'll find that your home-canned green beans have more flavor, freshness and crispness if you pack them into the jars raw rather than precooking them. The raw-pack method has been tested and found convenient and safe by the U. S. Department of Agriculture. The method saves jar heating and precooking and requires no longer processing time than the old precook method.

According to Geraldine Acker, foods specialist, University of Illinois College of Agriculture, there is one disadvantage in the new method. You won't be able to get quite so many raw beans in a jar as you can when the beans are precooked. This is a point to consider if you have limited jars and storage space.

Here are directions for the raw-pack canning:

Wash and trim the beans; cut them into one-inch pieces.

Pack the raw beans tightly into glass jars to within one-half inch of the top. Cover with boiling water, leaving one-half inch of head space at the top of the jar. Add one-half teaspoon of salt to each pint--one teaspoon to quarts. Adjust the jar lids. Process in the pressure canner at 10 pounds' pressure. Pint jars take 20 minutes, quarts take 25 minutes after the pressure is reached. If containers are not the self-sealing type, complete the seal as soon as you remove the jars from the canner.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 3, 1953

Spray Carpet Beetles With Chlordane or Lindane

URBANA--Carpet beetles cause more damage in Illinois homes than clothes moths do. The two have much the same food habits, but the beetles hide in cracks where they are harder to reach with the usual sprays and fumigants and with the usual housecleaning operations.

Household sprays effective against both beetles and moths, are recommended by Howard B. Petty, entomologist, University of Illinois College of Agriculture. The sprays contain two percent chlordane or one-half percent lindane.

You can use chlordane or lindane in either surface or contact sprays. When the surface spray dries, it leaves a thin deposit of insecticide that will kill insects that crawl through it. These sprays will give protection for several months. For continuous protection you should spray once or twice a year.

According to Petty, a five percent DDT spray is not completely effective against carpet beetles, since it will kill them only if it hits them. As a surface spray DDT will kill moths, but it won't kill carpet beetles.

When using chlordane and lindane sprays, centralize your efforts on spots where beetles are apt to be. Pay particular attention to baseboards and moldings, cracks in the floor, corners behind radiators, and air ducts of heating systems, as well as closet shelves and bureau drawers. You can use the sprays on infested materials.

Besides liking wool, carpet beetles feed on mohair, hair, bristles, fur, feathers and down. They eat organic matter--hair that falls from pets, lint and dead insects. Both carpet beetles and moths find the sweepings in the vacuum cleaner tasty, so empty your cleaner bag after each use.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE July 4, 1953

Cherries Are Good Fruit for Freezing

URBANA--Sour red cherries freeze well. If you're lucky enough to have a tree in your back yard or can buy some cherries at a reasonable price, plan to put some into your home freezer for pies and cobbler next winter.

Montmorency is a good variety for freezing, says Dr. Katharine Hivon, food specialist, University of Illinois College of Agriculture.

Sort the cherries carefully, using only firm-ripe fruit for freezing. Remove the pits and mix the fruit gently with sugar, using one cup of sugar to three cups of cherries. Pack in moisture-proof, vapor-proof containers, seal and freeze.

Bing cherries freeze well too. They are best if packed with a 40 percent sugar sirup. To make the sirup, dissolve one cup of sugar in one and one-fourth cups of water.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 6, 1953

Build Cupboard Shelves Within Reach

URBANA--How high is up? If you're talking about building cupboards for the average woman's convenience, 72 inches above the floor is high enough for the top shelf. That is as high as most women can reach, according to studies made at the University of Illinois Home Economics department.

Functional cupboards should be planned so that every stored item is visible and easy to grasp, says Helen McCullough, home management specialist who has spent years doing research on storage space requirements for the modern home.

Detailed descriptions of functional storage units, dimensions and suggestions on how to build them are given in a new bulletin, "Space Design for Household Storage," written by Miss McCullough and published by the University.

The storage units can be built by the home handyman, or they can be factory constructed. Details of construction are included in the bulletin, as well as space requirements for hundreds of household articles.

You can get the bulletin from the University of Illinois, Urbana, The price is $1.25.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 7, 1953

ecipe for a Good Cookbook

URBANA--A good cookbook, like a good cake, must have the ight ingredients.

Your selection of a cookbook depends on several things--the ype of kitchen and equipment you have, the size of your family, their ood preferences and the size of your food budget.

Geraldine Acker, foods specialist, University of Illinois ollege of Agriculture, suggests that when you buy a cookbook you look or the following:

Simple and accurate recipes with easy-to-follow directions

Recipe ingredients listed in order of use

Recipe proportions in quantities easily measured by the homemaker, preferably by one-fourth, one-third, one-half or whole cups

Recipes to fit the size and food habits of the family, including the number of servings

Basic information on food preparation and methods of cooking

Your cookbook also should be easy to handle and easy to read.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 8, 1953

How to Pick a Peach

URBANA--If your interest in peaches is for the market-basket varieties, here are some tips to guide your selection:

Choose peaches that are at least medium in size, with a background color that is predominantly yellow, and a well-developed aroma.

Richard V. Lott, specialist in horticulture, University of Illinois College of Agriculture, recommends that you look for medium size because most commercially important varieties, such as Halehaven and Elberta, are normally large. Small fruits of such varieties are apt to be low in sugar content and lacking in aroma, with an inevitable low quality.

He emphasizes the yellow background color as an assurance that the fruit was nearing maturity when it was picked. Nearly all of the quality of a peach must develop while it is still on the tree.

Lott says a green-picked peach will never ripen to a satisfactory quality; the only thing it can do is become softer. The sugar content and aroma will remain low, with inevitable low quality.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 9, 1953

Use a Brick to Help You Sew

URBANA--An ordinary building brick can help you sew a fine seam. Covered with sturdy material, the brick becomes a handy home-sewing aid, says Ritta Whitesel, clothing construction specialist, University of Illinois College of Agriculture.

A sewing brick is simple to make. All you do is cover the brick with strong, firmly woven cloth. Worsted from a man's discarded suit or cotton denim, twill or sailcloth will do. Wrap the cloth around the brick like a neat package, and sew the ends firmly.

You can use the brick to anchor material when you are sewing. When you pin the material to the brick, it helps keep seams and grain lines straight.

You will enjoy your sewing and you will prevent tired, aching muscles if you make it a practice to sit up straight and keep your work flat on the table rather than in your lap.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 10, 1953

Uses for Dry Bread

URBANA--Let the star of your meal be garlic or onion bread that you've made from slightly dry or not-so-fresh bread. Frances Cook, University of Illinois food specialist in the home economics department, tell how:

Between slices of the dry bread spread a mixture of creamed butter or margarine to which you've added freshly grated garlic or onion. Wrap the slices together in aluminum foil and heat them in the oven.

You can make cheese bread in the same way. Just substitute grated Parmesan or American cheese for the garlic or onion.

Other tricks to build your reputation on are toast rings you've made from day-old bread. Shape the bread slices with a doughnut cutter; then toast the circles to serve with any meal, or else substitute them for biscuits or crust on a meat pie or casserole dish.

The story is not complete without mention of croutons. These toasted bread cubes are perfect as a garnish, especially for soups or salads. Brown the cubes in a skillet with butter or salad oil, or spread them in single layers on a cookie sheet and brown in a moderate (350° F.) oven. Turn them as necessary so that they will brown evenly.

If you want croutons flavored with lemon juice, onion, celery seed or herbs, add the flavoring to the butter in the skillet, or else butter the slices of bread lightly before you cut them into cubes.

Croutons will stay crisp for several weeks if you store them in a tightly covered container.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 11, 1953

New Flameproofing for Cotton

URBANA--Uncle Sam's army has done a good turn for the country's homemakers. A new process for flameproofing cotton has been developed by the army quartermaster corps in cooperation with the United States Department of Agriculture.

The new process make cloth flameproof through more than 15 launderings. This is a long time for such treatment to last. Although the cloth will char when burned, it will not burst into flames.

You won't find cloth treated by the new method on your department store shelves for a while because the chemical used is now available only in limited quantities for experimental purposes. Large-scale production of the chemicals is considered feasible, however, and authorities say they should be inexpensive to manufacture.

The chemical compounds are applied with standard textile equipment in a process similar to that now used by many fabric manufacturers for creaseproofing cotton.

Many home uses for flameproofed cotton are envisioned by Edna Gray, clothing specialist, University of Illinois. Washable, flameproof fabrics for curtains, draperies, bedding and upholstery can add much to the future safety of your home.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 13, 1953

Take a First Aid Kit on Your Vacation

URBANA--Tuck a first aid kit into the glove compartment of the car when you take off for that summer vacation trip. Disinfectant and a bandage applied promptly are often the ounce of prevention that turns out to be worth many pounds of cure, says Pauline Brimhall, University of Illinois College of Agriculture.

The following supplies are adequate for most needs: six one-inch adhesive bandages, individually wrapped to assure sterility; two three-inch bandage compresses; a square yard of sterile gauze; a triangle bandage which can double as a tourniquet; an antiseptic, such as rubbing alcohol or one prescribed by your doctor; and a tube of ointment for burns.

If you are headed for the deep woods or any remote place, your kit should also include a roll of one- or two-inch bandage, a roll of adhesive tape, a pair of scissors, tweezers for removing splinters and a bottle of spirits of ammonia.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 14, 1953

What to Do With Bugs in Your Pantry

URBANA--Most families experience a crisis when they find bugs keeping house in their groceries. Actually, these pests show up in even the cleanest pantry. The only disgrace is in allowing them to stay there.

Foods that particularly appeal to insects are flour, meal, cereals, ready-mixes, dried fruits, beans, macaroni, spaghetti, nut meats, dry pet foods and chocolate. Some of them like a diet of red pepper and chili powder.

Howard B. Petty, entomologist, University of Illinois College of Agriculture, says that stored-food insects seldom if ever carry diseases, and they are not poisonous. It's not necessary to throw food away just because an insect or two has crawled into the package. Naturally you'll want to destroy foods that are badly infested.

If you have any question as to whether eggs may be present in the dried food, you can heat the food in an oven at 140° F. for half an hour and then place it in a container with a tight-fitting lid.

To complete your "ounce of prevention" chores, you'll want to clean your storage cabinets and drawers thoroughly and spray inside them with a 5 percent DDT spray. Let the spray dry before you replace the packages.

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AJR:mi
7/10/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 15, 1953

Tile Floors Need Special Care

URBANA--Tile floors take to gentle treatment. Shampoo rather than scrub them, says Dorothy Iwig, home furnishing specialist, University of Illinois College of Agriculture. Use a small amount of water, and dry the floor as fast as it is washed. A mild detergent or a cleaner recommended by the tile manufacturer is best. Never use gasoline, benzine, naphtha, turpentine or organic solvents. They sometime soften the surface and may cause permanent discolorations.

Because of the composition of asphalt, rubber and cork tile floors, vigorous and abrasive scrubbing is not desirable.

Use a water-emulsion or self-polishing type of wax if you want to wax your tile floor. Don't use waxes that contain oil, grease or solvents, such as naphtha or turpentine.

New asphalt tile floors should not be washed for at least two weeks after they are installed. Rubber and cork tile floors should not be washed for four or five days. This is to allow the adhesive used in laying the floor to set thoroughly.

For daily care, a soft-bristled push broom or a clean dry mop is best. Never use oil mops, as they leave an oily film that catches dirt and dust.

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EJ:mi
7/10/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 16, 1953

Buy Beef Now

URBANA--Now is the time to stock up on beef if you have a home freezer. Beef will continue to be plentiful, says the United States Department of Agriculture, but there will be less of it grading out to top quality in the next few months than there has been.

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EJ:sb

Peaches Come to Local Markets

URBANA--Peaches are appearing in local markets. It is time to slice a few on your breakfast cereal, serve them with cream for dinner dessert or make your first peach pie of the season.

Remember to look for a creamy yellowish background color in peaches if you want the best flavor.

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EJ:sb
7-13-53

FOR RELEASE THURSDAY, JULY 16, 1953

Regular and Fermented Milks Have Equal Food Value

URBANA--Milk is milk, and its nutritive value is the same whether you take it in its natural liquid form or as yogurt, buttermilk or acidophilus milk.

Many extravagant claims are made by advertisers for these soured or fermented milks. They are said to be "more healthful and superior in all respects to the usual form of milk."

It just isn't so, says Dr. Marian Tolbert Childs, nutrition expert at the University of Illinois College of Agriculture. The nutritive value of milk products is practically the same as that of the milk from which they are prepared. The food value is not increased by adding microorganisms that change the flavor and texture.

Many persons enjoy the acid flavor and pleasant aroma of the fermented milks, and their use in ordinary amounts is not likely to be harmful. But persons who have normal digestive capacity and normal acid secretion don't need fermented milks.

In general, grownups need about three cups of milk each day to meet their needs for riboflavin, calcium and protein. So long as your diet includes this minimum amount, it makes no difference whether you take it as whole milk or in one of the other milk forms.

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EJ:sb
7-13-53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 17, 1953

Refrigerate for Safe Eating

URBANA--Prevent food spoilage by keeping foods hot or cold, but never warm. Food spoilage bacteria develop fastest at room temperatures.

You can't always tell by the appearance of food whether it is safe to eat, reminds Geraldine Acker, foods specialist, University of Illinois home economics department. No one would eat food that didn't look, taste or small perfectly all right. That's the reason refrigeration is so important.

While there are not many cases of fatal food poisoning today, many people are made ill by food that has lacked careful refrigeration. Foods that are particularly subject to spoilage at room temperature are soft protein foods, such as custards, chicken salad, potato salad, poultry dressing, creamed food and roasted meats.

When you cook meat ahead of time for later use, remove it from the broth or gravy so that both will cool quickly. Refrigerate the broth and meat separately as soon as the reach room temperature. The same is true of stuffing in a roast chicken or turkey--remove the stuffing from the fowl as soon as the cooking is done, and refrigerate the two separately as soon as they have cooled to room temperature.

When you plan food for picnics and outdoor meals, grind cooked meat just before you use it in sandwiches or combination dishes. Pack salads and meat in ice to assure safe eating for your outdoor guests.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 18, 1953

Good Diet Important at All Seasons

URBANA--Good health depends on good nutrition in summer as well as in winter. When school days end and the family schedule is not so rigid as usual, parents may tend to relax a little about their children's eating habits.

It's a dangerous practice, says Pauline Brimhall, health specialist, University of Illinois College of Agriculture.

Your child needs three well-balanced meals even when the weather is hot. Be sure he eats a good breakfast. That meal should provide one-third or at least one-fourth of his daily food requirements.

Fruit and cereal and milk make a good hot-weather breakfast menu, with an egg or similar protein food added three or four days of the week.

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EJ:sb

Teatime Treat

URBANA--Slices of stale bread can be converted into a tea-time treat. Cut the bread into one-inch strips and dip them into sweetened condensed milk. Roll them in coconut or chopped nuts, and toast under the broiler until brown.

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EJ:sb
7-16-53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 20, 1953

Liquid Silver Cleaners Sacrifice Quality for Speed

URBANA--Are liquid silver cleaners safe to use? Liquid or chemical cleaners, as you know, are rather recent products for the home cleaning shelf. The silver to be cleaned is dipped into the bottle of liquid and then rinsed immediately in clear water. You don't have to polish; the chemical does the work.

When asked whether she would recommend the cleaners, Catherine M. Sullivan, home management specialist, University of Illinois, reported comments made by representatives of silver manufacturers who exhibited products at the recent American Home Economics Association meeting in Kansas City.

The response from these representatives ranged from an emphatic "No!" to a conservative "Yes, if you follow directions to the letter and know what results to expect."

On silver that carries the decorative oxidation or "French finish" so highly prized on today's patterns, you can expect that the chemical cleaner will remove the finish along with the tarnish. According to one of the persons questioned, the silver is not actually harmed

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but it will take on a yellow color after you use the cleaner repeatedly.

Directions on the label caution about protecting the stainless steel blades of knives from the chemical cleaners.

You can get additional opinions regarding the use of these products from the company who made your silverware or from a jeweler in whom you have confidence. The quick-and-easy way appeals to all of us, but when we've examined all aspects of a "miracle worker" we often decide to stick to the tried-and-true methods--in this case, the rub and polish procedure.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 21, 1953

Low-Acid Tomatoes Cause Trouble in Canning

URBANA--Low-acid tomatoes, so prized for eating raw, are probably the least desirable varieties for canning.

University of Illinois foods specialist Frances Cook thinks low-acid tomatoes are the reason for the unexplained "bad luck" some homemakers had with their canning last year.

Miss Cook points out that the recommended processing times and temperatures for canning tomatoes are the result of extensive research with the high-acid product. The acid content of the food is more important than you might imagine. When you use a low-acid tomato for canning, you are taking chances with spoilage, says Miss Cook. Be safe; don't attempt it.

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7-20-53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 22, 1953

Create a Cool Look for Your Table

URBANA--The right table accessories can help you achieve a cool look for summer dining. Get rid of all the extras, advises Dorothy Iwig, home management specialist, University of Illinois College of Agriculture. Put away your candles and other knickknacks, and confine your table decoration to a low bouquet. Keep the bouquet modest in size, and create an airy feeling with it.

Use place-mats instead of full-sized table cloths. Mats not only look cooler than a cloth, but they also cut down on your laundry. Choose cool colors--green, soft blue, grey, off-white or natural tan. You will find many inexpensive, easy-to-care-for mats on the market. They can be made of bamboo, plastic, paper or cloth.

Plain dishes of muted colors, and clear glassware are cool-looking. Many pleasing varieties are available at modest prices.

If your dining-room chair seats are covered with heavy-appearing fabric, make some seat covers of inexpensive cotton material.

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7-20-53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 23, 1953

Blanching a Must in Freezing Vegetables

URBANA--It doesn't pay to freeze vegetables without first blanching--or scalding--them. Foods specialist Frances Cook, University of Illinois College of Agriculture, says that when you heat vegetables to a high enough temperature, as in blanching, you inactivate the enzymes that cause foods to mature.

If you don't blanch your frozen vegetables, their color, texture and flavor are apt to be so changed after a few months' storage that they will be practically inedible.

Handy equipment for blanching includes a large covered kettle and a fine mesh basket that fits into it. Some mesh baskets have a cover to keep the vegetables down in the boiling water.

Overblanching is detrimental to the frozen product too. The scalding time varies with the vegetables, so be sure to follow the suggestions in your freezing guide for each vegetable. Tender, green-leaved spinach requires only one minute of blanching; corn on the cob, eight minutes.

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AJR:sb
7-20-53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 24, 1953

Lap Boards--Good Substitute for Tables

URBANA--Old-fashioned lap boards still have their uses for writing, sewing, breakfast in bed or a casual meal when your table is covered with things you don't care to move. Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, suggests that if you live in cramped quarters, you can handle buffet suppers easily if you have lap boards for your guests. The boards are flat and take little storage space.

Make a lap board for yourself to see how handy they are. You can make it any size you wish. If you have a chair with arms, you'll probably want it big enough to rest across them so that you can sit there to write, sew or play games. You'll find that 18 by 30 inches is a handy, usable size.

Make the board out of quarter-inch plywood or some other type of wall board. Cut a semicircular piece off one side about 13 inches long and 5 inches deep so that the board will fit up closely to your waist. Don't make the cut-out too large, or you won't have much board left. It's a good idea to make a pattern out of heavy wrapping paper first.

Sandpaper the board well, and then give it the desired finish. You can finish the edges with a narrow molding plastic binding.

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7-20-53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 25, 1953

Slip Straps Shouldn't Slip

URBANA--You can't look or feel your best when your slip straps keep sliding down your arms. If your shoulders are extremely sloping, you probably have a lot of trouble with sliding straps.

There is something you can do about it. Clothing specialist Fern Carl, University of Illinois home economics department, suggests an easy needle and thread remedy.

Sew one end of a four-inch tape to your shoulder pad or shoulder seam directly above the straps. Sew a small snap at this place, with half of the snap on the other end of the tape. Then, when you are dressing, all you do is snap the tape around your slip straps to anchor them in place.

You can also buy tapes with snaps already on them. Use tiny safety pins to fasten the tapes to your dress.

You'll notice that some clothing manufacturers include these tapes in all of their dresses.

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7-22-53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 27, 1953

Plan-Ahead Picnic From Freezer

URBANA--Use your home freezer for plan-ahead picnics this summer. You can make sandwiches several days in advance and store them in the freezer. Package each sandwich separately in moisture-proof, vapor-proof paper and leave them in the freezer paper until you are ready to eat.

Pack the food in the picnic basket while it is still frozen. It will thaw in two or three hours and will help to keep other food cold.

Some sandwich fillings that freeze successfully are chicken, beef, ground meat, salmon, tuna fish, Cheddar, American or cream cheese and peanut butter.

Raw vegetables are not suitable for freezing, since they lose both texture and flavor. Eggs don't freeze well either. The white becomes rubbery.

Cupcakes, cake, cookies, pies and tarts can also be made ahead and frozen.

When you plan a cook-out picnic, you can freeze the meat in advance. Make the hamburgers into patties, wrap them separately and freeze. Frankfurters can also be frozen. Freezing helps to eliminate chances of food spoilage. The meat will thaw on the way.

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EJ:sb
7-22-53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 28, 1953

Higher Priced Package Often the Better Buy

URBANA--If a one-pound carton of shortening costs 32 cents and a three-pound carton costs 87 cents you save 3 cents a pound by buying the larger amount. These pennies can add up to quite a saving over a period of time. On many other items, too, you can save money in the long run by taking the larger package--provided, of course, you can use it.

Mrs. Ruth C. Freeman, money management specialist at the University of Illinois College of Agriculture, cites good buymanship facts to call upon before you open your purse.

Compare prices and amounts. Make sure the larger package of cleaning tissues is really cheaper than the smaller one. Most likely it will be, but a bit of mental arithmetic will give you the answer in a jiffy.

Be a label reader when you buy canned goods. The row of type that lists the weight or measure of the contents can help you decide which size of can, or which brand, will give you the most for your money.

Take advantage of coupons, samples, two-for-one and one-cent specials at drug and grocery stores. They can save you money.

Take pride in being a skillful shopper. It's important to your family that you are one, but the way you feel about it is even more important. Your family will accept your example as the pattern for their own spending.

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7-24-53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 29, 1953

Canning Takes More Time in Pressure Saucepan

URBANA--You can use a pressure saucepan for canning, but you should allow a slightly longer processing time than you will need when you use the standard pressure canner. There is a reason for this, explains Frances Cook, foods specialist, University of Illinois. In the saucepan it takes less time to bring the temperature up to 10 pounds' pressure and less time for the pressure to return to zero than it does in the canner.

To be on the safe side, allow 20 minutes longer for processing pint jars in the saucepan than you would in the canner.

If you use the pressure saucepan, be sure it is deep enough to hold the pint jars when they are placed on the rack. Be sure, too, that your saucepan holds pressure up to ten pounds.

Have a quart of water boiling in the pan, and put the hot jars on the rack in the pan. Adjust the cover and let the steam escape from the vent for at least one minute. Close the vent, and let the pressure rise to ten pounds. Start counting your processing time from the moment the pressure reaches ten pounds. At the end of the processing time, remove the saucepan from the heat and let it cool normally until the pressure is down. Five or ten minutes after the pressure is completely down, open the saucepan and remove the jars. Cool the jars top side up out of drafts.

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7-24-53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 30, 1953

Courtesy Pays the Shopper

URBANA--A courteous customer usually finds a courteous clerk. Good manners, moreover, make shopping pleasant and assure you, the customer, of the extra service that will help you find exactly what you want.

When you plan to buy, you want to inspect the merchandise. To do so is your privilege, but treat the article as though you were going to own it. You wouldn't buy a dress that was lipstick-smeared or soiled, so don't be responsible for leaving such merchandise behind you.

Good shopping habits can help you save money, too, says Mrs. Ruth C. Freeman, specialist in family accounts, University of Illinois College of Agriculture. Make it a point to count your change carefully, to check your sales slips and to watch scales and measuring devices.

When you buy things that come in specific amounts, buy them by the dozen, the gallon or the pound--not by the dollar's worth. Accurate buying will make it easier for you to check your sales slips and will also help you in future planning.

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7/27/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 31, 1953

Can Tomatoes by Cold-Pack Method

URBANA--Home-canned tomatoes processed by the cold-pack method are superior in all ways to the hot-pack ones, according to research by the United States Department of Agriculture.

Frances Cook, foods specialist, University of Illinois College of Agriculture, points out that the flavor, texture, color and fragrance are better in cold-pack tomatoes than in hot-pack. Also, the cold-pack method is easier and quicker to use.

Here are the directions: Wash good-quality tomatoes and peel them as you would for any canning. Just plunge them into boiling water for half a minute; then dip them in cold water for a few seconds before you peel. In peeling, be sure to cut away all of the core at the stem end, as it may cause spoilage if you don't. Prepare only enough tomatoes for one canner load at a time.

Pack the raw, cold tomatoes into sterile jars. Press them down gently into the jar to fill the spaces. Leave one-half inch of head space, and add a teaspoon of salt to quart jars and one-half teaspoon to pints. Process quart jars in a boiling water bath for 45 minutes and pint jars 35 minutes. An inch or two of water should cover the jars. Count processing time from the minute the water starts to boil.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 1, 1953

Plan-Ahead Buying Pays

URBANA--The grocery list is fast going the way of the cracker barrel. More than half of present-day food shoppers buy on impulse. Most women plan their menus after they get to the store.

Such planless buying is usually not the most economical, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture. Impulse buying often leads the homemaker to spend more money than she intended to.

The wise homemaker who wants to get the most value for her dollar will study food ads, note good buys and plentiful foods and plan her family's menus around them. She will plan to buy fruit and vegetables in season and will use her sales resistance to pass up out-of-season, high-priced merchandise. Often the top-price vegetable today will be a good buy in a week or two when the supply is plentiful.

Try plan-ahead buying, Lomasney suggests, and you will find that your food budget will go further and your family will eat better than when you shop the hit-or-miss way.

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7/29/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 3, 1953

Ice Compartment Not a Food Freezer

URBANA--Ice compartments of most refrigerators are designed to freeze ice, and not to freeze and hold food. Food may be kept frozen in the ice compartment for three or four days, but continued storage just isn't practical, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Temperatures in the ice compartment are neither low enough nor constant enough for long-time food storage. Some modern refrigerators do, however, have freezing compartments designed especially to store food. Food can be safely frozen and stored in such compartments.

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Dried or Evaporated Milk for Bread

URBANA--You won't have to scald the milk when you make bread if you use evaporated milk or dry milk solids. Dilute the evaporated milk with an equal part of water and use as directed. You can either use the dry milk by adding it to the flour, or you can reconstitute it and substitute it for the milk called for in the recipe.

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7/29/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 4, 1953

Illinois Peach Crop Coming to Market

URBANA--August is the month for peaches. Growers in the state report a good crop, though not quite as abundant as last year. The fruit is sizing up well, according to marketing specialist, Ross Kelly of the University of Illinois College of Agriculture.

When you select peaches look for the background color. The delicate pink blush on a peach can be misleading, for immature peaches sometimes have it. If the background color of the peach is creamy yellow, the peach is probably mature. Peaches picked before maturity have a green ground color. Such peaches will not ripen satisfactorily. They lack flavor and will shrivel.

Soft-ripe peaches are best if you plan to use them immediately; firm-ripe are best if you want to keep them a while. Firm-ripe peaches will soften at room temperature (70 to 80 degrees F.)

Ripe peaches will keep several days if you store them in the coldest part of the refrigerator at a temperature of about 40 degrees.

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7/31/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 5, 1953

Odorless Paints, A Boon to Home Decorators

URBANA--Odor-free paints and enamels for inside the house have made their bow at paint stores. This is good news for persons who find pungent paint fumes particularly unpleasant.

"Volatile solvents are still present," says Dorothy Iwig, "but the painter can't smell them." Miss Iwig is home furnishings specialist of the University of Illinois College of Agriculture. She points out that safety and health reasons still require that you have the room well ventilated during a painting project.

As the paint dries, some odor is noticeable, but there's a great deal less than in the past.

The odor-free finishes have been introduced in flat wall paints as well as in semi-gloss and gloss enamels. If you plan to shop for them, it may be helpful to know that an important ingredient in many of them is alkyd resins. Check the labels.

Manufacturers find that their new odorless products have taken on other desirable qualities. They brush on easier and dry faster. They have improved hiding qualities, and the whites and light tints resist yellowing more than ever before.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 6, 1953

Canning Time for Peaches

URBANA--Elberta peaches from Southern Illinois orchards will appear in quantity in markets throughout the state the weeks of August 10 and 17 says Ross Kelly, marketing specialist, University of Illinois. That means it's peach canning time. Elbertas are an excellent variety for canning.

You can use either the cold or the hot pack method of canning, according to Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Because the fruit shrinks in the first heating you can pack more peaches to the jar if you use the hot pack method.

Select firm, ripe fruit with a creamy yellow background color. Peaches that are green won't ripen satisfactorily. Neither over-ripe, mushy fruit, nor immature fruit is suitable for canning.

To prevent fruit from discoloring during preparation drop it into water containing two tablespoons each of salt and vinegar per gallon. Peel just enough for one canner load at a time, and process as soon as possible.

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Canning Time for Peaches - add 1

For the hot-pack method, simmer the peeled, pitted fruit for 3 to 5 minutes in either a light or medium sirup. Dissolve one cup sugar in three cups of water for the light sirup and one cup sugar to two cups water for the medium. Don't cook the peaches until they are soft. Pack them out side down in sterilized jars. Overlap the layers to give a uniform appearance. Fill containers with the boiling sirup and process in boiling water bath for 20 minutes.

For the cold pack method, place the fruit peeled, pitted, and halved, cut side down in sterilized jars. Make a firm uniform pack, then cover to within 1/2 inch of the top of the jar with boiling sirup. Process in boiling water bath for 25 minutes for pint jars, 35 minutes for quarts.

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Don't Refrigerate Bread

URBANA--The refrigerator isn't the best place to store bread. It doesn't mold so fast in the refrigerator as it does in the breadbox, but it gets stale much faster when it is kept cold than it does when it is kept at room temperature. So says Frances Cook, foods specialist, University of Illinois College of Agriculture.

Store bread by itself, Miss Cook says. When you store it with cake and cookies they absorb the moisture from the bread.

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8/3/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 7, 1953

How Long Are Leftovers Safe to Eat?

URBANA--With beef plentiful, you've probably found it thrifty of money and time in the kitchen to buy larger-than-usual roasts and then plan economical dinners around the leftovers. Just remember to refrigerate the freshly cooked roast as soon as it reaches room temperature, and then use it within the next three or four days.

Frances Cook, foods specialist, University of Illinois College of Agriculture suggests approximate limits for safe storage of certain other cooked foods. She says that hard-cooked eggs, with or without the shell and refrigerated in covered containers, can be safely eaten within ten days after cooking, but the whites will start to become tough and rubbery within two or three days.

Salads made of cooked meat, poultry, fish and eggs should be used within three or four hours. Vegetable and fruit salads may keep a bit longer--possibly between four and six hours, though all salads are best when freshly mixed, with the dressing added just before serving.

Plan to keep refrigerator roll doughs no longer than five days. Raw cookie doughs will be good up to three weeks. Use leftover batter for pancakes and waffles within three or four days. You can keep pie shells in good condition in the refrigerator for three to seven days. Heat them in the oven if they become soggy.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 8, 1953

Orlon Curtains More Plentiful Now

URBANA--Orlon curtains of sheer marquisette are easy to find now, after being rather scarce during their first two years on the market. If you want to sew your own curtains, you can buy the Orlon marquisette by the yard.

According to University of Illinois home furnishings specialist Dorothy Iwig, virtues attributed to this man-made curtain fabric include an unusual resistance to sunlight, prolonged life and easy washability, plus a need for little or no ironing.

More specifically, Orlon fibers are reported to resist weakening effects of direct sunlight better than any other commonly used fiber. This point would be especially good to know if you were choosing curtains for picture windows or any sunny window.

Soot and smoke don't seem to weaken Orlon fibers. The curtains resist soil and stay clean for a long time. When they do become soiled, they can be laundered quickly in warm water and a mild soap. If they drip dry, good quality curtains of Orlon fiber will need little or no ironing.

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8/5/53

Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 10, 1953

One-Stop Shopping Pays

URBANA--Eighty-two percent of food shoppers trade in more than one store. But the other 18 percent probably get just as much for their money, because trotting from store to store doesn't always pay, says W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture.

The retail grocery business in this country is so highly competitive that prices vary hardly at all. Usually the pennies saved by making the rounds of the grocery stores don't make up for the waste of your time and energy, nor for the cost of gas and tires if you drive your car.

A good food store tries to meet all your needs for meat, groceries and produce. Stores have found that good quality and selection in one department help sales in the other departments.

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Melons in the Freezer

URBANA--Try putting some melons into the freezer this year. They taste mighty good when winter rolls around. A sirup pack gives better results than using dry sugar.

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EJ:mi
8/5/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 11, 1953

Wise Use of Freezer Saves Money

URBANA--About a million persons bought home freezers last year, and present indications are that more will buy them this year. If you own a freezer, plan to get the most out of your investment by using the freezer wisely.

Here are some suggestions for doing just that. They come from W. F. Lomasney, marketing specialist, University of Illinois College of Agriculture.

Freeze only the best quality foods. Freezing vegetables of poor quality or meat with a large percentage of bone and fat just doesn't pay.

Prepare food properly for freezing. Instruction books will tell you the best varieties for freezing and the exact steps to take. It is important to blanch all vegetables and to allow meat to age at least a week at 40 degrees F. before freezing.

Package food carefully. Use vapor-proof, moisture-proof packaging material. Cellophane is good for vegetables; polyethelene or pliofilm is best for meats.

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Freezer - add 1

Freeze food rapidly. Color, texture and quality of all foods are preserved best if freezing is fast. The home freezer may not be adequate to fast-freeze large quantities at one time. If you have several pounds to freeze, you should take the food to a commercial locker for quick freezing.

Keep the temperature in your freezer at zero degrees Fahrenheit or lower. When the temperature goes up, the quality goes down. Most fruits and vegetables should not be refrozen after they have thawed. Meat can be safely refrozen if the temperature does not go above 32 degrees.

Plan to turn over your freezer stock at least three times a year. First in, first out is a good rule to follow. Most prepared cooked foods should be stored no longer than three months; fried foods, one month; ground beef, pork, sausages, no longer than six months; most vegetables and fish, not more than a year; unground beef, poultry and most fruits a year to a year and a half.

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EJ:mi
8/7/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 12, 1953

You Can Clear Up Cloudy Tea

URBANA--Cloudiness in tea can be caused by a sudden change in temperature, such as you might get when you put tea into the refrigerator. You can get rid of the cloudiness by just adding boiling water, says foods specialist Geraldine Acker, University of Illinois College of Agriculture.

Clouding has no effect on the quality or flavor of tea, but every hostess prefers a sparkling, crystal-clear beverage.

AJR:mi

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Cane Sugar, Beet Sugar Equally Good

URBANA--The sugar you use for preserving or jelly-making can be either cane or beet sugar. These two sugars behave identically and can be used interchangeably in recipes calling for sugar.

Frances Cook, University of Illinois foods specialist, says it was once believed that sirup for jelly wouldn't jell if beet sugar was used, but we now know that it isn't so.

Both sugars are highly refined--99.9 percent pure--and the two are uniform in quality. They lack flavor other than sweetness, and they are readily soluble in water.

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AJR:mi
8/7/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE Aug. 13, 195

Illinois Women Attend Convention in Canada

URBANA--Several women from Illinois leave this week for Toronto, Canada, to attend the seventh triennial conference of the Associated Country Women of the World. The meeting, from August 12 to 23, is expected to attract women from countries all over the world.

Subjects scheduled for discussion include economic problems of people living on the land, education of rural youth, programs for rural women and ways and means of spreading information about the United Nations and its agencies.

Mrs. Kathryn VanAken Burns, state leader of home economics extension, Urbana, and Mrs. Eva Blair, Lovington, both life members of the association, are attending the conference.

The following women, who were named voting delegates by the Illinois Home Bureau Federation, will represent the state: Mrs. Adam McWilliam, Toulon; Mrs. Spencer Ewing, Bloomington; Mrs. Warren Mynard, Oneida; Mrs. Pearl Barnes, Preemption; and Mrs. Harold Joy, Chapin.

Attending as accredited visitors are Mrs. Charles Wycoff, Laura; Mrs. G. L. Lamphier, Mattoon; Mrs. Charles Cameron, Peoria; Mrs. Oscar Yung, Sesser; Mrs. Stanly Castle, Alton; Mrs. Warren Hall, Bradford; Mrs. Harold Bower, Oswego; Mrs. Edward Eckdahl, Aurora; and Mrs. Sam Johnson, Hanna City.

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EJ:mi
8/10/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 14, 1953

Peaches, Peel by Hand, Freeze in Sirup

URBANA--Peel and freeze as fast as you can--that's the rule when you're freezing peaches, says foods research specialist Frances Van Duyne, University of Illinois College of Agriculture.

For the best-looking product, peel the peaches by hand, and then slice them directly into cold sirup in a freezer carton. If you wish, put a small piece of crumpled parchment paper or cellophane over the fruit to hold it under the sirup. Cover at once and freeze. When you use this technique, the peaches are more apt to maintain good color and flavor because they are exposed to air for only a short time.

Make up sirup ahead of time so that it will be ready and cold when you need it. Research at the University of Illinois shows that a sirup of 50 to 60 percent sugar concentration is best for peaches. To make a 50 percent sirup, dissolve one cup of sugar in four-fifths cup of water; for a 60 percent sirup, use one cup of sugar to one-half cup of water. Stir or heat the water to dissolve the sugar, but be sure the sirup is cold before you add the peaches.

To help prevent browning, you can dissolve ascorbic acid tablets or crystals in the sugar sirup. Ask for them at the drugstore. Use three 50-milligram tablets for one cup of sirup, or one-fourth teaspoon of crystals to four cups of sirup. Mix the tablets or crystals with the cold sirup as you need it, since there will be some loss of strength if you dissolve the acid too long ahead of time.

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AJR:mi
8/10/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 15, 1953

Trend Toward Stainless Steel Tableware

URBANA--Stainless steel tableware is causing conversation among American homemakers. Its carefree practicality and good craftsmanship are earning for it a place of distinction among modern table settings.

"It doesn't look like silver and it is not supposed to," says home furnishings specialist Kathryn Weesner, University of Illinois College of Agriculture. "It is a handsome material in its own right."

Stainless steelware resists discoloration and scratching. It seldom needs to be polished, and it lasts almost indefinitely. You will find place settings priced from $4 to $20, with perhaps the most popular range around $8 for a six-piece setting. Cost is a good guide to quality, because steel is expensive to work.

Miss Weesner says to remember, when you are buying, that the best designs in stainless steel are those without a lot of detail. That is because steel is so hard that it is difficult to make deep impressions in it. Because stainless steelware is strong, it need not be heavy. Look, instead, for proper distribution of thickness along the length of the piece so that it will balance well in your hand. Smooth edges and a smooth, uniform finish indicate quality workmanship.

You'll find the ware in both satin and mirror finishes. The color will vary, depending on the alloy used with the metal. It will probably be either silver or pewter in tone, and the color will be permanent.

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AJR:mi
8/12/53

Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 17, 1953

Wise Buying Saves Frozen Food Costs

URBANA--If you grow your own food products, you can save money by owning a freezer; if you buy all your food, a freezer will probably raise your food bill a little. You can compensate for the increase in cost, however, by convenience, by a wide variety of food and by the saving in shopping time.

Combining good food-buying practices with rapid turnover of frozen foods will help you keep costs in line, says W. F. Lomasney, food marketing specialist, University of Illinois College of Agriculture.

Here are some suggestions for economical buying of frozen foods:

Get information on prices and plentiful supplies from market reports. Check newspaper advertisements for good bargains.

Buy in quantity. Buy institutional packages, which usually come in 2, 2½, 4, and 5 pound sizes, depending on the product. Many such packages can be divided or can be opened and resealed when you wish to use only a small amount.

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Frozen Food - add 1

If you buy consumer-sized packages, buy several at once. Many stores will sell quantity supplies at a substantial discount. Twenty packages is considered a minimum for quantity buying.

Consider brand a good index of quality. Get acquainted with the brands that will serve your needs at the price you want to pay. Most retailers carry at least two and sometimes as many as five brands.

When possible, buy meat already frozen. The better cuts of frozen beef cost less than the same cuts bought fresh. The cheaper cuts usually cost about the same as similar cuts of fresh meat--and sometimes they cost a little more.

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EJ:mi
8/12/53

Peaches Low in Calories

URBANA--Eat peaches if you're watching your weight. A peach is a low-calorie fruit. A medium-sized one contains only about 50 calories. In addition, peaches are a good source of vitamin A and a fair source of vitamin C.

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EJ:mi
8/12/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 18, 1953

Corn--Husk It, Blanch It, Freeze It

URBANA--Out of the husk before it goes into the freezer--that is the rule for corn. Experiments in freezing corn in the husk haven't been successful, says Frances Cook, foods specialist University of Illinois College of Agriculture.

Corn, like all other vegetables, must be blanched before it is frozen. Blanching inactivates the enzymes that sometimes lead to food spoilage.

For the best flavor in frozen corn, cut it off the cob before you freeze it. Here are the directions:

Remove the husks and the silk. Blanch the corn on the cob for 8 minutes, allowing 4 quarts of water for 8 medium-sized ears. Cut the corn off the cob. Package it and freeze it immediately.

You may want to freeze a few ears of corn on the cob, although that method of freezing has several disadvantages. Corn on the cob is cumbersome to package. The prefreezing blanch may not inactivate all the enzymes in the corncob, and spoilage may follow. Corn frozen on the cob sometimes develops off flavors--a cobby taste. Unless it is thawed before it is cooked, frozen corn on the cob requires a long cooking time. Overcooking results in inferior taste and texture. Corn frozen on the cob should be kept in the freezer no longer than four months.

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EJ:mi
8/14/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 19, 1953

Simplified Baking for Popovers

URBANA--An improved recipe for popovers has been announced by the laboratory kitchen of the Poultry and Egg National Board. The new recipe eliminates the two-temperature baking--high followed by low--and is more convenient to use than the old-time method.

Frances Cook, foods specialist, University of Illinois College of Agriculture, passes the new recipe on to you with the suggestion that you make this delectable hot-bread for your family soon.

Popovers

1 cup sifted, enriched flour
3/4 cup teaspoon salt
1 tablespoon shortening, optional
2 eggs, slightly beaten
1 cup milk

Place flour and salt in mixing bowl. If shortening is used, cut it into flour and salt until the mixture resembles texture of corn meal. Blend eggs and milk and add to dry ingredients. Beat with rotary beater until smooth. Fill greased custard cups one-third full, and place on a baking sheet. Bake in moderate oven (375° F.) until well browned, about 50 minutes. Remove from oven and cut a slit in the side of each to let out steam. Return to oven for 10 minutes. Remove promptly from cups so that bottoms do not steam and soften. Serve promptly. Yield: 12 medium or 8 large popovers. One additional egg may be added for a crisper, and even larger, popover.

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AJR:mi
8/14/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 20, 1953

Cottage Cheese Is Rich in Protein

URBANA--Cottage cheese is in plentiful supply right now, thanks to the country's cows which have been producing bountiful supplies of milk this summer. Cottage cheese is a rich source of protein. You can use it as a substitute for meat in summer meal planning, says Dr. Stewart L. Tuckey, food technologist, University of Illinois College of Agriculture. In mineral content meat and cottage cheese differ somewhat: meat has more iron, and cottage cheese has more calcium.

Have a bowl of cottage cheese on the table, and let the family help themselves. Or serve it with a vegetable plate or with fruit or vegetable salad.

Plain or combined with other foods, cottage cheese makes a good sandwich filler. Dr. Tuckey suggests combining it with any of the following: chopped dried fruits, raisins, dates or prunes; chopped green or stuffed olives; preserves, jam, marmalade or honey; sliced or chopped cooked bacon; finely chopped pickles; chopped hard-cooked eggs diced tomato; chopped nuts; relish; and chopped celery.

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EJ:mi
8/17/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 21, 1953

Peanut Butter Bread for School Lunch Box

URBANA--Peanut butter, the perennial favorite of childhood, can go off to school this year in a new form. Easy-to-make peanut butter bread will prove a happy addition to any school lunch box. Peanut butter is in plentiful supply now, and it will add valuable nutrients to your youngster's noon-time menu.

Here is how you make peanut butter bread:

1 package yeast (compressed or dry)
1/4 cup water (lukewarm for compressed yeast, warm for dry)
2 cups sifted enriched flour
1/4 cup peanut butter (crunch style)
1 teaspoon salt
1/2 cup milk
1 egg
1/4 cup brown sugar

Soften the yeast in the water. Scald the milk, add to it brown sugar and salt and cool to lukewarm. Add 1 cup flour and peanut butter and beat until smooth. Add softened yeast and egg and mix well. Add enough flour to make a thick batter. Beat thoroughly. Cover and let rise in a warm place until bubbly--about an hour. Stir lightly and spread in a greased loaf pan 4½ by 8½ inches. Let rise until double in bulk--about 45 minutes. Bake in a moderate oven (350 degrees F.) about 35 minutes.

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EJ:mi
8/17/53

Homemaking Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 22, 1953

Note to the editor--This is the first of a series of four articles on selection of winter coats. The other three, dealing with fit, construction and linings, will come to you within the week.

Fabrics for Fall Are Both Rough and Smooth

URBANA--The rough way, the smooth way--either way is right for coats this year. Although the sleek, luxurious look is new in the fashion picture, the nubby, fleecy fabrics of the past few seasons are still popular.

Whether you choose rough or smooth fabric, you want good quality. To find it, look, feel, read, says Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Look for a close, firm weave. Loosely woven fabric is apt to stretch out of shape. Look for a balanced weave, one in which the crosswise and the lengthwise threads are of similar size and strength.

Feel the material for bounce. Crush it in your hand. If it springs back into shape rapidly, it shows that it is resilient. This will keep the fabric from wrinkling unduly.

Read the label. It will be a cue to quality. It will tell you how much wool the material contains and whether it is virgin, reprocessed or reused.

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FOR RELEASE SATURDAY, AUGUST 22, 1953

Coats - add 1

If the cloth is not all wool, the label will also tell you the percentage of other fibers if they constitute more than five percent of the total.

Virgin wool is new wool, which is the best because it is naturally resilient. In reprocessed wool, the yarn is made of scraps of new wool; in reused wool, the yarn is made of worn wool. Both are less expensive than new wool and are neither so long-wearing nor so good-looking. You may have to look for the label, for it is not always displayed in a conspicuous place. But be sure you read it before you buy.

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EJ:mi

New Way With Tomatoes

URBANA -For a new taste for tomatoes, slice them and sprinkle them with sweet basil. Pour French dressing over them, and let them stand for about half an hour before serving.

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EJ:mi
8/19/53

Homemaking Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 24, 1953

Baked Stuffed Tomatoes

URBANA--Now that garden tomatoes are ripening on the vine, try serving them in ways that are different. Baked stuffed tomatoes can be the main dish of a supper or luncheon menu, or they can be used as the vegetable to accompany meat or fish.

Here are some suggestions for baking and stuffing tomatoes. They come from Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Select firm, ripe tomatoes of uniform size and shape, and allow one for each serving. Wash them and remove a thin slice from the stem end, but do not peel. Scoop out the seeds and pulp, leaving a shell about 1/2 inch thick. (The seeds and pulp can be used in cooking at another time.) Sprinkle the inside of the tomatoes with salt, and let them stand upside-down for about ten minutes. Stuff them and bake them in a shallow pan for about twenty to thirty minutes.

For stuffing you can use ground left-over meat mixed with bread crumbs and seasoning. You can use crisp diced bacon, sauteed onion, green pepper, and celery mixed with seasoned bread crumbs. Cheese and cooked rice combined with cream sauce or baked beans and chopped cooked frankfurters make tasty main-dish stuffings.

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EJ:mi
8/19/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 25, 1953

Note to the editor--This is the second in a series of four stories on "How to Buy a Winter Coat." The two remaining ones will come to you this week.

Look for Hidden Assets in Buying a Coat

URBANA--When you buy a winter coat you pay for three things--material, design and construction. All three are important, and all three add to the price of the coat. Women frequently look carefully for material and design, but they overlook the telltale details of construction. Those are the hidden assets of a coat.

Here are a few construction points that are easy to check. They come from Edna Gray, clothing specialist, University of Illinois College of Agriculture.

In a well-made coat the lining is hemmed separately from the coat. You can lift the lining and look at the interlining and at the seam finish. The interlining gives the coat added warmth. It should not be bulky nor stiff. It may be of reprocessed or reused wool. Because the interlining gets little frictional wear, these less-expensive wools are satisfactory. Some lining materials have a metallic finish that holds in body heat and eliminates the need for an interlining.

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Look for Hidden Assets in Buying a Coat - add 1

Inside seams, especially at the front and sleeves, should be taped. The taping keeps the seams from stretching out of shape or rolling.

Buttonholes should be large enough for the buttons to slide through easily and should be cut in line with the cross-grain of the fabric. The ends should be firmly sewn and neatly finished on the facing side.

EJ:mi

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Potatoes Are Thrifty and Nourishing

URBANA--For budget-wise family meals, use plenty of potatoes. They are coming to market in quantity right now, and the quality and price are good.

Potatoes contain important nutrients, says the U. S. Department of Agriculture. A generous serving will give you as much as a fourth of your vitamin C quota, and some of the B vitamins and important minerals as well.

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EJ:mi
8/21/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 26, 1953

A Place for Papa's Papers

URBANA--Remember papa's papers when you are planning storage space whether you are building a new home or remodeling your old one.

A storage unit that will accommodate a regulation one- or two-drawer filing cabinet has been designed by Helen E. McCullough, home management specialist, University of Illinois

The unit need be only 16 inches wide and 18 inches deep to hold a small commercial file. The height can vary to suit your needs. If you have more space, you may want to install a bigger file or more drawers. Such a storage unit can be built into a storage wall section of the living room or den, or it can be made a part of a closet.

This arrangement provides a systematic means of storing bills, bank statements, tax records and other important papers that have a way of overflowing the desk drawers.

Other novel ideas for space-saving storage units are included in a recent University of Illinois publication, "Space Design for Household Storage," authored by Professor McCullough. Copies are available at the University for $1.25.

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EJ:mi
8/21/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 27, 1953

EDITOR: This is the third of a series of four stories on how to buy a winter coat.

Get the Inside Story on Coats

URBANA--Look for the inside story when you buy a winter coat. You want a good lining that will wear as long as the outer fabric and that will look well and feel comfortable.

Most coats are lined with rayon satin or crepe. Both are satisfactory materials if they are a good quality. The fabric should be closely woven, firm and color-fast to perspiration. Satin is particularly satisfactory if it has a short float--that is, the shiny length-wise threads that make the face of the cloth.

Linings of acetate sometimes fade or change color. This is called atmospheric fading in the fabric trade and is often caused when acetate comes into contact with wool. The change in color will not affect the wear, nor does it indicate that the cloth is of inferior quality. Colors with blue in them are particularly apt to fade.

Some manufacturers treat acetate with an inhibiting agent that makes it resist color-change. The resistant qualities may diminish after several dry-cleanings.

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EJ:mi
3/24/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 28, 1953

Pickle Half a Peck of Peaches

URBANA--A peck of pickled peaches should satisfy the most appreciative pickle-eating family. Here is a recipe for about half that amount from foods specialist Geraldine Acker, University of Illinois College of Agriculture. It makes about six pints of pickles.

Use about 8 pounds of small peaches. Wash and peel them; then stick two whole cloves into each one. Cook for 10 minutes a mixture of two tablespoons whole cloves, eight two-inch sticks of cinnamon, two pounds of sugar and one quart of vinegar. Some people prefer to tie the spices in a cloth rather than add them directly to the sirup. Add the peaches to the sirup and cook slowly until the fruit is tender but not broken. Let stand overnight.

In the morning drain the sirup from the peaches and pack them into clean, hot, sterile jars. Boil the sirup until it has thickened; then pour it over the peaches, filling the jars to the top. Seal the jars tightly.

You'll want to let pickled peaches stand in a cool place for several weeks before you use them so that the flavors will blend.

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JR:mi
/24/53

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 29, 1953

Note to the editor--This is the last in a series of four stories on "How to Buy a Winter Coat." The three previous stories were sent to your office during the past week.

Does the Coat Fit?

URBANA--A winter coat is the most expensive item in a woman's budget. To look right and feel right, it must fit right.

Because major alterations in a coat are difficult and expensive, it is important that you find a coat that fits well to start with.

How can you be sure your coat fits properly?

Try it on and check the following points, says Edna Gray, clothing specialist, University of Illinois College of Agriculture.

In a straight-cut coat, such as a Chesterfield or tubular style, your cue is the grain of the fabric. The lengthwise threads should hang perpendicular to the floor at the center front and the center back. The crosswise threads should be parallel at the hip and just below the shoulder blades. There should be no diagonal wrinkles from the bust or shoulder blades downward to the underarm seam.

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Fit Coats - add'l

Let your arm hang relaxed at your side and note the grain of the cloth in the sleeve. In a set-in sleeve the lengthwise threads will run straight down the arm from the crown of the shoulder to the cuff. The cross-wise threads will be parallel at the muscle portion of the upper arm.

In a flared coat the front should also hang perpendicular to the floor. Wrap-around coats are an exception. Fullness is modified this year, most of the flare being in the back of the coat. In a flared garment, the grain lines of the cloth will depart from the parallel. They will slope from the center back to the underarm seams. The greater the flare, the greater the slope.

A coat should have ease in both the front and the back. Pull your arms forward, as you would in driving a car, to make sure there is no feeling of strain. Sit down in the coat and see if there is enough front lap to prevent gaping.

Your coat should hang an inch below your skirt. A full-length sleeve should be long enough to cover the wrist bone.

EJ:mi
8/26/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 31, 1953

School Children Need Good Sleep Habits

URBANA--Back-to-school schedules can be strenuous ones that leave the whole family tired and irritable.

Health specialist Pauline Brimhall, University of Illinois College of Agriculture, says that once a child is in school he spends many hours a day in great activity. Many things are new to him--people, things, events--and each one stimulates him and taxes his energy. He will seldom admit he is tired, but will show his weariness by becoming cross and restless.

Regular sleeping habits are highly necessary when school time rolls around. Most school-aged youngsters need at least 10 hours of sleep, although sleep requirements vary with different children. Plenty of rest for the whole family will not only help to keep them in good physical condition and more able to resist disease, but will also help children stay mentally alert for their school work.

See that your family put aside the easy-going schedule of the last few months and tackle the coming months as if they mean business. And, remember, sleep is just as important as exercise.

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JR:mi
8/26/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 1, 1953

Dessert Topping Pleases Purse and Palate

URBANA--A low-cost, low-calorie dessert topping is this marshmallow-like one made of nonfat dry milk. Food specialist Frances Cook, University of Illinois College of Agriculture, says it is a good way to slip some extra milk solids into the family's diet.

To make the topping, add one-half cup nonfat dry milk to one-half cup ice-cold water. Beat until stiff with an electric mixer or a rotary beater. (Beating will take less time if the bowl and beater are ice-cold. It can be done by hand in five to ten minutes.) Add one-half cup sugar gradually, continuing to beat. Add two tablespoons lemon juice and beat until well mixed. You will have about two and one-half cups of topping. Try it on your favorite desserts.

Nonfat dry milk is easy and convenient to keep on the cupboard shelf. You can reliquefy it as you need it, so it saves refrigerator space. It's especially handy for small families, for the person who lives alone and for families in which everyone works away from home.

Use nonfat dry milk to add extra milk solids to cooked dishes. Add it to any recipe that calls for milk. Just mix it with the other dry ingredients; then add water for the required amount of liquid. You can step up the food value of some dishes by adding extra amounts.

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JR:mi
8/28/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 2, 1953

Dry Cleaning at Home Is Risky

URBANA--Deaths caused by home accidents in 1950 totaled 27,500. One sin against safety that's all too common is the practice of dry cleaning at home. This is one job that, for safety's sake, ought to be left to the commercial dry cleaners, says Edna Gray, clothing specialist, University of Illinois.

Dry-cleaning solvents, such as gasoline and many other fluids sold commercially, vaporize rapidly. The fumes combine with air to form a highly explosive mixture. A pilot light on a gas stove or furnace, a flash from an electric light switch or an electric appliance, a spark caused by friction--any of these can be the tinder that kindles an inferno.

The National Safety Council warns that there is no absolutely safe dry-cleaning fluid. Many fluids, such as gasoline, benzine, and naphtha, look harmless, but they are highly explosive. Never use these flammable fluids for dry cleaning either indoors or outdoors.

The experts warn that it's a dangerous practice to use dry-cleaning fluid to sponge upholstered furniture and rugs.

Fumes from some dry-cleaning fluids can cause illness when they are inhaled. Some persons develop a skin rash, infections and other bad effects after dry cleaning at home. Add this to the fact that the explosive power of fumes from a pint of some cleaning fluids, when properly mixed with air, is greater than two sticks of TNT--and you'll agree it is safer, wiser and often less expensive to send your garments to commercial dry cleaners.

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AJR:mi
8/28/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 3, 1953

Lean Beef Plentiful in Less Tender Cuts

URBANA--You've probably been hearing the predictions of plentiful supplies of less tender beef for September. The nutritive value of this beef is the same as that of the most choice and tender cuts.

Certain buymanship pointers for all meats are the same too. When you buy, says Sleeter Bull, professor of meats, University of Illinois College of Agriculture, consider the proportions of lean, fat and bone on the piece you have in mind. The amount of trimming and boning necessary will influence the number of servings you'll get. Sometimes the boned cuts are a better buy than bone-in cuts, says Professor Bull.

Lean meat is the best buy when you are looking for economy and nutritive value. Lean meat is usually less expensive than well-fatted cuts and is more completely eaten than fat meat. You'll find a large choice of lean beef at your meat counter during September.

The way you cook the less tender beef will make a difference in the eating enjoyment. You'll want to shy away from dry heat cooking methods, such as broiling and roasting, in favor of moist heat and long, slow cooking.

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AJR:mi
8/31/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 4, 1953

Help Child to Bicycle Safety

URBANA--There's danger ahead when summer's relaxed, bike-riding youngsters merge with hurried, back-to-school traffic. The careless riding habits they developed on familiar streets near home can leave them unaware of danger when the surroundings change.

Mrs. Ruth C. Freeman, coordinator of the Illinois Safe-Homes Program, University of Illinois, says one way parents can point up safe cycling for a youngster is to help him check his bike for safety. Besides being in good shape mechanically, the bike should be trimmed with white or scotchlite so that it can be easily seen by motorists after dusk. For night traffic safety, reflectors and a headlight are "musts."

While you work together to make the bicycle safe, you can make sure its youthful rider knows the traffic rules prescribed by law which, in Illinois, are the same as the laws for motorists.

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AJR:mi
3/31/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 5, 1953

Homogenized Milk Freezes Successfully

URBANA--Store some homogenized milk in your freezer for convenience and emergencies.

University of Illinois nutrition specialists say that girls 13 to 15 years old need five glasses of milk a day and boys 13 to 20 years old need six glasses to meet minimum calcium requirements. Although your family may not use this much milk, it's handy to have a reserve on hand.

Dairy specialists of the United States Department of Agriculture say that you can freeze homogenized milk in the paraffined containers in which you buy it. The freezing may cause the sides of the containers to bulge, but the cartons have enough headspace to keep from breaking the seal.

Be sure the milk you freeze is homogenized. When you freeze unhomogenized milk, the natural emulsion breaks down, causing the milk to separate into flaky particles and fat globules when it thaws.

The dairy specialists say the milk should freeze solid within a few hours in a good freezer. It should keep its good flavor up to four weeks if it is held at zero degrees Fahrenheit.

They recommend that you not try to freeze milk in bottles. Expansion during freezing will push up the cap, and there is danger of breakage.

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AJR:mi
9/2/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 7, 1953

Press Woolens as You Sew--But Use Care

URBANA--Sewing with wool? Don't neglect to press as you go. If you don't, you won't get the finished, professional look that's so important.

Wool is so sensitive to heat that a few hints on pressing it may save you grief. Clothing specialist Fern Carl, University of Illinois College of Agriculture, advises that you use two press cloths--a heavy cotton or wool one next to the fabric, and a light-weight one on top of the heavy one.

Wet the light-weight cloth and wring it as dry as possible before you set your iron on it.

Miss Carl recommends using two press cloths because they hold and distribute the steam better than a single one does. Also two cloths give greater protection against scorching, shine and iron marks, and they keep the nap of the fabric from becoming mashed and flattened.

In pressing, use an up-and-down motion with the iron--not a back-and-forth one. Pressing is a placing-and-lifting procedure, not a pushing-and-gliding one.

If you use a steam iron and press the garment on the wrong side, you don't need a press cloth. But always use a cloth when you press on the right side of woolen fabric. Don't press wool dry, or it will be hard and lifeless. And let a wool garment dry thoroughly before you wear it.

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9/2/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Prime Beef Festival, September 10

URBANA--Warren county's Prime Beef Festival is scheduled for September 10 in Monmouth, Illinois. You are invited.

The day marks the 25th anniversary of the home bureau in the county, and home bureau groups will take a special part in the celebration. As part of "Home Bureau Day," space has been reserved in the educational tent for a display of representative home bureau projects. Other exhibits will show the work of county 4-H groups.

The big parade is scheduled for five o'clock so that school children can participate. Governor William G. Stratton will head the parade and will speak at 7:30 in the evening. The theme is to be "The American Home," and many home bureau units and 4-H Clubs have entered floats.

Prime beef sandwiches will be served by home bureau women. During the supper hour there will be a Square Dance Jamboree, with prizes given by the home bureau.

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/4/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 9, 1953

Bake Yeast Rolls for Freezer Storage

URBANA--If you plan to freeze yeast rolls, bake them first. This is the advice given by research specialist Virginia Charles, based on studies made in the University of Illinois home economics department.

Tests were made on the home freezing of unbaked rolls, brown-and-serve rolls and baked rolls. The unbaked rolls decreased in quality as the length of the storage period increased. When the dough had been stored six or nine weeks and then baked, the rolls had a blistered appearance. They were tough and doughy, small in volume and had a slightly yeasty taste.

Brown-and-serve rolls baked at 275 degrees for 25 minutes and then cooled and packaged seemed to hold their quality longer. However, at the end of 15 weeks in storage they were rated only fair.

On the other hand, baked rolls were rated good to high-good throughout the 15 weeks of freezer storage. They had a smooth brown crust, were well shaped, light, tender, and pleasing in flavor and lost little volume.

You don't need a special recipe for yeast rolls that are to be frozen. Use your favorite recipe and prepare the rolls as usual. When they are thoroughly cooled, wrap them in sheets of aluminum foil or cellophane, and they are ready for the freezer. If you use foil, you can thaw the rolls and heat them in the original package. It will take about 20 minutes to thaw and heat them in a 400-degree oven.

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AJR:mi
9/4/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 10, 1953

Vicara Widely Used in Sweaters

URBANA--Girls with modest budgets but cashmere tastes in sweaters can meet both requirements now, thanks to Vicara. This fiber comes from the protein in corn, and you'll find it blended with other types of sweater yarns to give cashmere-like beauty with surprising economy.

If you are allegic to wool, you'll be interested in Vicara blends, says clothing specialist Edna R. Gray, University of Illinois College of Agriculture. Vicara is similar to wool in warmth, absorbency, looks and feel, and when mixed with other man-made fibers it gives the appearance of wool without irritating sensitive skins as wool often does.

If sweaters contain enough Vicara, they won't have the tendency to cling to the body, since Vicara is almost entirely free from static.

When blended with nylon, Vicara contributes softness and absorbency. Laundry is no problem, since neither nylon nor Vicara needs any special care in washing. It will also be moth-proof.

Economy is a major factor when Vicara is blended with wool. The less-than-luxury cost of this beautiful fiber helps to give sweaters an expensive look without upping the price. With this mixture, however, laundry procedures will have to be the same as for an all-wool garment.

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9/4/53

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 11, 1953

Fortisan--From Parachutes to Curtains

URBANA--Add Fortisan to your list of fabrics for window curtains. It's a new fiber--developed during World War II for parachutes--and available now in a variety of colors for window fabrics.

Qualities claimed for Fortisan are great strength, light weight, fade resistance and resistance to stretching and shrinking. Every woman will recognize the importance of these factors in a curtain fabric, says home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture.

Fortisan, a cellulose fiber made by the Celanese Corporation of America, is frequently blended with other fibers. It has been used with cotton and with rayon to make sheer, gauze-like window fabrics.

Future uses for the fiber include shirting and dress fabrics, plus foundation garments and the heating coils in electric blankets.

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9/4/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 12, 1953

Freeze Tomato Juice at Home

URBANA--You'll like home-frozen tomato juice. And it's so easy to freeze that you'll have to be careful you don't use freezer space that should be allotted to other foods.

Food research workers of the University of Illinois home economics department tell how to freeze tomato juice. They say to wash and trim firm, vine-ripened tomatoes, quarter them and then let them simmer for ten minutes. Strain off the juice and add one-half teaspoon salt for each pint of juice. Pour the juice into rigid freezer containers, leaving head space; seal and freeze.

When preserving tomato juice--whether you plan to freeze or can it--remember that the juice is no better than the tomatoes you put into it. Some homemakers use softer tomatoes and trimmings for juice because they expect to strain the juice. This is a bad practice, says food specialist Geraldine Acker, University of Illinois College of Agriculture.

A soft tomato is partly spoiled. It will give your juice an inferior flavor. Also, since spoilage has already started, the product will be much harder to sterilize if you plan to can it.

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9/9/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 14, 1953

Brown-Shelled Eggs May Cost Less

URBANA--This week eggs with white shells are wholesaling for four cents a dozen more than brown-shelled eggs at a central Illinois market.

According to marketing specialist Emer Broadbent, University of Illinois College of Agriculture, this price spread is rather consistent in this region simply because lots of homemakers in Illinois will pay extra for white eggs.

White-shelled eggs are no better than those with brown shells. The color of the shell has no effect on the flavor,cooking performance or nutritive value of the egg. So if your local market puts a lower price on brown eggs you'll want to take advantage of it, provided, of course, the eggs are of the same quality and size as the white ones.

You may also have wondered about the difference in yolk color in eggs. Broadbent says yolk color is influenced by heredity and diet and does not necessarily affect flavor or nutritive value.

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9/9/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 15, 1953

Purposeful Reading for Homemakers

URBANA--Would you like to plan some reading for the long evenings ahead? If you live in Illinois, you can enroll in a reading course in home economics sponsored by the University of Illinois Extension Service in Agriculture and Home Economics, the Illinois State Library and the Illinois Home Bureau Federation.

According to Lulu Black, assistant state leader of home economics extension, any person interested in reading can learn about the program and get an enrollment card from their county home bureau office or from the county library chairman.

Reading courses in home economics have been outlined on the following subjects: Sex Education, Recreation, Parent-Child Relations, Mental Health, Landscaping, Housing and Household Equipment, Home Furnishings, Health, Getting Along With Other People, Foods and Nutrition, Family Money Management and Clothing and Textiles. If you wish to read books in various areas in home economics, the course called "Books for the Homemaker" will give you a selected list.

Readers use books from their local library if the books of their choice are available. If they are not, they may be ordered from the Illinois State Library. In the latter case, the only cost to the reader is the return postage on the books.

If you want one of the reading lists, send your request to Home Economics Extension, University of Illinois Urbana, Illinois.

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AJR:mi
9/10/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 16, 1953

Tools for Money Management

URBANA--What you do with your money is one of the most important aspects of living today. Only by planning carefully and spending wisely can you help to assure financial stability for your family.

No time is as good as now for reviewing your financial position and seeking a better way for managing your resources.

In Illinois many farm and town families depend on tools published by University of Illinois Home Economics Extension, Urbana, to help them plan their spending and saving. One of these tools, a leaflet called "Our Family Money Management Plan," may be obtained without charge.

Two types of account-keeping record forms are also available. One, a "Wall Record of Spending and Saving," can be tacked inside a kitchen cupboard where it will be easy to jot down daily cash spending. The charge is fifteen cents.

The other, a "Family Account Book," is available to Illinois families for 25 cents and to out-of-state families for 35 cents. Illinois farm families who keep records in the "Family Account Book" for a year may have their accounts analyzed and receive a report from the department of home economics at the University. Young couples living in town but married fewer than ten years may also have their books analyzed.

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9/10/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 17, 1953

Smaller Eggs Plentiful Now

URBANA--Small eggs are often better buys during September and October than the large ones. Marketing specialist Emer Broadbent, University of Illinois College of Agriculture, gives a guide to help you decide whether the Small, Medium or Large size is the best food buy among eggs of the same grade.

He says that Small eggs, graded to weigh a minimum of 18 ounces per dozen, are worth one-fourth less than Large eggs, graded to a minimum of 24 ounces per dozen. Medium-sized eggs, weighing 21 ounces per dozen, are worth one-eighth less than the Large eggs.

If Large eggs, then, are worth 60 cents a dozen, Small ones are worth 45 cents and Mediums are worth 53 cents.

If you wish to figure prices even further, you can compare the cost per pound of edible eggs by means of a simple chart prepared by Broadbent, which is available to you without charge. Simply send your request for "How to Buy Eggs and Poultry," to the College of Agriculture, University of Illinois, Urbana, Illinois.

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9/14/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 18, 1953

Prepackaged Vegetables--Good or Bad?

URBANA--With supplies of fresh vegetables from the garden dwindling, we need to check more closely the way we buy at local stores.

Prepackaged vegetables are a case in point. Homemakers can well wonder whether the quality of prepackaged vegetables is as good as those sold in bulk form.

W. F. Lomasney, extension economist in fruit and vegetable marketing of the U.S.D.A., has considered this question too. His experience shows that most people, when asked which form they prefer, say "bulk"--and then proceed to buy more when a package is available. As an example he says that 80 percent say they prefer the "selectivity" of bulk citrus display; yet sales climb 25 percent when the product is prepackaged.

According to the specialist, the quality of packaged perishables--meat, poultry, produce--sold by reputable merchants is always as good as that of similar items sold in bulk form, and often it is better.

Whichever form you prefer, you'll want to watch the Plentiful Foods list for good buys. On this list for September, you'll find sweet corn, tomatoes, green beans, cabbage, beets, celery, peppers, carrots and cucumbers. These foods are reported for the Midwest by market newsmen of the U.S.D.A.'s Production and Marketing Administration.

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9/14/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 19, 1953

Nutrition Conference Scheduled for Decatur

URBANA--The Illinois Nutrition Committee Fall Conference is scheduled for Decatur, Illinois, Orlando Hotel, Saturday, September 26, 9:00 a.m. (DST). Representatives from organizations throughout the state have been invited to participate.

The conference is to serve as the "kick-off" meeting for the state-wide Nutrition Week, November 15-22, which is sponsored jointly by the Chicago Nutrition Association and the Illinois Nutrition Committee. "Food First for Fitness" has been selected as the theme.

The afternoon session will be devoted to over-all plans for Nutrition Week. Exhibits that can be duplicated by local groups will be on display. Nutrition films available for loan will be shown, and lists of nutrition materials will be available.

Dr. Thelma Porter, chairman, home economics department, University of Chicago, and coordinating chairman for Nutrition Week, will keynote the afternoon session. Her topic is "Implementing What Is New in Nutrition." Gertrude Kaiser, assistant state leader, Home Economics Extension, University of Illinois, will lead a panel discussion on "Nutrition Week in My Community."

Two outstanding speakers have been scheduled for the morning session: Dr. Kate Daum, University of Iowa Hospital, Iowa City, Iowa, has as her topic "Study of the Effects of Different Types of Breakfast on the Physical and Mental Efficiency of Young and Old People." James L. Fox, Fox DeLux Foods, Inc., Chicago, will discuss needed changes in food legislation in Illinois.

A 12 o'clock luncheon has been scheduled. Reservations should be made with Mrs. Reuben Judge, 1521 East Prairie, Decatur, not later than September 24.

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JEH:si
9/15/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 21, 1953

Keep Your Catsup Red

URBANA--When you make catsup or chili sauce, try to keep the red tomato color. It's rather elusive, and you may have found it impossible to avoid a brown or dark-colored product. Here are some suggestions from food specialist Frances Cook, University of Illinois College of Agriculture:

Use fully ripe, red tomatoes, and use red rather than green pepper.

From your prepared raw tomatoes, drain off as much juice as possible. This juice may be canned for later use in cooking meats or main dishes.

Cook in a wide, shallow kettle. Avoid using iron utensils, as iron discolors tomatoes. If you use enamelware saucepans, be sure they are not chipped.

Use white vinegar and granulated sugar. Whole spices tied in a bag are better than ground spices. Paprika and red pepper add to the red color too.

Add vinegar, sugar and salt after the tomatoes have cooked down to half their original volume.

Cook rapidly, but avoid scorching.

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AJR:mi
9/16/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 24, 1953

Nutrition Conference Scheduled for Decatur

URBANA--The Illinois Nutrition Committee Fall Conference is scheduled for Decatur, Illinois, Orlando Hotel, this Saturday at 9:00 a.m. (DST). Representatives from organizations throughout the state have been invited to participate.

The conference will serve as the "kick-off" meeting for the state-wide Nutrition Week, November 15-22, which is sponsored jointly by the Chicago Nutrition Association and the Illinois Nutrition Committee. "Food First for Fitness" has been selected as the theme.

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9/21/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 25, 1953

Reading Courses for Homemakers

URBANA-- Any Illinois homemaker can enroll in home economics reading courses sponsored by the University of Illinois Extension Service in Agriculture and Home Economics, the Illinois State Library and the Illinois Home Bureau Federation.

Lulu Black, assistant state leader of home economics extension, says any person interested in reading can learn about the program and get an enrollment card from the county home bureau office or from the county library chairman.

Reading courses have been outlined on the following subjects: Sex Education, Recreation, Parent-Child Relations, Mental Health, Landscaping, Housing and Household Equipment, Home Furnishings, Health, Getting Along With Other People, Foods and Nutrition, Family Money Management, and Clothing and Textiles. Another course called "Books for the Homemaker" gives a selected list of reading in various areas.

Readers use books from their local library if the books of their choice are available. If they are not, they may be ordered from the Illinois State Library. In the latter case, the only cost to the reader is the return postage.

If you would like one of the reading lists, send your request to Home Economics Extension, University of Illinois, Urbana.

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AJR:mi
9/21/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 26, 1953

Be Original in Decorating Home

URBANA--Don't be a "copy cat." If you have home decorating to do this fall, be original and have a good time valuing your own ideas, suggests Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Start your campaign by selecting two or three colors that you and your family enjoy. Consider the effect you want to create in the room, and make the colors work for you.

If one of the colors you select happens to be bold and bright, use it for accent only and in small amounts. The subdued colors are better choice for the largest areas.

Consider the size, shape and the ceiling height of the room. The amount of sunlight that comes into the room is important, too.

In planning the color scheme, strive for a pleasing rhythm in color. For example, repeat the color used in the largest amount, and see that either that particular color or a lighter or darker color of it is used on each of the sides of the room. If you are using draperies, they may serve as a keynote for developing the rhythm in color.

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JEH:mi
9/23/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 28, 1953

Apples Are Good Investment--Tips on Buying

URBANA--"How can I get the best buy in apples?" The answer is to relate variety to use, according to R. A. Kelly, fruit and vegetable marketing specialist, University of Illinois College of Agriculture.

The Illinois Jonathan is "tops" as an all-purpose apple and is excellent for cooking and for eating "as is." On the other hand, if you are buying apples for eating out of hand only, you'll like the Illinois Delicious and the Golden Delicious.

If you are interested in getting good returns for your money, check size as well as variety. The small apples may be the best buy, depending on the use you plan to make of them. However, take time to check quality as well as price.

Dry weather has limited the sizing of apples and, in many orchards, has caused a large number of apples to drop off the trees, says Mr. Kelly. Nevertheless, we can count on a good Illinois crop this year. It is expected to be about the same size as last year, with production at better than two million bushels.

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JEI:mi
9/23/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 29, 1953

Use Honey for Good Flavor

URBANA--There's lots of honey on the market. Let's use it to add new flavor to cakes, cookies and muffins.

You can substitute honey for sugar in many of your favorite recipes, according to Frances Cook, foods specialist, University of Illinois College of Agriculture. It has practically the same sweetening power as sugar, measure for measure.

In recipes calling for a small amount of sugar, such as muffins, breads and rolls, honey can replace the sugar measure for measure. No other change is needed.

For cakes and cookies, which require a large amount of sugar, honey can be used measure for measure, but the amount of liquid called for in the recipe must be reduced by one-fourth cup for each cup of honey used, or in the same proportion for parts of a cup. For example, if one-half cup of honey is used, reduce the liquid by 2 tablespoons.

Miss Cook suggests that vanilla be omitted from cakes in which honey is used. Also, she warns that baking temperatures should be moderate (350° to 375°). Products made with honey tend to brown more rapidly than those containing sugar.

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9/25/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 30, 1953

Draperies Are Important--Select Them With Care

URBANA--Draperies can transform a "problem" room into one that is attractive and livable. The secret lies in your choice and use of materials, says Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Take time to study the room from all angles before you decide on your draperies. Unless you are replacing all of the old furnishings, you'll want to be sure that the new draperies belong--that they fit in with the rest of the room.

It is possible to select a fabric for draperies that will complement the colors in your rug, the upholstery and even the pictures. If there is considerable pattern in your present furnishings, then a material with no pattern will usually be the wisest choice. A plain material with interesting weave will convey the idea of design or pattern, relieving the plainness.

If your room is large and spacious, you can use heavier materials, bolder colors and larger patterns to good advantage. On the other hand, if the room is small and the windows are small, you'll want to select a pattern that is in proportion. Light or pastel colors and informal materials tend to give a feeling of spaciousness even in a small room.

Shop for fabrics at dress-goods counters as well as in drapery departments. Ask questions about care of material, performance and the need to allow for shrinkage. Quality of material is as important as color and design, and the time to determine it is before you buy.

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JEH:mi
9/25/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 1, 1953

Contour Sheets Need Not Be Problem Sheets

URBANA--Contour sheets have plenty to recommend them. They stay in place once they are on the mattress, they do not wrinkle and they speed the bed-making job.

On the other hand, some homemakers maintain that contour sheets require more space to store and more time to fold neatly than do the regular sheets.

Catherine Sullivan, home management specialist, University of Illinois College of Agriculture, says contour sheets are easy to fold, once you have the knack. She suggests that you follow step-by-step directions for the first sheet or two until you have the method for folding well in hand. Once you've mastered it, you'll fold the contour sheets as quickly as the regulars.

Start by folding the sheet lengthwise and bringing the selvages together. Let the corners hang free at both ends. (The corner pockets should be right side out.)

The next stop is to place the sheet on a flat surface, such as the table or ironing board, with the selvage edges toward you. With your left hand, grasp the extreme left end of the sheet and tuck the top corner pocket down into the bottom one. Then fold the left end of the sheet over the selvage edges. This gives a diagonal fold at the end. Fold the other end in exactly the same way.

If you plan to iron the sheet, do it at this point. After ironing, fold it in half lengthwise by bringing the center fold to the selvage edges. Fold both ends to the middle; then fold in half again as many times as are necessary, depending on storage space.

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JEH:mi
9/28/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 2, 1953

Homemade Pickles Call for Care

URBANA--If you want the pickles you make to be top-quality, as good as the ones mother or grandmother used to make, take time to measure accurately. A bit too much or too little of this or that ingredient may result in pickles that you'll not be proud to serve.

For example, salt is one ingredient that can cause difficulty unless you use the correct amount, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Too much salt may cause pickles to shrivel. On the other hand, if the brine is too weak, the pickles may become soft or slippery.

Salt for pickles should be selected carefully, too, says Miss Acker. You have your choice of three grades of salt for pickling: granulated, flake (which is sometimes listed as dairy) and medium. Some local grocers stock the three grades, particularly during the food preservation season. In some sections of Illinois, feed stores also stock all three.

Avoid using table salt if you want top-notch pickles, says Miss Acker. Most brands contain a material to prevent caking, and this added ingredient tends to cloud the brine and give an off-flavor to pickles. The label will list the ingredient added.

Coarse salt is unsuitable too. It dissolves slowly and is difficult to distribute as evenly as the finer salt.

For best results, weigh the salt rather than measure it. Some salts are more bulky than others. For example, it takes about one and one-half cups of flake or medium salt to weigh as much as one cup of granulated.

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JEH:mi
9/28/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 6, 1953

Clothes for the Co-ed

URBANA--College clothes need a Dr. Jekyll—Mr. Hyde personality. They must be date-pretty and gay, sturdy enough to live an active life and comfortable to wear. They must require a minimum of care and repair.

That may seem like a big order, but the college girl has found an answer in the new synthetic fibers, says Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture.

Today's co-ed needs less lingerie and fewer pairs of anklets than formerly....not because she wears them less, but because her nylons can be washed and dried within a few hours and are quickly back in circulation.

Nylon and orlon sweaters, in addition to being easy to care for, will not shrink or lose their shape. Neither attract moths during summer storage. Given ordinary care, they can be worn regularly and will continue to be good-looking for years.

The real treasure in the time-pressed college girl's wardrobe is her orlon-wool skirts. For greatest wearing satisfaction, these skirts should have at least 55% orlon and 45% wool. Many of them require no pressing even when washed in soap and water. This quality makes them excellent traveling companions.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 7, 1953

Cabbage Plays Stellar Role in Salads

URBANA--Don't pass your grocer's display of green cabbage just because your family says, "We're tired of it," counsels Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

There are countless exciting and different ways you can use cabbage just in salads. Perhaps your family will count shredded cabbage with diced marshmallows and pineapple their favorite, once you've tried it. Or they may vote for a shredded cabbage-date-nut combination.

For a more sharply flavored salad, combine shredded cabbage, diced celery, peppers and olives with lemon gelatin. If you wish, you can add a bit of vinegar or lemon juice to step up the tart flavor.

Shredded cabbage, carrots and raisins make a colorful salad. Add extra flavor with a tart, spicy French dressing or a well-seasoned mayonnaise, depending on family preference.

Diced red apples and shredded cabbage are good teammates from the standpoint of texture and color contrast. A sour cream dressing adds good flavor.

Let these suggestions serve as starters. You'll enjoy making your own combinations, but serve green cabbage often. It is reasonable in price and is one of the best green-vegetable buys for vitamin C.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 8, 1953

Nutrition Week November 15-21

URBANA--State-wide Nutrition Week is scheduled for November 15 through 21. It's a community action program, and schools, 4-H Clubs, FFA and FHA members, dairies, grocers and church and civic groups have indicated an interest in helping.

Each community will take its cue from the theme, "Food First for Fitness" and then outline plans for the week in terms of local facilities, according to Gertrude Kaiser, extension specialist, University of Illinois College of Agriculture.

A speakers' bureau is being organized, and nutrition films available for loan are being listed. Every public library in the state is being alerted to display books and pamphlets on nutrition.

The Illinois Nutrition Committee and the Chicago Nutrition Association are teaming up with organizations throughout the state to create a demand for good nutrition on the part of every individual. Dr. Thelma Porter, head, Home Economics Department, University of Chicago, is coordinating chairman, with Lillian Nash, nutrition consultant, Cook County Department of Public Health, co-chairman, representing the Chicago Nutrition Association, and Gertrude Kaiser, University of Illinois, representing the Illinois Nutrition Committee.

Some of the cooperating organizations are the Illinois Medical and Dental Associations, Illinois State Restaurant Association, Illinois Department of Public Health, Illinois Welfare Association, Illinois Agricultural Association, Illinois Congress of Parents and Teachers, Illinois Federation of Women's Clubs and Illinois Home Bureau Federation.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 9, 1953

Material for Slip Covers--Select Carefully

URBANA--Slip covers for furniture represent a sizeable investment in money and energy. Take time to plan wisely, and then select the material carefully,

There is no rule-of-thumb that will fit all situations, says Mrs. Dorothy Twardock, home furnishings specialist, University of Illinois College of Agriculture. Start your planning by taking stock of three things: size of furniture to be covered, kind of room in which it is to be used and amount of pattern in the other furnishings.

Furniture that is large and massive can wear a dress that is bold in design and bright in color, provided it is to be used in a large room. On the other hand, furniture that is delicate in line and design deserves a dress of plain or small-patterned material.

If the other furnishings in the room have a distinct design, slip covers of plain material will give a pleasing, restful appearance. Use figured slip covers to give accent and tone to plan walls and rugs and draperies.

Use great care in selecting a patterned material. Spread it full width on the counter, and then move far enough away to get a

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good perspective. Does the material give a pleasing effect, or is it spotty and "busy"? Will it fit into the room where you plan to use it?

Plain materials are gaining in popularity, and they have much to recommend them. Some are so interesting in texture and weave that they give a feeling of pattern. Generally they are easier to use and more comfortable to live with than those with a definite color pattern.

Whether you select patterned material or plain, give attention to quality, warns Mrs. Twardock. Material need not be expensive, but it should be firmly woven and should not have much sizing.

Avoid heavy, bulky materials. Denims, sailcloth and barkcloth are a few that deserve consideration. They offer good color range and a choice of plain or pattern.

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Homemaking
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NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 10, 1953

Date Dresses for the College Miss

URBANA--Dress clothes are as important to the co-ed as to any other young woman. How many she has and what type they are will depend on whether she attends a co-educational college or a girl's school, a city college or one in a small town, and also on what her own activities are.

For the most part, however, the college girl will concentrate on clothing that is versatile and can be dressed up or down, says Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture.

One good suit is standard; it may be gabardine, brushed wool, flannel or a soft tweed. A string of pearls wound around a scarf for a choker effect is particularly nice with a suit, as is a light chiffon scarf caught up with small rhinestone or jet pins.

Many co-eds have found that "fill-ins," modern version of the dickey, are easy to make. Crisp ones of gay taffetas, wide stand-up collars of faille and simple tailored "fill-ins" of jersey quickly change the mood of the suit to fit the occasion. Silk or rayon suits take kindly to "fill-ins" of lace, chiffon or nylon.

Soft leather or suede belts in a variety of colors are a boon to any wardrobe when tied in with a scarf, shoes or pin of the same or a harmonizing color. A glowing velvet cummerbund will brighten up a casual dress and make it worthy of a dance date.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 12, 1953

Get Your Money's Worth in Beef

URBANA--Buy and cook beef according to grade and cut to get the best value for your money, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture. If you need help in making your selection, ask the butcher.

Beef from grass-fed cattle, known as "economy" beef, is coming to local markets in quantity. It has less fat in proportion to lean than the grain-fed beef and therefore grades lower and sells at lower prices.

"Economy" beef is not so tender as the higher grades, but its protein value is just as great. And it can be fine tasting and attractive, depending on the interest, the skill and the ingenuity of the cook.

Plan to cook the less tender cuts of beef with moist heat, and allow ample cooking time to tenderize the fibers. Braising, pot-roasting, cooking en casserole and stewing are excellent methods to use.

If you want to broil or pan-fry a less tender cut, have it ground medium fine. Good cuts for grinding are the lower round, fore-part of the chuck and lean sections of brisket.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 13, 1953

Price of Fruit Keyed to Supply

URBANA--There are indications that we'll be paying more for fruits in the months ahead, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

Carry-over stocks of most processed fruits were small. The weather has definitely had an effect on mid-western crops. Some families may wish to stock home freezers with commercially frozen fruits, especially strawberries, at special prices this fall. Stocks may run short before another season.

More bananas are being imported which assures a steady supply at reasonable prices.

We'll have to wait for the new crop of oranges before we can expect lower prices on orange juice. At present,prospects are favorable for a large Florida crop this winter, which is the source of most of the frozen orange juice.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 14, 1953

Check Cloth Before You Cut Garment

URBANA--If you want the garments you make to look right, feel right, and give you good service check the grain of the material before you start cutting operations. It is one of the most important steps in home sewing.

If you think of the way in which cloth is made you'll have no difficulty in checking the grain, says Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. Grain refers to the lengthwise and the crosswise yarns used in weaving the cloth. These yarns should be at right angles to each other or "on the square".

To check the grain start by straightening both ends of the material. You can do this by tearing the cloth or by pulling a crosswise thread and then cutting along the thread line.

Place the material on a square corner of a table or similar surface. Check to see if the lengthwise and crosswise threads stay at right angles when the material is spread flat and smooth. If so, then the material is on grain or straight and you may proceed.

On the other hand if the material is off grain or not straight it must be corrected. Fold the material in half lengthwise. You will note that the ends do not come together.

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Take hold of the short end and pull gently until it is the same length as the other. If you have some one to help you, have them take hold of the other end and, with the material stretched full length, pull with a see-saw motion until the material is straight.

If the material is very much off grain it may be necessary to dampen it and then pull it straight. If the material is cotton fold it and place it in lukewarm water. Roll it in a towel, leave it for 8 hours, then pull it straight. Allow it to dry flat.

For wool, roll the material in a damp towel, leave it for 8 hours, then pull it until it is on grain and reroll it. They lay it flat being sure it is on grain or straight. After pressing, the material will be ready for the pattern.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 15, 1953

Your Home Freezer--Don't Overload It

URBANA--Can I store frozen foods in the freezing compartment of my home freezer? The storage compartment is completely filled, and we do not want to rent locker space.

The freezing compartment may be used for storage if necessary, according to Catherine Sullivan, home management specialist, University of Illinois College of Agriculture. But it should not be used for long-time storage. Store there only foods that you plan to use soon.

Usually temperature varies considerably in the freezer compartment during cycling, and temperature variation does not make for good storage. Then, too, the freezing compartment is generally more vulnerable to temperature rise in case of power failure.

Estimate the load your freezer is equipped to handle. Usually the manufacturer's directions recommend the maximum load and also state where the load should be placed.

A rule-of-thumb is to limit the freezing load to one-fifteenth or, at most, one-tenth of the total capacity of the freezer. This is usually the largest amount of food that can be frozen and reduced to storage temperature in 24 hours. By limiting the load, you will guard against too-slow freezing.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 16, 1953

Cheese Tricks--for Busy Home Cooks

URBANA--Cheese fits into many places on the menu, but it is a "natural" for the dessert course. Team it with apples and crisp crackers, and arrange an attractive help-yourself tray.

Choose the foods with an eye for interest in color and texture as well as flavor, says Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Illinois Jonathans and Illinois Golden Delicious give good color contrast.

Slice or section the unpeeled apples just before serving time to prevent browning. Or, if you prefer, sprinkle the cut fruit lightly with lemon juice. The tart flavor seems to enhance the true apple flavor.

Your choice of cheeses will depend on family preference, but American Cheddar, Swiss, Camembert and Roquefort are good flavor companions for apples.

Toasted crackers or wafers always call forth praise. Vary the kind, size and shape, and the tray service will be attractive and easy to arrange.

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FOR RELEASE FRIDAY, OCTOBER 16, 1953

Cheese Tricks--for Busy Home Cooks - 2

If you are serving American Cheddar cheese, spread it on the crackers and pop them into the broiler or oven just long enough to melt the cheese. Sprinkle ever so lightly with paprika, and arrange them on the tray with the apple slices.

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Let's Serve Potatoes

URBANA--Potatoes are piled high in food markets, and prices are reasonable. Let's serve more potatoes, says Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

Check quality along with price when you make your selection. Buy according to need and available storage space. Early potatoes are not such good "keepers" as the later varieties.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 17, 1953

Cranberries Belong in Home Freezers

URBANA--Cranberries are coming to local markets in quantity. It looks now as if the 1953 crop will break all records, totaling more than a million barrels. This should mean very reasonable prices.

If you have space in your home freezer, why not freeze some of the fresh, crisp berries? They are one of the easiest of all fruits to freeze, according to Dr. Frances Van Duyne, foods research specialist, University of Illinois College of Agriculture.

Choose bright, shiny, firm berries and get them early in the season, before they have lost their crispness. Wash them thoroughly, sort, drain and then pack into moisture-proof, vapor-proof cartons.

Cranberries may be frozen "as is," without a sweetening agent, or a syrup may be added, depending on the use you plan to make of them. If you prefer the sweetened berries, Dr. Van Duyne suggests that you use a 50 percent sugar syrup.

To prepare the syrup, use the proportion of 1 cup of sugar to 4/5 cup of water. The sugar may be dissolved in the water by stirring. If, however, you heat the mixture to dissolve it more quickly, be sure to cool the syrup before you pour it over the berries.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 19, 1953

Plaids Make News

URBANA--Plaids are on parade! Counters are piled high with a great variety of designs and colors, and this season home sewers have a choice of fiber and weight of material.

If you are just learning to sew, select the plaid with care, suggests Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture. Plaid designs are of two types, either balanced or unbalanced. The balanced plaids are much easier to handle successfully than the unbalanced.

If you select a balanced plaid, it is not difficult to place the pattern on the material for matching. Balanced plaids have no right and left, no up and down.

On the other hand, unbalanced plaids require special preparation in placing the pattern pieces in order to get a balanced effect in relation to center front and back. Also, seams are more difficult to match.

Check the material at the counter before you buy it, and you'll not be disappointed. One easy way to check for a balanced plaid is to fold the material at the center of any repeat unit lengthwise and then crosswise. If the colors and spaces match exactly, it is a balanced plaid.

Check for color variation as well as spacing. Plaids are sometimes even in spacing but not in color, and these cannot be called balanced plaids.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 20, 1953

Homemade Candy for the Boys

URBANA--A box of homemade candy is always a welcome gift to your boy overseas. Creamy fudge, fondant and penoche seem to be favorites.

There's a trick to making these candies creamy and keeping them creamy, according to Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Use one-sixteenth of a teaspoon of cream of tartar or one tablespoon of corn syrup to each cup of sugar called for in the recipe. This will help to change the sugar to invert sugar, which does not crystallize easily.

Be sure the sugar is all dissolved before the mixture starts to boil. Then cook it moderately slow, as more invert sugar is formed by slow cooking than by rapid cooking. However, too slow cooking may prevent the candy from hardening.

Cover the pan during the first few minutes of boiling to allow the steam to wash down any crystals that have formed on the sides of the pan. DO NOT STIR THE CANDY WHILE IT IS BOILING.

Cook the mixture to the correct stage, as listed in the recipe. Remove it from the heat at once, and allow it to cool. DO NOT BEAT THE CANDY UNTIL IT IS COOL. This will give a creamier product with finer crystals than candy that is beaten while it is hot or even warm.

Consult your post office regarding size of package, shipping weight permitted, and rules for packaging. These may vary, depending on the area to which the package is going.

If you cut the candy in pieces to fit the container, rather than in small ones, it will stay fresh and creamy. Wrap the chunks in waxed paper before you tuck them into the container.

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Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 21, 1953

Yarn for Rug Repair--Where to Buy

URBANA--My living room rug needs mending. What kind of yarn should I use to replace loops, and where can I buy it?

Thrifty women are asking these questions, and rightly. Minor repairs can be made at home, and repair at the first sign of wear gives longer life to the rug.

Carpet yarn is best for replacing loops or tufts, according to Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. It is firm, has more "spring" than the knitting yarn and can stand hard wear.

If you cannot find the colors you need at your local rug or carpet shop, send to the manufacturer of your rug. You'll find his name, along with the pattern number, the rug quality and color stamped on the back of the rug or listed on the rug label. Send him all of this information.

If you purchased your rug a year or two ago, the colors may have mellowed or changed slightly. Pull a few tufts of each color you need, from scattered places along the selvage, and send them to the manufacturer as samples.

Harsh knitting yarn may be used to replace loops or tufts if you cannot get the carpet yarn. Buy top quality yarn and match the colors in your rug as nearly as possible.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 22, 1953

Budget Beef Makes Company-Dish Stews

URBANA--The economy beef that's such a good buy this season is fine eating if you cook it by moist heat, as in a stew or pot roast. But don't expect to broil or roast it unless you buy it in the form of ground beef.

Perfectly cooked stews, seasoned to taste and served piping hot, are favorites with most folks, says food specialist Geraldine Acker, University of Illinois College of Agriculture. The most inexpensive cuts of beef can be made into excellent stews. The beauty of it is that this inexpensive beef has the same high-quality protein, vitamins and minerals as higher grades of beef.

For a stick-to-the-ribs stew today, or any day, plan to get four or five generous servings from two pounds of lean, boneless meat. You can use any vegetables your family prefer, such as carrots, celery, onions,potatoes, tomatoes and peas.

Serve the stew attractively once you have it prepared. Try sending it to the table in a border of riced potatoes or flaky rice, or with dumplings. Another way is to serve it as meat pie with a topping of golden-brown biscuits or a flaky crust. Or make a meat shortcake by piling the stew on hot biscuits.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 23, 1953

Painting Guides for Homemakers

URBANA--When you decide to repaint the walls of your house, take time to do a professional job. Here are some cautions and bits of advice from Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

If the plaster is cracked, repair the small hairline cracks with sprackling material. Apply it with a putty knife, a case knife or your finger. Work rapidly, and smooth the surface before the filler dries and sets.

Use plaster patch to repair large cracks. Prepare the crack for the patch by cutting out a triangular channel or trough in the plaster along the line of the crack. Make the channel narrow at the surface and wider at the inside or base. Feed the plaster patch into the channel through the narrow opening, and smooth the surface. When the filler is thoroughly dry, apply a coat of undercoater or primer.

The next step is to remove the hardware from the doors and windows and loosen the light fixtures. Dust the walls and ceiling or, if they are very soiled, wash them. Remember that paint won't adhere to a film of grease or wax. Let the surfaces dry completely before you paint them.

All paint, regardless of type, calls for care in mixing. The job will be easier if you pour most of the liquid from the can of paint and then mix the remaining liquid with the pigment. Paddle it in until the color is uniform and the texture smooth. Then add the liquid you removed and mix it in carefully, and the paint is ready for the brush.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 24, 1953

Winter Squash Plentiful Through December

URBANA--There will be plenty of winter squash from now through December. You'll find several varieties at local markets during the coming weeks. The smallest one will be the dark green, hard-shelled Acorn squash. At the other end of the scale is the man-sized Hubbard--a warty, thick-rined squash in blue, green or gold color.

The Hubbard is the best known of the winter squashes. It probably holds this distinction because it makes such wonderful pies, says food specialist Carmel Along, University of Illinois College of Agriculture.

Miss Along says the popularity of the little Acorn squash can be credited to its small size. You can get from two to four servings from an average-sized Acorn, so you'll like it especially for baking.

One way to prepare baked Acorn squash is to cut it in half lengthwise, remove the seeds and then season each half with butter, salt and pepper. Wrap the halves in aluminum foil to keep them from drying out during baking. Place the halves cut side up in a baking dish, and bake for 30 minutes. Then turn cut side down and finish baking. Total baking time will be about one hour at 400 degrees Fahrenheit.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 26, 1953

Your Troubles May Worry Your Child

URBANA--Young children are capable of deep-seated worries, especially about matters they do not understand. Children expect parents to have the answers to their problems.

Margueritte Briggs, child development and parent education specialist at the University of Illinois, discusses this matter further in a new circular just issued by the Illinois College of Agriculture. In the circular she points out that when a child finds you abstracted, irritable, and weighed down with difficulties of your own, he becomes anxious and full of inner conflicts.

This does not mean that it is always wise to keep the child in ignorance of family problems, even if this is possible, the circular continues. The important thing is to keep him from being frightened. Don't talk about your problems too often nor exaggerate their seriousness.

The circular emphasizes that "children need parents who themselves find life satisfying. A pleasant voice, a relaxed attitude, and smiling eyes assure them that we find our life and our children very satisfying."

If you would like a copy of the circular, write to the College of Agriculture, University of Illinois, Urbana. Ask for "Your Child--The First Six Years."

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Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 27, 1953

Disease Immunity Dangerously Low in Illinois

URBANA--Home bureau groups in thirteen Illinois counties cooperated recently with the State Department of Public Health in finding out how many persons have been immunized against the preventable diseases.

The survey reflects an alarming and growing complacency in regard to diphtheria, smallpox, whooping cough and tetanus, says health education specialist Pauline Brimhall, University of Illinois College of Agriculture.

So many people have allowed their immunization against these diseases to lapse that the introduction of the diseases in a community could spell tragedy, says Miss Brimhall.

In 13 counties surveyed, only 50 percent of the elementary school children were immunized against diphtheria, and in five of these counties 20 percent or fewer of the children were immunized. This is a far cry from the 60 percent recommended for reasonable community safety.

The public's complacency regarding smallpox protection appears even more deplorable. The nature of this disease requires that a community be 90 percent immunized for reasonable protection. The 13-county survey showed that 50 percent or less of the elementary school

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children were vaccinated for smallpox, and four counties had levels of 20 percent or less.

"The survey can be taken to reflect the situation in the rest of the state, and it indicates that we are leaving ourselves wide open for the spread of diphtheria and the reintroduction of smallpox," says Miss Brimhall.

If you are responsible for a child, make sure he is revaccinated and given booster shots regularly throughout the years of his life when hazards are greatest. The Illinois State Department of Health recommends shots for protection against diphtheria, whooping cough and tetanus early in infancy, and again at five to six years of age. If the child is ten years old or older, your doctor may recommend further protection against diphtheria.

According to the State Department of Health, vaccination against smallpox should be repeated at least every three years for adults as well as children. Booster doses of tetanus are sometimes given every year, and especially at time of injury.

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Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 28, 1953

Tailoring Procedures

URBANA--Planning to make a fall suit? The job of tailoring will be easier and more satisfactory if you follow a well-thought-out procedure, advises Ritta Whitesel, textile and clothing specialist, University of Illinois College of Agriculture.

First, carefully select your pattern for style and for simplicity. If you have a figure problem, choose a pattern with few pieces that can be more easily altered. Notice the complexness of the details. Patch pockets are easier to tailor than set-in pockets. Gusset sleeves and pointed yokes also require added skill and work.

Next, select your material. Remember that some materials absorb more moisture than others. Either buy preshrunk fabric, shrink it yourself by the London method of rolling it into a wet sheet and leaving it overnight, or take it to a tailor to be shrunk.

The finish of the fabric affects the ease with which it can be sewn. Sharkskin and gabardine have the hardest finish. Gabardine is somewhat difficult to sew. Good mixed tweeds that are not too coarse, firmer flannels and wool suit crepes are excellent choices for the person with little sewing experience.

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FOR RELEASE WEDNESDAY, OCTOBER 28, 1953

Tailoring Procedures - 2

Be sure your pattern layout is correct before cutting. Check to see that the pattern is with the grain of the material. Be sure that plaids are matched and that sides are reversed for napped material. Then cut accurately in long, even strokes.

"Press as you sew" is a key phrase for fine tailoring, counsels Miss Whitesel. Use a tailor's ham for shaping darts, rounded shoulder and hip seams. For a smooth press over shoulder seams, use a sleeve board or the narrow end of your ironing board. Careful pressing eliminates bulky seams and darts that mar a smooth fit.

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Feedsacks Make Good Interfacing

URBANA--Don't throw away those feedsacks. When preshrunk they may be used for interfacing the back and sides of a jacket, suggests Ritta Whitesel, clothing and textiles specialist, University of Illinois College of Agriculture.

Feedsacks are usable wherever you want that soft effect. Unbleached muslin and percale suit the same purpose. For stand-out collars, cuffs and jacket tails, stiffer interlinings, such as tailor's linen, canvas, haircloth or armo, should be used.

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10/23/53

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 29, 1953

Children Mirror Your Example

URBANA--Your child is a mimic; all children are. And one thing is sure--they will copy everyday speech and actions much sooner than the more guarded "company manners."

In a new circular, "Your Child--The First Six Years," just issued by the University of Illinois College of Agriculture, Margueritte Briggs maintains that daily examples of self-control, family unity and mutual consideration are decisive patterns for shaping a child's personality. No amount of preaching or harsh discipline can equal their effectiveness.

"Enjoy your child," says Miss Briggs, who is a specialist in child development and parent education at the University. She points out that when happy experiences are shared, it's as rewarding for the parents as for the child. "A band concert seasoned by the happy observations of a four-year-old is doubly memorable; an afternoon at the county fair shared with children will be relived again and again in retrospect."

The circular urges parents to laugh with their children, even clown a little at times. Children of all ages like parents who have a sense of humor, who can take a joke and tell one. "Time for laughter, for play, and for shared joys is time well spent for our children and ourselves."

Copies of the new circular are available upon request. Send a card or letter to the College of Agriculture, University of Illinois, Urbana. Ask for "Your Child--The First Six Years."

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AJR:mi
10/26/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 30, 1953

How to Keep Lard Sweet Longer

URBANA--Home-rendered lard will keep twice as long if you mix some hydrogenated vegetable shortening with it. The shortenings contain a small amount of naturally occurring antioxidant that slows down the development of rancidity.

Use two pounds of the hydrogenated shortening to 50 pounds of fresh lard, says food specialist Geraldine Acker, University of Illinois College of Agriculture. Be careful to stir the lard and shortening mixture until it is thoroughly blended.

Most likely you will store the rendered fat in five-or ten-pound cans or pails. Make sure you fill the container as full as possible, because air and light tend to cause rancidity in lard. Then seal with a tight cover and store in a cool, dark place.

Commercial packers sometimes add a small amount of a harmless antioxidant to lard to make it keep longer. Your neighborhood locker plant may be able to sell you enough for your home needs.

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AJR:mi
10/26/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 31, 1953

Arrange Your Kitchen for Convenience

URBANA--Make your kitchen work for you. It can and it will if you store utensils at or near the place you'll use them first. Follow the rule of storing each item so that it is "easy to see, easy to reach and easy to grasp," advises Helen McCullough, housing specialist, University of Illinois College of Agriculture.

Analyze your own kitchen and organize centers of work for each of the main activities...food preparation, cooking and serving. A little rearranging, perhaps a well-placed shelf or two, may be all it takes to save countless steps.

Your sink is an important center for cleaning fruits and vegetables and for dishwashing. Plan for foods that need soaking. Keep knives, brushes and a chopping board here, as well as sauce pans and coffee pots. Remember to allow room for dishwashing supplies.

Doughs and batters call for a mixing center, which should be placed near the refrigerator. Flour, sugar and your spice collection should be within easy reach of this counter. This is also a good location for casseroles, measuring utensils and baking tins.

You may want to combine your range and serving center. Utensils used in frying and serving dishes for hot food are logically centered here. Ready-to-serve foods may also be stored near the serving center.

Dishes and silverware may be placed near either the sink or the table. Try using dividers for silverware drawers. Your silverware will then be easier to find as well as better protected.

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AR:mi
10/28/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 2, 1953

Beef, Potatoes, Onions Top Plentiful Food List

URBANA--November should be a great month for hearty appetites, says the United States Department of Agriculture in reporting the midwest list of plentiful foods for this month.

Beef, potatoes and onions are featured in the list of sixteen feeds which department officials expect to be especially plentiful. Penny-wise homemakers will shop for economy beef, predicts Patricia Wyatt, University of Illinois foods specialist. You'll be able to spot it two ways--it will be more economically priced than fine-grained beef, and it will have less fat than grain-finished beef. The fat will appear as a thin outer covering, with only a small amount "marbled" throughout the lean.

Other foods produced abundantly by midwest farms that are now on the plentiful list are turkeys, dairy products, cabbage, carrots and all types of fats. Turkey prices are likely to be near last year's moderate levels, with heavy tom turkeys probably the most attractive buy. Most dairy items should continue to be reasonably priced during November. Late crops of cabbage and carrots from local truck gardens will assure plentiful supplies of these two fresh foods.

Winter pears, raisins, honey, pecans and almonds also appear on the list of November plentifuls. An abundant 1953 crop and a heavy carry-over from 1952 assure large supplies of raisins. Shipments from this year's anticipated record-large crop of pecans will start during November.

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AJR:mi
10/28/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 3, 1953

Weight Control Project--Committee Heads Named

URBANA--Dr. Stanley L. Levin, Danville, chairman of the Illinois Nutrition and Weight Control Project, has named Dr. Norris L. Brookens, Urbana, Miss Leona Pazourek, Springfield, and Hadley Read, Champaign, as chairmen of the three working subcommittees of the state weight control project.

Dr. Brookens, Carle Hospital clinic, Urbana, was appointed chairman of the Medical Advisory committee; Miss Pazourek, nutritionist Illinois Department of Public Health, chairman of the Nutrition and Methods committee; and Read, Extension Editor, College of Agriculture, University of Illinois, chairman of the Public Information committee.

These committees will help establish weight reduction classes in various communities throughout the state. The classes are aimed at helping overweight people lose their extra poundage the right way. The project will be launched in Winnebago county November 17 and this county used as a pilot study in planning projects for 1954 in other parts of the state.

Cooperating groups include the Illinois State Medical society, Illinois Heart association, Department of Public Health, State Nutrition committee, and Home Economics Extension of the University of Illinois.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 4, 1953

Home Dry Cleaning Dangerous Practice

URBANA--Before trying to save a few dollars by dry cleaning at home, you'd better figure the value of your house and its contents.

Because, says Gordon McCleary, University of Illinois farm and home safety specialist, you're gambling your home and its furnishings--maybe your life--when you use explosive cleaning fluids.

Few people realize how quickly the explosive vapors of cleaning fluid travel in the home. And it takes only a small spark (such as might be found in the motor of any electrical appliance) or flame to touch off an explosion and fire that can severely burn you and perhaps start a fire which will leave your home in ashes.

The best way to avoid this danger is to let a professional dry cleaner do the job. If you must use cleaning fluid to remove spots, use a non-inflammable type on an open porch or in a room where there is plenty of ventilation and nothing which could touch off the vapors.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 5, 1953

Stockings to Be Dark and Sheer

URBANA--Dame Fashion will put her legs into darker, filmier hose this fall. The color trend is toward the deeper, sharper colors that accent dresses of autumn colors. And, to be attractive, hose must be quite sheer if they are dark and have dark seams.

According to Myra Baker, specialist in fashion design, University of Illinois College of Agriculture, some manufacturers are helping to make it easy to choose hose that harmonize with your costume. They are printing the suggested colors on the hosiery boxes or else on the tops of the stockings.

So far as sheerness is concerned, you'll find some hose that are extremely sheer, like 72 gauge, 15 denier. But the favorites--51 and 60 gauge, 15 denier--while not so sheer, are still lovely for most occasions and will give longer wear.

Hose have gone to new lengths, too. Those that stop just short of the knee will give longer wear to the active woman who does a great deal of knee bending.

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11/2/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 6, 1953

Two Illinois Home Advisers Honored in Buffalo

URBANA--National recognition for outstanding service in home economics extension work was given two Illinois home advisers at the recent National Home Demonstration Agents' meeting in Buffalo, New York.

Taking the honors were Mrs. Elizabeth Burton, Kankakee county home adviser, and Marion Simon, Ford county home adviser.

To qualify for this recognition, a person must have served ten years or more in home economics extension work, must be a county home demonstration agent at the time the award is made and must have achieved a high degree of professional success.

Mrs. Kathryn Van Aken Burns, state leader of home economics extension, has this to say regarding the work of the two home advisers:

"Mrs. Burton has had financial and family experience in rearing a son and daughter that has given her a sympathetic approach to an extension program and has won her many friends among extension cooperators. Her philosophy of living is fine, and I think homemakers have gained in perspective and outlook through contacts with her. Her belief in extension is so deep seated that women are naturally attracted to a county program that she administers.

"Miss Simon combines a high degree of organization ability along with excellent teaching ability; hence her county program of work is always outstanding. She has more initiative than almost any two people. These qualities, along with an abiding belief in the value of the extension program, have made her a county extension worker of whom we are always proud."

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 7, 1953

Donna Vetter Wins Borden Scholarship Award

URBANA--Mrs. Donna Vetter, University of Illinois senior and daughter of Mr. and Mrs. Charles Roese, Aledo, Mercer county, has been named 1953 winner of the $300 scholarship in home economics.

In presenting the award, Dr. Janice M. Smith, head of the University's home economics department, pointed out that each year the Borden award goes to the senior in home economics with the highest grade average among students who have completed two or more courses in foods and nutrition. Mrs. Vetter's scholastic average for her first three years at the University was 4.94 out of a possible 5-point average.

While at the University, Mrs. Vetter has majored in home economics education. She will be graduated in February 1954 and plans to join her husband, Richard Vetter, who is in the Army and stationed at Fort Hallabird, Maryland.

Mrs. Vetter holds membership in the Isabel Bevier Home Economics club, plus a number of honorary organizations. These include Alpha Lambda Delta, scholastic honor society for freshmen women; Phi Kappa Phi, all-University scholastic honorary; Phi Upsilon Omicron, national professional organization; and Omicron Nu, home economics scholastic honorary.

She did her student teaching in home economics at Unity High School, Tolono. She received her own high school training at Prophetstown High School, where her family lived at that time.

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11/4/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 9, 1953

Mixes, Money, and Minutes

URBANA--Don't leave mixes off your shopping list just because you weren't satisfied with your first results, advises Patricia Wyatt, foods specialist, University of Illinois College of Agriculture. Research has improved mixes in both flavor and quality since they first appeared on the market. Remember also that brands differ in flavor just as individual tastes differ.

Mixes and homemade products usually cost about the same. However, the seasonal changes in egg prices may cause a variation in the cost of homemade products. Check the price of eggs, as well as prices of milk and fat, in your community to discover whether the use of mixes will be a saving as well as a convenience.

Mixes are actually fun to use, as well as being time-savers. You may find the whole family wanting to try them. Well, why not? Let your teen-ager experiment with refreshments for the crowd. Let your young son have the thrill of making something all by himself. Let your husband putter in the kitchen. The cake or cookies he makes may be just the thing to complete tomorrow's lunch.

Whether or not you use mixes regularly, keep your favorites on hand. They're wonderful morale boosters when unexpected company pops in just before mealtime.

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11/4/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 10, 1953

What Denier and Gauge Can Tell You

URBANA--Fashion's newest filmy hose are 72 gauge, 10 denier. This new sheerness makes it more important than ever that you understand what "denier" and "gauge" mean in terms of hose durability, says Florence King, textiles specialist, University of Illinois College of Agriculture.

Gauge indicates the number of stitches in $1\frac{1}{2}$ inches on a hose knitting bar; denier, the weight of the yarn. The ratio of denier to gauge is most important.

Make "the lower the denier, the higher the gauge" your motto when buying hose. The finer the thread is, the more stitches there must be to give the hose elasticity. The new 10 denier hose must be combined with at least 72 gauge to be satisfactory. A hose of 30 denier yarn might be combined with 51 gauge, as the greater yarn strength will compensate for the loss of elasticity due to the lower number of stitches. The woman who needs that extra "give" in stockings will find high-gauge hose a good buy because of their greater stretchability.

Check the width of the double-yarn thickness, or plaiting, on the sole, heel and toe. This plaiting should be wide enough to protect the stocking from rough shoes and to give extra comfort to the foot. With dressy, open shoes, you may prefer hose with little plaiting.

Stocking heels are not all alke. The heel of a stocking is formed in the knitting process by dropping stitches to change the direction of the wales. These dropped stitches come at different places in the heel. Check to see that they turn the heel squarely for a true fit. Proportion lengthwise is also important for the greatest return in comfort and wear.

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11/6/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 11, 1953

Make Candy-Covered Apples

URBANA--Almost everyone likes apples. Children clamor for candy-covered ones at this time of year. If you've never prepared them, here is a recipe and some suggestions from Carmel Along, foods specialist, University of Illinois College of Agriculture.

Put wooden skewers into the stem end of the reddest apples you can find. Then dip them quickly into the hot sirup you have cooked to the brittle stage--300 degrees Fahrenheit. For an especially elegant treat, roll the glazed apple through shredded coconut before the sirup has completely "set." Crushed nuts are nice for variety.

Miss Along's formula for glacé icing will make enough to cover six small to medium-sized apples. The proportions are simple: Use two cups of sugar, one cup of water, two-thirds cup of light corn sirup and a few grains of salt. Combine the ingredients in a small saucepan and cook over moderate heat, stirring constantly until the mixture begins to boil.

Reduce the heat (to keep the sirup light in color), and cook without stirring until the brittle stage is reached (300 degrees Fahrenheit). Remove from heat; stir in a few drops of cinnamon and red food coloring or else about one-half cup of red cinnamon candies.

Work quickly as you twirl the apples in the sirup. When one is well coated, place it stem-side up on a buttered plate to harden.

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11/6/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 12, 1953

Awfully Busy? Don't Skimp on Meals

URBANA--Next week is Illinois Nutrition Week. It comes just before the year's biggest holidays, when there's much to do and so little time to do it. This busy season is a critical one so far as health is concerned, for there's a natural temptation to skip meals and put the family on a diet of "hurry-up" dinners and skimpy lunches.

The Illinois Nutrition Committee and the Chicago Nutrition Association, sponsors of Nutrition Week, urge homemakers to observe the "Food First for Fitness" theme, beginning now and throughout the year. Make sure your family gets all the nutritious foods it needs every day. A good guide for checking your menus is this one given by the United States Department of Agriculture. Everyone needs these foods:

LEAFY, GREEN AND YELLOW VEGETABLES. One or more servings daily.
ORANGES, GRAPEFRUIT, TOMATOES. One or more servings daily.
POTATOES AND OTHER VEGETABLES AND FRUITS. Two or more servings daily.
MILK, CHEESE, ICE CREAM. Children, three to four cups milk. Adults, two or more cups.
MEAT, POULTRY, FISH. One serving daily if possible.
EGGS. Four or more a week.
DRIED BEANS, PEAS, NUTS, PEANUT BUTTER. Two or more servings a week.
BREAD, FLOUR, CEREALS. Every day (whole-grain or enriched)
BUTTER AND FORTIFIED MARGARINE. Some daily.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 13, 1953

Cluttered Stairs Cause Many Falls

URBANA--Cluttered stairways should be outlawed; there's just no room for them and the nasty falls they cause. How to do it is another problem, for it is next to impossible to police a whole family of "clutterers."

Here is one plan for keeping your stairs clear as suggested by Gordon McCleary, University of Illinois farm and home safety specialist:

Pick your worst offender (usually one of the younger family members). Appoint him or her chief in charge of keeping the stairs clean. The chief can turn his job over to the first "stairway clutterer" he catches.

While you're on the stairway problem, says McCleary, try to learn why things are being parked on the steps. If you provide a handier (but safer) place for overshoes, brooms, mops and other articles, no one will be tempted to use the stairs for a cupboard.

Good lights, which can be controlled from both the top and bottom of the stairway, will make your stairs safer. A handrail may prevent an accident.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 14, 1953

Trim Lines Lead Fall Fashions

URBANA--Trimness of silhouette is a key factor in the 1953 fall and winter fashion look. If you appreciate restraint and subtlety of line, this is your year, says Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture.

The daytime silhouette is pencil slim, the wider skirts being reserved for late day and evening. But even though skirts are slim, there is enough ease to make them wearable and walkable. Many feature trouser pleats at the skirt band and pleats or slits at the hemline in front, back or at both sides.

If you have a slim-skirted suit hanging back in the closet, this is the time to get it out. Suit jackets are longer this year and less closely fitted. A few stop at the waistline and have an Eton look.

The uncluttered look is also found in blouses and dresses. Shoulders are naturally smooth so that they fit under coats easily. Sleeves are well fitted and slim, whether short, three-quarter length or long. Cuffs are in the minority.

Collars, too, are almost unnoticed. Necklines are neat and are either high and collarless or have small collars that are low and flat. Any neckline draping is quite simple.

The straight, trim line in coats is a favorite for all-round wear. A new three-quarter length offers a chance for shortening a long coat that you may already have.

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11/11/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 16, 1953

Gambling With Your Health?

URBANA--The findings of nutritional studies show that, despite the abundant food supply in this country and the generally high purchasing power, many of us, as individuals and as groups, persist in faulty eating habits. We are not getting the nutrients we need. We are jeopardizing our present and future health.

Health education specialist Pauline Brimhall, University of Illinois College of Agriculture, says surveys show that nutrients most likely to be low in rural and city diets are calcium, vitamin A and vitamin C, which are supplied by milk, vegetables and fruit. The fault may be in either the selection or the preparation of the foods.

Why don't homemakers serve better balanced or better prepared meals?

A recent study made in a rural southeastern Louisiana community shows that among all the homemakers who were interviewed there seemed to be "lack of a feeling of a need to improve." Apparently homemakers were most interested in filling up the family with foods that satisfy their tastes and appetites. Fruits and vegetables were seldom served in amounts adequate for good nutrition.

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FOR RELEASE MONDAY, NOVEMBER 16, 1953

Gambling With Health - 2

The study also investigated the possibility of other causes and conditions that might create faulty food practices. One of these--family and community living patterns--revealed that homemakers get their ideas about food and nutrition from their friends and relatives. And sometimes this information is incorrect.

The Bureau of Human Nutrition and Home Economics, Washington, D. C., stands ready to supply homemakers with up-to-date information concerning food values and the body's needs for food nutrients. Land-grant colleges and county extension workers can also give you this information.

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Health Project to Start Tomorrow

URBANA--The Winnebago County Weight Control and Nutrition Project will get under way tomorrow,November 17, with a meeting at 8 p.m. in the Rockford Y.W.C.A. Gymnasium.

Dr. Norris Brookens, chairman, Medical Advisory Committee of the Illinois Weight Control Program, and Mrs. Louise Moody, nutritionist, Illinois Department of Public Health, will be guest speakers. They will discuss the problem of overweight as it affects the health of our population. The general plan for the Winnebago project will be outlined at this meeting.

Pauline Brimhall, health education specialist at the University of Illinois College of Agriculture and coordinator of the project, says that everybody has a weight problem. Most Americans already have a desirable weight and need to maintain it; some thirty million are overweight and should lose their excess pounds; while a small percentage are underweight and need to gain weight.

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FOR RELEASE MONDAY, NOVEMBER 16, 1953

How to Roast a Half or Quarter Turkey

URBANA--If you plan to roast part of a turkey this Thanksgiving, these directions from Geraldine Acker, foods specialist, University of Illinois College of Agriculture, may help you.

To roast a half or quarter turkey, says Miss Acker, rub salt into the cavity, or cut side; then fasten the skin to the breast meat with skewers to prevent shrinkage during roasting. Tie the leg securely to the tail. Place the wing flat over the breast, and tie a cord around the breast to hold the wing down.

Place the turkey with the skin side down on a rack in a shallow pan. Brush with melted fat and cover with a fat-moistened cheese cloth. Roast in a preheated oven at 325° Fahrenheit. Turn the skin side up when about three-fourths done.

A 3½ to 5 pound bird will take from 3 to 3½ hours to roast; a 5 to 8 pound bird will need 3½ to 4 hours; while an 8 to 12 pounder will take 4 to 4½ hours.

You may need to spoon some of the fat from the bottom of the pan to remoisten the cloth during roasting. If you want the bird to brown more toward the end of roasting, just remove the cloth. To test for doneness, press the meat with your fingers. If the turkey is done, the meat will feel soft.

In making dressing for your bird, allow two-thirds cup for each serving. Place the dressing on a well-greased double thickness of heavy brown paper or on aluminum foil, and put it into roasting pan with the turkey for the last one to one and one-half hours. Or else press the dressing lightly into a greased pan or casserole and bake.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 17, 1953

Guides for Menu Planning

URBANA--When families in this country are poorly fed--and substantial numbers of them are--the foods they most often neglect are milk and milk products, vegetables and fruits. As a group, the leafy, green and yellow vegetables and citrus fruits are the ones that are slighted.

How does your family rate? Take time today, during Illinois Nutrition Week, to see whether the meals you serve are balanced for best nutrition. Check your week's menu with the amounts recommended by the United States Bureau of Human Nutrition and Home Economics.

Concerning the foods in question, the Bureau points out that a family of two adults and two teen-aged children should have a diet that provides three to four quarts of milk a day, or 21 to 28 quarts each week. This includes the milk used in cooking and in alternate products, such as cheese and ice cream.

The same family of two adults and two teen-aged children should have, for each member, one or more servings each day of leafy, green and yellow vegetables. This would require a total purchase of 13 to 15 pounds of fresh vegetables a week. This group may include

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yellow squash, pumpkin, carrots, green cabbage, broccoli, peas, snap beans and okra, in addition to all kinds of greens.

The citrus fruit and tomato requirement is one or more servings daily for each family member. If you are buying the unprocessed vitamin C rich fruit--oranges, grapefruit, tangerines, other citrus fruit or tomatoes--your four-member family will need 12 to 13 pounds during the week. Half a glass (4 ounces) of orange or grapefruit juice, canned or fresh, goes far toward meeting a day's needs.

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Older Folks Need Good Meals

URBANA--Many older folks would be healthier and happier if they were wise eaters.

Many ailments of older folks are definitely known to have a dietary origin, says Dr. Marian Tolbert Childs, nutrition specialist, University of Illinois College of Agriculture. In other words, our bodies rebel when our meals fail to provide the right amounts of protein, minerals, vitamins and calories for body needs.

A new booklet, "Food Guide for Older Folks," tells about the food needs of older people and suggests ways of meeting these needs. Consideration is given to special problems like faulty teeth, poor appetite and over- or underweight.

"Food Guide for Older Folks" is published by the United States Department of Agriculture. You can get your copy by writing to the University of Illinois College of Agriculture, Urbana.

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11/13/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 18, 1953

Balance Your Winter Wardrobe

URBANA--Balancing your winter wardrobe may consist of little more than juggling what you already have, says Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture.

The first thing to do is take an inventory of the garments you have on hand. Divide the ones that have possibilities for fall and winter wear into two groups. In one, include the clothing that can be used as is; in the other, those that need some changing.

Make a list of the activities that are most important to you, in both prestige and regularity. By matching the clothes you have with the activities you'll need them for, you'll be able to tell where there are gaps in your wardrobe. Then decide which of last season's clothing can be given a new look and a new role, and where you should fill in with something new.

Balancing your wardrobe will be easier this year than usual, particularly if your tastes are conservative, says Miss Whitesel. Many of the conservative styles from last year will, with little or no change blend nicely with the trim, well-defined and simple lines of this season's fashions.

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11/13/53

FOR RELEASE WEDNESDAY, NOVEMBER 18, 1953

If Your Honey Turns to Sugar

URBANA--This has been a good year for honey; there's a larger supply than usual, and it will be available for many months.

You can buy it in three forms--in the comb just as it was stored by the bees; in liquid form, extracted from the comb; and in crystalized form, which has about the consistency of butter.

You are not apt to have trouble with the liquid form crystallizing if it has been packaged on a commercial scale and heated to destroy the yeasts that cause granulation, or to delay their action, says Dr. V. G. Milum, University of Illinois entomology department.

However, if your honey does crystallize, you can melt it again in your double boiler. If it has hardened in a jar, reliquefy it by placing the jar on a rack in a pan of warm water. If you use hot water, remove as soon as the crystals are melted or the honey will darken in color and lose some of its flavor.

Dr. Milum says the best place to store honey is in a dry room that has a temperature of about 70° Fahrenheit. In most cases a low pantry shelf is an ideal spot. Keep the honey tightly covered so that it won't lose its flavor and aroma.

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AJR:mi
11/13/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 19, 1953

Women's Diets Short on Milk

URBANA--Most women don't get the three glasses of milk they ought to have each day says Harriet Barto, University of Illinois College of Agriculture.

It's practically impossible to have enough calcium in the diet without including milk. Surveys show that the average diet of women includes little more than half the calcium that is necessary for best nutrition.

A second nutrient that is low in most women's diets is also found in milk. It is one of the B-vitamins, riboflavin. Riboflavin is necessary for healthy eyes, skin and other tissues and it is related to the body's resistance to disease.

Whether you use skim or whole milk, the amounts of calcium and riboflavin will be the same in each, says Miss Barto. If you prefer, use the various forms of milk and the many products of milk in your cooking, along with the fluid milk. Three tablespoons of dried skim milk, for instance, contains nutrients equivalent to those of one cup of liquid skim milk.

Some women and teen-age girls don't use milk because they believe it is fattening. Actually, milk and milk products are basic foods in all scientifically sound reducing diets.

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11/16/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 20, 1953

Defrost Large Turkey in Refrigerator

URBANA--A frozen turkey, if it is a large one, will take about two days to defrost in the refrigerator. You'll be wise to allow that much time, says foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture.

A large frozen turkey can be defrosted in six to eight hours under cold running water. Leave the bird in its original moisture-proof wrapping. Don't use warm water or let the bird stand in water.

Complete room-temperature thawing is definitely not recommended for large turkeys. However, if your turkey is small or if you have turkey pieces and you cook them right after thawing, the room-temperature method can be used with safety. It will take an hour or so to defrost each pound of frozen fowl at room temperature.

Prompt cooking after defrosting is certainly desirable, but you can keep a defrosted turkey for two or three days in a refrigerator at 38° F. or less. It is not advisable to refreeze turkey.

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AJR:mi
11/16/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 21, 1953

Nutrition Facts Often Distorted

URBANA--A vast amount of false or misleading information about nutrition is being dished out to the American public. Present-day myths about foods and diet are built by food quacks who have something to sell. They distort the facts by stating half truths concerning the real advances of nutrition science.

The false teachings of the quack are intriguing to uninformed persons, particularly those who want to believe that something is good for them. As a result, folks are duped into spending money for a cure-all concoction that is apt to impair their health in the long run by causing them to rely on fanciful diets or nutritional schemes for treatment of serious diseases.

There is always something about the unscrupulous vendor's product that makes it superior to everything else. The quack undermines people's confidence in the abundant common foods. He is skillful in making them suspect that their diet is nutritionally inferior and that they are suffering or will suffer from every imaginable disease if they don't take advantage of his wonderful product.

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FOR RELEASE SATURDAY, NOVEMBER 21, 1953

Nutrition Facts - 2

The fact is that, by his methods, the quack is diagnosing or encouraging self-diagnosis of conditions that may be the first signs of an undetected serious illness--something that requires prompt and competent medical attention.

Nutrition specialist Harriet Barto, University of Illinois College of Agriculture, says it is not possible to have laws that deal adequately with quackery in the field of nutrition. The best thing we can do is to beware of self-appointed advisors and develop the habit of looking into the validity of new theories and concepts of nutrition.

Land-grant colleges and the Bureau of Human Nutrition and Home Economics, Washington, D. C., have research staffs that are always searching to discover the difference between facts and speculations in the field of nutrition. You can learn much from their publications and from your county home adviser, who has access to information on recent developments in nutrition.

Miss Barto points out that one basic fact to remember is that our country's present abundant food supply is the safest and most nutritious in history. It is not difficult to get all the essential vitamins by properly cooking the foods that are available at the average grocery store.

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AJR:mi
11/18/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 23, 1953

Colors of the Times

URBANA--This is the season when Nature changes her wardrobe colors, and it's an excellent time for you to do the same--to try colors you've never worn before and to add new versions of your favorite color flatterers. No matter what the color of your hair, eyes and skin--whether you're selecting a new garment or a bright accessory note--you should have little trouble finding the right color for you this season, encourages Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture.

Brown is, as usual, one of the most popular fall colors. It has a distinctly 1953-54 look, appearing in all tints and shades...from almond beige to a dark nut brown, with reddish brown thrown in for a livelier note.

Greens, especially the darker ones with blue tones, are also favorites. Blues, with royal and teal leading, hold an important place. Red is the bright color of the season, and you'll be seeing it in garnet, pimento and bright circus pink.

The gay colors, however, will all be held in line by the old stand-by basic colors...gray, navy and black. Many of the basic clothes you already have may be perfect foils for accessories in these new shades.

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MAR:mi
11/18/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 24, 1953

Rugs--Wool, Cotton, Rayon, Nylon

URBANA--The material a rug is made of has a lot to do with its serviceability. Wool is still considered one of the most satisfactory fibers for rugs because it has a natural resiliency and a tendency to shed dirt. Rayon and cotton, however, are now entering the rug field and are proving satisfactory.

According to home furnishings specialist Lowell Anderson, University of Illinois College of Agriculture, manufacturers have found new processes that will give rayon and cotton some of the desirable qualities of wool. As a result, these fibers are being made into good-looking and good-wearing rugs that are less expensive than wool ones.

If you are selecting a rayon or cotton rug, remember that they tend to attract and hold dirt. New finishes to make rayon and cotton more soil resistant are being developed, but the problem has not yet been solved. So take this into consideration when you are making your selection.

Medium to dark tones and all-over patterns won't show the soil so quickly as plain, light colors, and consequently will give you better service.

Nylon is a good rug material. It is long-wearing and handsome, but it is still expensive.

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11/20/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 25, 1953

Fabrics Have a Smoother Finish

URBANA--That smooth, polished look is being found even in milady's fabrics. Softness and fine texture characterize the materials being used for this season's trim and simple styles.

Deep-piled fabrics are not being seen so often as in the past few seasons, but tweed is still a favorite that runs the gauntlet from cotton, through the man-made fabrics, on to wool. However, notes Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture, these tweeds have a distinctive 1953-54 look, for they are soft and light, but firm. Jersey, which can almost be called a classic fabric, is also in the fashion picture, but it too has taken on a new novelty tweed appearance.

For dressier occasions, the popular choice is wool broadcloth as smooth and soft as a kitten's ear. Flannels have moved once and for all out of the utilitarian class with a sleek finish that makes them perfect for many of the most important costumes.

The woman who loves elegance won't be disappointed with this year's evening fabrics of glowing satins, rich brocades, bengalines, and soft laces.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 26, 1953

Children Wear Fadeless Chromspun

URBANA--Grimy little school clothes that have spent hours in the sun have long presented a two-fold fading problem due to both sunlight and washing.

Many mothers are finding that fading problems fade with Chromspun, an acetate rayon, which is color-fast not only to sunlight and washing, but also to gas fumes, perspiration, crocking and dry-cleaning.

You may have to decide, however, whether fast color or greater wear is more important in your children's clothing, says Florence King, textiles specialist, University of Illinois College of Agriculture. Chromspun has a tendency to fret when wet, which may shorten its wearability. Fretting is perhaps more of a problem in active children's clothing than in adults'.

Chromspun is now found in children's dresses, blouses, sportswear and rainwear. At first it was manufactured only in black. Now it is available in lovely colors plus simple stripes, checks and multicolor combinations.

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11/23/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 27, 1953

Rug Names Can Be Misleading

URBANA--Broadloom, when used in connection with rugs, is not the name of a particular kind of rug nor an indication of quality. It simply means what it says, a rug that is woven on a broad loom.

A number of other names used for rugs merely tell the type of rug, or the method of weaving, and have no reference to quality, says home furnishings specialist Lowell Anderson, University of Illinois College of Agriculture. Wilton and Axminster, chenille and velvet are all names that indicate a type of rug. Within each type there will be many different grades of quality.

When you choose a color and pattern for your rug, remember that the floor covering is the background for much of the rest of your decorating. Your rug will probably outlast your draperies, your slip-covers and your wallpaper, so choose a rug that you will like to look at for many years.

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AJR:mi
11/23/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 28, 1953

All Sizes of Potatoes Have Merit

URBANA--Why do you buy the size of potatoes you do? If you buy different sizes, why do you change?

These questions are important ones to the nation's potato growers and to retailers many of whom are selling potatoes at the lowest prices in many years. The crop is a bumper one--around 8 million more bushels than we usually use.

The problem of consumer acceptance and preferences for potatoes has been the subject of special study by the United States Department of Agriculture. Their findings suggest that a homemaker's most usual method of cooking potatoes helps to determine what size she'll buy. She wants smaller potatoes ($2\frac{1}{2}$ inches) for boiling with the skins on, making potato salad, browning with meat and creaming. She wants larger potatoes ($3\frac{1}{2}$ inches) for boiling (peeled), mashing, baking and French frying.

The main reason, then, that homemakers select smaller potatoes is for cooking quality. Among the reasons they give is that small potatoes cook or bake faster and more evenly without crumbling, that small potatoes are better for cooking in a pressure cooker or that small potatoes look better than large potatoes when they are served whole.

The main reason for preferring the larger potatoes is ease of preparation. They are easier and faster to peel, and there is less waste.

Of 2,400 persons interviewed in retail stores, it was found that 90 percent had chosen potatoes between $2\frac{1}{4}$ and $3\frac{1}{4}$ inches in diameter.

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AJR:mi
11/24/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 30, 1953

Both Sides of a Rug Tell Quality

URBANA--Are you in the market for a rug? Most of us don't buy one often enough to learn what to look for. Here are some suggestions from home furnishings specialist Lowell Anderson, University of Illinois College of Agriculture.

The back side of a rug will give you a clue to its quality and wearability. The backing should be closely woven and sturdy; it should be pliable, but firm; it should not have excess sizing. On the back, too, you can tell how many tufts of yarn have been woven into each inch of backing. The more tufts to the inch, the more the rug will probably cost, but the longer it will wear.

The obvious thing on the top of the rug is the pile. The thicker and the longer the pile, the more years of service it will give. The yarn that forms the pile of a rug can be twisted, looped or cut. The terms mean exactly what they say.

In a twist weave, the yarn is twisted or crimped before the rug is made. This gives it added resiliency and helps it shed soil. On some rugs the pile is left in loops on the top, and in others it is sheared off. A looped pile, especially in a high-pile or shag-type rug, is less apt to pull out than a cut pile and is also less apt to show foot tracks.

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11/24/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 1, 1953

Are Nuts Hard to Digest?

URBANA--Pecans and other nuts are in good supply this year. That brings up the question whether nuts are hard to digest, as many people believe.

Harriet Barto, nutrition specialist, University of Illinois College of Agriculture, says it is too bad that nuts have such an undeserved reputation. The idea, she believes, is based upon the fact that so many people are unwise about the way they eat them.

Nuts are high in nutritive value. They contain some protein, a considerable amount of fat and some starch. Like any concentrated food, they can be a digestive burden if you eat too many at one time, or at the end of a hearty meal, or at other times when they are not needed for nutriment. The fault is not in the nuts themselves, but in the sum total of the nutrients eaten.

Nuts are excellent for stimulating appetite and for lending variety of flavor and texture to a meal. If your family includes someone who has defective teeth or someone who bolts his food, you may want to grind the nuts in a food chopper or a special nutmeat chopper before adding them to the meal. The obvious reason, of course, is that firm foods, when only partially chewed, digest more slowly than foods that are well chewed.

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AJR:mi
11/27/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 2, 1953

Defeat of the Soggy Pie Crust

URBANA--Holiday pie time is here, and you'll want to treat your family to pies that are perfect. Even the most exciting pies can be ruined by soggy undercrusts, so heed these suggestions on how to prevent them by Carmel Along, foods specialist, University of Illinois College of Agriculture.

For apple, cranberry and other fruit pies, try sprinkling part of the flour and sugar over the bottom crust before you put the fruit in. Or thicken the fruit first, partly cook and cool before putting it into unbaked crusts. Then bake quickly at 425° Fahrenheit.

Banana, coconut and others in the cream-pie category require a slightly different treatment. Cook the filling and let it partly cool before pouring it into a baked pie shell. Some find that it helps to brush the crust of custard pie with beaten egg and let it dry in the refrigerator for ten minutes before adding the filling.

A suggestion for custard pies is to bake the custard in a separate pie tin the same size as the baked shell. Cool completely, then run a knife around the edge and slip the custard into the crisp bottom crust.

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11/27/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 3, 1953

How to Remove Grease Spots From Man-Made Fabrics

URBANA--A "cold-treatment" method for removing grease spots from nylon, Orlon and Dacron is passed on to you by clothing specialist Edna R. Gray, University of Illinois College of Agriculture. The new method was developed by a commercial mill that had been working on the problem.

The grease spot must be treated before the stained garment is washed, says Miss Gray. Work a strong (concentrated) solution of soap or synthetic detergent into the spot. This is easy to do if you use a sponge. When you have the spot thoroughly saturated, rinse it in cold water. As you rinse, be sure to manipulate the spotted area thoroughly until the water is clear. The grease should be removed at this point, and the article will be ready for regular washing.

The usual methods for removing grease spots from washable fabrics seem to have little or no effect on these newer man-made fabrics.

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11/30/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 4, 1953

Hidden Costs in Unfinished Furniture

URBANA--If you hope to buy unfinished furniture in order to save money, look for hidden costs before you invest, advises home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture.

Persons who lack the tools, the time or the know-how often find the knock-down or finish-it-yourself furniture an expensive purchase. Miss Iwig's advice to amateur do-it-yourselfers is to first decide what kind of finish to give the furniture--is it to be painted, varnished, lacquered or stained? Then learn what processes are required and what tools and materials you will need to buy in order to do the job. In the end the cost might add up to a total that would have been quite a shock if you had realized it before you started.

Hidden costs often appear in the form of items like sandpaper, putty and putty knife, undercoats or wood primers, oil color, brushes, paint remover, sanding block and rubbing oils. If you know about them from the start and plan for them, you can avoid taking on a project that may call for more money, time and skill than you can give it.

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11/30/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 5, 1953

Directions for Christmas Stockings Available

URBANA--You'll find it fun to make pretty Christmas stockings to give as gifts or to decorate your own holiday house.

A packet of directions and patterns for making three different stockings from felt has been prepared by Myra Baker and Dorothy Bissell, clothing and textiles specialists at the University of Illinois College of Agriculture.

One-fourth yard of felt will be needed for each of the stockings, plus various colored scraps, sequins and beads for decorations. You'll have your own ideas for variations. Instead of using felt, you may decide to raid your scrap bag and make the stockings of wool or flannel. Oilcloth would make a durable stocking to hang on the front door.

For a copy of directions for the Christmas stockings, send a postal card or letter to Extension Editors, 331 Mumford Hall, Urbana, Illinois.

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AJR:mi
12/2/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 7, 1953

Don't Freeze Bread Stuffings

URBANA--Bread stuffings for poultry should not be frozen, either inside the bird or separately. While freezing and thawing, they make too good a breeding place for harmful bacteria.

Foods specialist Geraldine Acker, University of Illinois College of Agriculture, says it is not even a good practice to stuff a bird and hold it in the refrigerator before roasting it.

The safest method is to prepare the stuffing just before you are ready to roast the bird in a preheated oven. This method allows the center of the stuffing to cook in the shortest possible time. If organisms that cause food poisoning are present, they will have less chance to develop.

If it is not handy for you to prepare the stuffing at the last minute, you can get the dry ingredients ready ahead of time, store them at room temperature and then combine them with the refrigerated liquid ingredients just before stuffing. Or, if you are making a dry stuffing, combine the ingredients with the exception of raw egg, if it is to be used, and refrigerate. Again, stuff the bird just before roasting.

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AJR:mi
12/2/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 8, 1953

Guide Available--Buying Food for Fifty

URBANA--If your church or club group plans a big supper and names you their commissary officer, you'll welcome the help of a guide that lists the amount of food needed to serve 50 people. Such a guide has been prepared by food specialist Geraldine Acker, Extension Service in Agriculture and Home Economics, University of Illinois.

Use of the guide will help you keep within your budget. You'll be less apt to overbuy on certain items and be short on others. The size of serving for each person is given. If your group wants to make the servings larger, you can increase your food purchases accordingly.

The guide is available from the University of Illinois College of Agriculture, Urbana. Just ask for "Approximate Amounts of Foods Needed to Serve Fifty Persons."

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Use Meat Thermometer for Chicken, Turkey

URBANA--If you have a meat thermometer, use it when roasting chicken or turkey so that the fowl will cook just enough but not too much. For a chicken or small turkey, place the bulb of the thermometer in the center of the stuffing, and roast to 180° Fahrenheit. For a larger turkey, place the bulb in the center of the inside thigh muscle, and roast to 190° Fahrenheit. Be sure the thermometer does not touch the bone.

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AJR:mi
12/4/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 9, 1953

Qualities of Fabric Blends

URBANA--The average shopper overlooks some basic facts about today's fabric blends. A quick glance at the label may assure her that the material contains nylon, Orlon or Dacron, and she often doesn't take the time to investigate further.

There is no magic in the word alone, reminds textiles specialist Florence King, University of Illinois College of Agriculture.

If a fabric is a blend of natural and synthetic fibers, it must contain at least 15 to 20 percent of the synthetic fiber to have any of its characteristics. Only by checking the percentage figures can we hope to capitalize most fully on the individual advantages the synthetic fibers possess over the more familiar fibers.

Remember that when you wash these blended fabrics you must treat them as you would handle the most delicate fiber that is present. For example, if the blend is nylon and linen, it is safest to launder the fabric as if it were made of nylon. During ironing, especially, this may present real problems, because linen demands a hot iron that would probably melt nylon.

If you expect a fabric blend to hold its size--not shrink--remember that the greater the percentage of synthetic fiber, the less the fabric will shrink. This is just another reason for reading labels carefully before you buy.

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AJR:mi
12/4/53

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 10, 1953

Cooking Vegetables to Retain Nutritive Value

URBANA--The method you use for cooking vegetables is no guarantee of a high nutritive value. Additional factors influence the retention of nutrients, such as type and condition of the vegetables selected, conditions of holding in the home and kind of preliminary preparation.

Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture, says up to one-half of some of the essential nutrients in vegetables may be lost by improper home practices. Correcting the practices, often make it possible to decrease the loss to one-tenth to one-third of the total amount.

Since vitamin C is one of the nutrients most easily destroyed, various studies have been carried out with different vegetables and different cooking methods to see whether any one method of cooking is best.

It has been established that one good method for cooking vegetables is to use a small amount of boiling water in a tightly covered saucepan and to cook for as short a time as possible, with as little preliminary chopping or cutting up of the material as will prove satisfactory for the product.

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Experimental work has shown that other methods, such as steaming or cooking in a pressure saucepan or in a waterless cooker, can give good results. But no one method gives the best results for all vegetables. All methods can be abused too. One abuse is to make too extravagant a claim for the value of a method by itself while disregarding other factors.

In general, fresh, crisp looking vegetables have the highest nutritive value, so appearance can be a guide in selection. If vegetables are held after harvesting at low temperatures, rate of loss of vitamin C is not so great as when they are held at room temperatures.

When preparing vegetables for cooking, consider the distribution of vitamins in the various parts. For instance, use the outer green leaves--they have a higher vitamin A value than the inner yellow leaves.

Stems of spinach and Swiss chard contain much less ascorbic acid than the leaves do, so it is wise to cut off the tough parts of these stems so that cooking time will not be unduly long. Avoid unnecessary cutting of vegetables; if they can be cooked without peeling, it will help to retain nutritive value.

It has been found that vitamin C and thiamin may be lost if vegetables are held in water for long periods before they are cooked or served, as in salad greens. Brief soaking periods, however, will not cause excessive losses.

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AJR:mi
12/7/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 11, 1953

Two Types of Powdered Bleaches

URBANA--If you buy a powdered household bleach, be sure you know whether it is a mild bleach or a strong one before you use it. While each kind of bleach has its place, either one will make you unhappy if you use it for the wrong fabrics.

Home management specialist Catherine M. Sullivan of the University of Illinois says that until recently the only powdered bleach available was a mild one made of sodium perborate. This bleach is suitable for silk and wool and fabrics with resin finishes that are injured by chlorine bleaches. Their very mildness, however, makes them too weak for the ordinary everyday laundry.

A newer dry bleach is now being made of calcium hypochlorite. Like the liquid chlorine bleaches, it is intended for heavy-duty work. It must not be used for fragile fabrics.

When you use the powdered calcium hypochlorite bleach with soap, you are apt to have trouble with water hardness caused by the calcium in the powder, Miss Sullivan says. You will not have this trouble, however, if you use this bleach with a synthetic detergent.

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AJR:mi
12/7/53

Homemaking Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 11, 1953

When You Buy Nuts

Urbana--This year's crop of pecans, almonds and other nuts is a big one. We usually eat an average of a pound and a half of nuts per person each year, but the supply is so great this year that we can add another pound to our portion and there will still be enough.

If you wonder whether to buy unshelled nuts or those already shelled, here are some facts to help you compare costs.

Some sizes, particularly of walnuts, are a better buy than others, says Mrs. Glenna Lamkin, foods specialist at the University of Illinois. Students in her classes have found that a pound of small walnuts yields only one and a half cups of nut meats against the two-cup yield from large walnuts, but the cost per cup of the smaller yield may be less. A cup of shelled nuts will weigh about four ounces.

A pound of unshelled pecans will yield about two and one-fourth cups of nut meats, and a pound of unshelled almonds will yield one and three-fourths cups.

The shelled nuts now on the market are probably from the recent fall crop and are less likely to be rancid than they may be later in the year. Vacuum-packed nuts will usually cost more, but will stay fresh until the can is opened.

If you have an extra supply of nut meats, they will keep their good quality longer if you store them in the home freezer.

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AJR:jr
12-9-53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 14, 1953

One Dress--Many Moods

Urbana--Perk up your Yuletide wardrobe with well-chosen accessories. A quiet, basic dress can seem to take on chameleon-like properties when you team it with different belts, scarves, peplums, neckwear or buttons, jeweled pins, clips or boleros.

Whatever you choose to buy or make, never lose sight of how your completed costume will look, advises Ritta Whitesel, clothing specialist, of the University of Illinois. The right combination and amount of accessories add zest to a costume, while too much or too little invites disinterest and ridicule, she says.

Before you spend money for an accessory you'll be wise to question whether you can use it interchangeably with various outfits in your wardrobe. In this way you can make a few clothes fill many roles in your busy life.

When planning that costumed look, as well as when dressing, ask yourself whether the colors harmonize or are pleasantly contrasted. Consider whether your shoes, bag and jewelry match your clothing in degree of formality. Forethought as to combinations of textures will help you avoid mistakes of the rhinestone-with-tweed variety.

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AJR:jr
12-9-53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 15, 1953

Family Account Books Available

URBANA--Use the "Family Account Book," available from the University of Illinois College of Agriculture, to record your spending during 1954. The records can be an invaluable tool in working out a money management plan. They'll be helpful, too, in making out income tax forms next year.

There is a charge of 25 cents to Illinois families for the Family Account Book; to out-of-state families the charge is 35 cents. Ask your county home adviser for a copy, or else get one from Home Economics Extension, University of Illinois, Urbana.

Illinois farm families who keep accounts in the "Family Account Book" for a year may have them analyzed and receive a report from the department of home economics at the University. Couples living in town who have been married fewer than ten years also have the privilege of having their books analyzed.

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12/11/53

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 16, 1953

Avoid Rabbit Fever by Proper Precautions

UBRANA--Rabbit fever (tularemia) is a serious disease that will be normally increasing now that we are in the hunting season. It is transmitted to man from rabbits, squirrels and other wild rodents, but it can be avoided by proper precautions.

The infection is usually contracted by hunters or homemakers who get the germ in their bodies through a cut or break in their hands when they dress infected wild animals. Health education specialist Pauline Brimhall of the University of Illinois warns persons who handle or dress wild animals to be sure to wear rubber gloves. Also, before serving the meat, be positive it is thoroughly cooked, since proper cooking will destroy the infection.

Symptoms of the disease usually appear two or three days after the original infection. The patient becomes acutely ill with a severe headache, chills, a high temperature and aches. A severe ulcer develops at the point where the infection enters into the body.

If you feel these symptoms a few days after you've handled or eaten a wild rabbit, go to see your doctor at once. New antibiotics have been used to cut down on the length of illness and the chances of death from tularemia.

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12/11/53

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 17, 1953

Timetable for Roasting Young Birds

URBANA--A timetable for roasting young birds has been prepared for Illinois homemakers by foods specialist Geraldine Acker, University of Illinois College of Agriculture, Urbana. The timetable gives time and temperature suggestions for chicken, duck, goose, guinea and turkey. It also gives suggestions for using a meat thermometer when roasting fowl.

The timetable is printed on a four by six inch card--a good size to slip into your recipe file for future reference. If you would like a copy, send your request to Home Economics Extension, College of Agriculture, University of Illinois, Urbana.

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Don't Roast Your Turkey in "Shifts"

URBANA--Once you start to roast a turkey and stuffing,either separately or together, you should complete the job, says foods specialist Geraldine Acker, University of Illinois College of Agriculture. When the cooking process is interrupted, food poisoning bacteria that may be present in the stuffing will have a good chance to develop and produce harmful toxins.

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FOR RELEASE FRIDAY, DECEMBER 18, 1953

Powdered Household Bleaches

URBANA--When you buy a powdered laundry bleach make sure you know which type you are getting. The original powdered bleach was made of sodium perborate and was extremely mild. But now there is one made of calcium hypochlorite that is a strong bleach.

"Don't confuse the two," warns Catherine M. Sullivan, home management specialist of the University of Illinois. The perborate bleach is safe for fabrics with resin finishes, while you might ruin the same fabrics with chlorine bleach. But, you will need the stronger chlorine bleach for the heavy-duty work of the average laundry.

Until a few years ago liquid chlorine bleach was commonly used in the home laundry. Now that powdered bleaches are available, some homemakers find them more convenient to use than the liquid.

Miss Sullivan says that when you use the powdered calcium hypochlorite bleach with soap you are apt to have trouble with water hardness, caused by the calcium in the powder. You will not have this trouble, however, if you use this bleach with a synthetic detergent.

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FOR RELEASE SATURDAY, DECEMBER 19, 1953

Make Mealtime Enjoyable for Your Child

URBANA--Eating should be a pleasant experience for both young and old, and it is especially important that your child realize this at a very early age. There are several ways in which you can keep mealtime enjoyable for your youngster, according to Dr. J. Richard Suchman, child development specialist, University of Illinois College of Agriculture.

Do your best to make the food look attractive. Stop and think how you feel when you are served a meal that doesn't look appealing, no matter how nutritious you know it is. If the food looks "good enough to eat," there is a better chance that your child will eat it. However, camouflage is carrying this point too far, Suchman warns. Getting a child to eat something he doesn't like by making it look like something else, or telling him it is something else, can be dangerous. He will get wise to the trick the minute he tastes or smells the food, and he may become resentful at being fooled. He may even refuse to eat other foods for fear you are trying to put one over on him.

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Make Mealtime Enjoyable for Your Child - 2

Another way you can make mealtime a little brighter is by using colorful dishes. Also, make sure the food is neither too hot nor too cold.

Don't shovel food into your child's mouth too fast. Let him eat at his own rate of speed, provided of course that he doesn't dawdle the time away. Give him his food in small portions. Start out with about half the amount he usually eats, even if it is little more than a teaspoonful. He'll have the feeling of accomplishment when he has finished and will no doubt ask for more. Give him an equal portion each time he wants a refill. In this way he will consume the same amount of food in the end and feel happier about it because he feels that sense of accomplishment.

Remember that making a meal enjoyable for your child does not mean that you must amuse him. It means that both you and the child must attend to the business of eating. If, over a long period, he refuses to eat in spite of your efforts to make it enjoyable, and he does not gain weight or even loses weight, better see your doctor because there may be some physical reason for his refusing to eat.

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FOR RELEASE MONDAY, DECEMBER 21, 1953

Sharp Kitchen Knives are Safer

URBANA--Sharp knives not only make food preparation easier--but you're less likely to cut yourself with them, says University of Illinois home management specialist Catherine M. Sullivan.

A dull knife takes more pressure, making it more likely to slip. If it does, it's still sharp enough to give you a nasty cut that will heal slowly.

To help keep knives sharp, wash them separately; then store them in a rack that will protect the cutting edge. Don't use knives to cut paper, string or other materials that will dull the edge.

A good sharpening stone is your best tool to sharpen dull knives. If costs less than many "gadget" sharpeners, too, and will not wear the knife down as quickly. If you're not sure how to use a stone, it might be better to take dull knives to an experienced professional sharpener.

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FOR RELEASE TUESDAY, DECEMBER 22, 1953

Give Your Child a Feeling of Accomplishment

URBANA--"Letting a child feel a sense of accomplishment in everything he does that is an accomplishment makes him eager to learn and do more new things" says Dr. J. Richard Suchman, child development specialist, University of Illinois College of Agriculture.

Mealtime is a good time to give your child this sense of accomplishment. Let him help himself as much as he is able. Even when the child is very young and you are still feeding him in a high chair--if he reaches for the spoon, let him take it. It may take a while for him to learn how to get the spoon from the food to his mouth and still have anything left in it, but all learning has to begin somewhere. It will probably be a very messy process at first--but as time goes on he'll improve, and he'll be getting that sense of accomplishment and independence.

Another way to help him get this feeling is by giving him only small portions of food. What looks to an adult like a rather meager spoonful appears huge to a child and may discourage him from the beginning. By giving him a smaller portion and letting him ask

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for more if he wants it you can give him the satisfaction of "cleaning his plate." You should, of course, always praise him for this.

You can also give a preschool child a sense of responsibility and accomplishment in eating by letting him serve himself and clear his own dishes from the table. It will be easier for him if you place his food on the table in larger serving dishes and guide him at first. If you use inexpensive plastic dishes, you can let him scrape his own dishes and carry them to the sink for you. You of course hope there won't be anything left on the plate to scrape, but sometimes there may be. If you show him that you feel he is grown up enough to serve himself and clear his own dishes, he will live up to your expectations by wanting to prove to you in other ways, too, that he is grown up.

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FOR RELEASE WEDNESDAY, DECEMBER 23, 1953

Scatter Rugs Need Nonskid Back

URBANA--"Throw rugs" are aptly named in many homes, says Catherine M. Sullivan, home management specialist at the University of Illinois. But those handy work- and floor-saving little scatter rugs need not be hazards if you use them wisely.

A sponge rubber pad under the rug will prevent slipping, give it a more luxurious feeling and improve its wearing qualities. Another method is to sew rubber jar rings to the backing of the rug. Or, if possible, you might tack it down.

There are some places in the house where a throw rug should never be used, says Miss Sullivan. The floor should be clear at the head and foot of the stairs and also on stair landings. At these points tripping over or slipping on a scatter rug means almost certain serious injury.

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FOR RELEASE THURSDAY, DECEMBER 24, 1953

Plentiful Foods for the Next Few Weeks

URBANA--There's a long list of plentiful foods for the midwest which the United States Department of Agriculture says will be especially abundant in January. Foods are designated as "plentiful" if the supply is so large that farmers have difficulty in marketing the product at prices equal to the cost of production.

Plentiful fresh fruits and vegetables include grapefruit, tangerines, pears, cabbage, onions and potatoes.

Eggs will be added to the plentiful foods list in January. Egg production nearly always picks up about this time of year, and the good supply continues for several months.

Plentiful items at the meat counter include beef and broiler and fryer chickens. The supply of these items outran demand and caused sharp price drops during the holidays because so many people were buying turkey and other holiday meats. Frozen fish is another plentiful protein food. Two types of beans, which are often used as substitutes for protein dishes, are listed as plentiful--red kidney beans and large dry lima beans.

Between-meal nibblers will find both pecans and peanuts plentiful. Dairy products and virtually all forms of food fats and oils seem to be in good supply the year round.

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FOR RELEASE FRIDAY, DECEMBER 25, 1953

Avoid Mealtime Battles

URBANA--When your child refuses to eat, try to see things the way he does and understand his feelings. Be patient and pleasant. If you want him to accept mealtime as he accepts the other routines in his day, be as matter-of-fact about it as you can. When you feel it is extremely important that he eat a certain thing, be firm but gentle and, above all, be pleasant.

Sometimes a child will refuse food for the sake of saying "No," even though he may want it very much. Saying "no" makes him feel independent. He'll feel an even greater sense of power if Mother becomes upset and angry. Eventually he will grow tired of this, and mealtime will no longer be a conquest for him. Rather, it will be an unpleasant experience three times a day.

Sometimes a child will have little or no appetite even though he is well. Don't become concerned or annoyed when he doesn't eat quite so much as you expected.

Mealtime should be an enjoyable experience for both mother and child. If it is a constant battle instead, a child may develop a hearty dislike for eating that may stay with him the rest of his life. And his affection for his mother may be somewhat reduced in the bargain.

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FOR RELEASE SATURDAY, DECEMBER 26, 1953

Make Home Reading a Happy Activity

URBANA--When families read for pleasure, they cash in on one of our most dependable sources of recreation. No matter what the income or other circumstances, modern methods of printing have made possible quantities of books for all ages at costs that fit even small budgets.

Naturally, in planning your child's future, you'll want to assure him the rich pleasure of enjoying good books as friends. The way to start is to make books an integral part of family recreation. Set a good example by enjoying books of your own. Talk about them with your children. This will be a natural stimulant, and the kind of example young people will want to follow.

If family members received books as holiday gifts, let this be a start toward building a home library that is really read. This should be a year-round activity--not something that is thought of only once a year.

Viola James, extension instructor of the University of Illinois Library School, has selected a list of books to help you in your choice. If you would like a copy of this mimeographed publication, send a card or letter to Home Economics Extension, University of Illinois, Urbana, and ask for "Books for the Whole Family."

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FOR RELEASE MONDAY, DECEMBER 28, 1953

Self-Help Overall for Youngsters

URBANA--Dressing youngsters in fancy frills may be fun for Sunday-best, but clothes that can "take it" are more popular for play-time.

If you sew for a preschool child, you'll be interested in a self-help overall designed by home economists of the Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture.

Shoulder straps, set to fit the slope of the shoulders, are a main feature of the overalls. A built-up bib in both front and back keeps the shoulder straps from sliding off while the youngster is at play. The straps are anchored in such a way as to make it easy for him to manage them in dressing and undressing.

The overall can be adapted for the toddler and the baby who is just creeping. Worsted knit cuffs keep the child's toes from catching in the trouser legs.

For more details, send for the leaflet that describes the self-help design. It is called "Child's Self-Help Overall" and is available from Home Economics Extension, University of Illinois, Urbana.

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FOR RELEASE TUESDAY, DECEMBER 29, 1953

Smaller Cans for Vegetables

URBANA--Have you noticed shorter and slimmer tin cans on your grocer's shelves, alongside the familiar No. 2 cans? The smaller cans are called No. 303's, and a good many homemakers prefer them for vegetables because they find that a No. 2 holds a little too much food and causes a problem of leftovers.

The No. 2, still widely used for fruits and berries, is a little over 5 inches tall and 3 inches in diameter and holds about 2½ cups (or 26 ounces of water). The No. 303 is an inch shorter and is more slender. It holds only about 17 ounces of water. Make price-per-ounce comparisons between the two sizes before you decide which will treat your budget best.

A study just made by the United States Department of Agriculture and the canning industry shows that the smaller can is being used for over 50 percent of the beets, more than 60 percent of the beans and sweet corn, 75 percent of the lima beans and 70 percent of the peas that are being canned.

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FOR RELEASE WEDNESDAY, DECEMBER 30, 1953

Eggs Plentiful in January

URBANA--Eggs have been added to the list of foods to be plentiful in January, according to the United States Department of Agriculture. Hens increase their egg-laying earlier in the season nowadays. So in January you should have a chance to get high-quality eggs at reasonable prices before commercial processors start buying.

The price variation for eggs is often quite wide, depending on grade, size, shell color and supply. Lots of Illinois homemakers will pay extra for white eggs, says marketing specialist Emer Broadbent, of the University of Illinois. But the color of the shell has no effect on the quality of the egg. So if your local market puts a lower price on brown eggs you'll want to take advantage of it--provided, of course, the eggs are of the same quality and size as the white ones.

Medium-sized eggs offer more for the money than large ones if their price is at least one-eighth (or 12½ percent) below the price of large eggs.

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FOR RELEASE THURSDAY, DECEMBER 31, 1953

Make Sure Toys are Safe

URBANA--Well-meaning Santas sometimes forget that children's toys should be safe as well as entertaining. So it's best if you examine the new Christmas toys and put away any that may cause injury or sickness, says University of Illinois farm and home safety specialist Gordon McCleary.

Toys for youngsters of the crib and playpen set should be large enough so they can't be swallowed. And for young teethers, who chew and suck anything they play with, be sure toys are finished with non-poisonous dyes or paints. They should be washable, too, if possible.

Some toys have small parts that can be pulled loose. These present a real danger to a child who puts everything in his mouth, nose or ears. Playthings should be free of sharp points and rough edges, for obvious reasons.

One other caution: children love to rummage through waste containers in search of discarded toys and other articles. So be sure the toys you discard are hidden away safely.

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