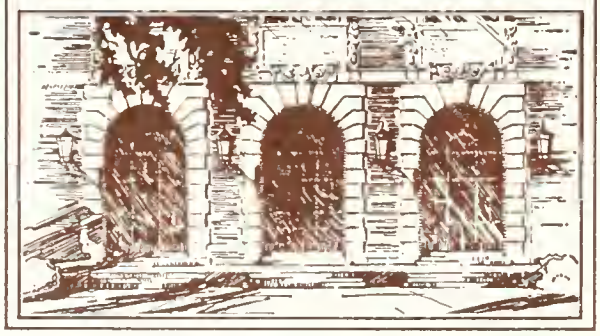

Homemaking Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JANUARY 7, 1955

Launder Cotton Rugs With Care

URBANA--Washable cotton rugs may present some problems in laundering, according to a University of Illinois textiles specialist.

Miss Florence King says that tufted cotton rugs are frequently dyed with direct cotton colors, many of which are not color fast. Therefore, to avoid stains, be sure to wash the white and light-colored rugs separately from the dark shades.

Wall-to-wall cotton tufted rugs that have not been preshrunk will usually shrink when washed. So if you're planning to buy one, it would be a good idea to make sure it has been preshrunk.

When you tumble-dry a rubber-backed rug, take precautions to prevent spontaneous combustion. Sometimes rubber contains traces of copper and manganese. If a hot, dried, rubber-backed rug containing either of these two metals is allowed to remain stationary in a tumbler or on the floor, heat will often be generated and the rug will ignite.

Therefore, as soon as your rugs are dried, remove them from the drier and open them up so that they will cool readily. Do not store them hot.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 7, 1955

Cook Meat at Low Temperatures

URBANA--Slow cooking temperatures keep meat shrinkage low.

Miss Virginia Charles, foods specialist at the University of Illinois, says studies have shown that meat loses flavor and juices by evaporation and in the drippings while cooking at high temperatures.

Miss Charles recommends roasting temperatures of 300° to 350° F. Studies by the Cooperative Meat Investigation Committee show that meat cooks best when roasted in an uncovered pan. It's best to use this dry heat method to roast tender cuts of beef, veal, pork and lamb.

Although it was formerly believed that broiling should be done at high temperatures, we know now that even in broiling a moderately low temperature (350° F.) during all or most of the cooking period is best. Steaks, chops or ham will be more tender and juicy and more attractive when broiled at this temperature than at higher temperatures. However, you might want to sear the meat first long enough to give it the desired color and crispness.

The same principles apply to moist heat methods. To braise pork or veal to bring out its full flavor and soften the connective tissue, brown it in a small amount of fat, then add a little liquid, cover the pan tightly and let it simmer until done. The temperature should be about 185° F. If you use high temperatures the connective tissue dissolves to a point where it doesn't hold the muscle fibers together any longer and the meat gets stringy and dried out.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 7, 1955

Helps for Quantity Buying

URBANA--If you are put in charge of that church supper or the school lunch program, just follow the principles of good buying and the job won't seem bad at all.

Miss E. Evelyn Smith, in charge of institution management at the University of Illinois, lists seven steps you can follow to make your job go along smoothly.

First, make a plan for buying the food. To avoid confusion, one person should do all the buying. That person should be made responsible for making the complete market orders for individual meals or for a season.

Second, make a schedule for your buying. This will eliminate emergency buying and will be a real time-saver.

Third, determine the quality of food you will need for the purpose. For instance, you might be able to use a less expensive grade for soup or for dicing or chopping than for salad or dessert. It is wise to work out the per capita cost for each item.

Next, decide on the quantity of food you'll need. In order to save money, be sure to buy in the largest available units.

Then decide where to buy. If you invite competition from reputable dealers, you should be able to save money.

The sixth step Miss Smith lists is to have an authorized person check the quality and quantity when the food is received and arrange for proper storage. Keep your records accurate and up to date. It's a good idea to have only one person authorized to pay the bills.

Lastly, be sure to pay your bills promptly. Promptness will usually result in a good net discount.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 7, 1955

Plan Before You Buy Curtains

URBANA--Before you buy curtains, decide the kind of treatment you want to give your windows, advises a University of Illinois home furnishings specialist.

Miss Dorothy Iwig suggests that you do a little planning at home before setting out on a shopping tour. First of all, decide whether you want the curtains to be stationary or the draw-type and whether you want them to cover only the glass or the woodwork around the window too.

Then you'll want to consider the material. Do you want it to be sheer, semisheer or almost opaque? Regardless of your choice, you'll find a number of fibers to choose from, such as nylon, Orlon, Dacron, Fortisan and Fiberglas, as well as the familiar natural fibers. And you'll want to consider special finishes, also, such as permanent stiffening.

Next decide the length and width of your curtains. The width will depend on the sheerness you select, while the length will be determined by the height of your ceiling and the height of your windows. Remember that curtains look best when they are one of three lengths: just to the sill, covering the apron (woodwork under the sill) or clearing the floor. Floor-length curtains will make short, wide windows look longer and help to make your ceiling look higher.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JANUARY 14, 1955

Bedrest Best for Common Cold

URBANA--It has been said that there is hardly any disease doctors feel they know less about and the public thinks it knows more about the common cold.

Miss Pauline Brimhall, University of Illinois health education specialist, says bedrest is the best treatment for a cold because it enables your body to keep warm, lessening the chance of developing complications, such as pneumonia and pleurisy. Another important reason is that it keeps you away from other people and thus reduces the chances of spreading the cold.

It is generally agreed that bedrest is more beneficial to the common cold sufferer than all of the dozens of other home remedies put together. Unfortunately most people postpone bedrest until after everything else has failed to give relief.

If you do catch cold, Miss Brimhall advises that you go to bed immediately. Drink plenty of fluids, especially fruit juices, and leave the medication to your doctor.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 14, 1955

Facts, Fun for all at Farm and Home Week

URBANA--New information and plenty of fun for everyone are on the program for Farm and Home Week January 31 through February 3 at the University of Illinois College of Agriculture.

University specialists will give you some ideas on how to keep family records and use money wisely, as well as how to care for flowers, from planting to arranging.

One feature that may answer your questions or change your viewpoint is a talk by Nellie Perkins on "Family Problems Arising Out of Television and the Comics."

To help solve your home decorating problems, Margaret Hutchison, color stylist with the Martin-Senour Company, Chicago, will present the Home Color Fashion Show.

There are entertainment features galore. The traditional Farm and Home Week open house will be at the Illini Union. A highlight of the week for some will be the winter festival folk and square dance jamboree, and for others the music and drama festival. Banquets and many exhibits will fill the calendar.

Learning will be combined with fun in the 54th annual Farm and Home Week. It's an excellent place to spend a profitable midwinter vacation.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 14, 1955

Use Eggs In January

URBANA--January has been designated "Egg Month" by the poultry industry and the Secretary of Agriculture. Because eggs are plentiful, why not use more of them in your meals this month?

Mrs. Barbara McGrath, University of Illinois foods specialist, says that, besides being kind to your budget, eggs will give your body protein,vitamins and minerals.

You'll probably be serving eggs fried, scrambled, soft cooked or poached, because those are the familiar (and probably the family's favorite) ways. However, why not fix some new treats for them? You'll find lots of recipes right in your own cookbook, but Mrs. McGrath thinks you might like this one especially well:

For each person to be served, cut one thin slice of ham. Pan-broil the ham in butter or bacon fat until the edges are curly. Place each slice on an English muffin, half of which has been toasted. Then put a hot poached egg on each, and pour Hollandaise over the whole thing. Serve it hot and watch your family go for it.

And don't forget those hard-cooked eggs. They're favorite items for lunch boxes as well as for salads or creamed dishes. Serve them stuffed or add them as garnish to meat loaf or casseroles.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 14, 1955

Pointers for Buying Sheets

URBANA--If you're buying sheets on sale this month, make sure you're getting a bargain. By knowing what to look for, you can readily judge the value.

Miss Florence King, textiles specialist at the University of Illinois, says there are three main things to check before you buy sheets: cloth count, weight and size.

Cloth count is the total number of warp and filling yarns in a square inch and is referred to as type. Sheets are generally divided into five type numbers 112, 128, 140, 180 and 200. The number is almost always on the label; if it is not, you can easily determine it by using a magnifying glass to count the yarns.

Types 112, 128, and 140, known as muslin, are made from cotton yarns that have been carded but not combed. Of course, the higher the count, the more compact the weave, and thus the greater the resistance to wear.

Types 180 and 200 are known as percale, and the yarns used in them have been processed more as well as twisted tighter. These yarns are finer and make light-weight sheets of fine texture. However, with the increase in luxury, there is a slight sacrifice in durability because, all other conditions being equal, the heavier fabric will give the longest wear.

The weight of the sheet is a matter of personal preference. Light-weight sheets, besides being more luxurious, are easier to

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handle and less expensive to launder if you pay for your laundry by the pound.

The heavier sheet makes a neater bed and will outwear the lighter weight sheet. However, the heavier weight should be the result of compact construction, and not of excessive sizing. You can check for sizing by rubbing the sheet together between your fingers. If an excessive amount of fine powder rubs off, you will know it has been oversized.

Sheets must be long enough and wide enough to furnish comfort to the user and to protect other bedding. You should be able to tuck the lower sheet under at least 6 inches on all sides. The top sheet should be well tucked under at the bottom, with about 8 inches left to turn down at the top.

The size of a sheet given on a label is the torn size, that is, before hemming. So be sure to consider the width of the hems, and allow about 5 percent of the length of the sheet for shrinkage unless it has been sanforized and residual shrinkage is guaranteed to be not more than 1 percent.

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JANUARY, 21, 1955

Consider Egg Size When Comparing Prices

URBANA--Do you prefer large eggs or small ones? If you're watching the budget closely, make your selection on the basis of price rather than preference.

This is the advice of James Roush, University of Illinois egg marketing specialist, who says that in some seasons you'll get more for your money if you buy the larger eggs, while in others you'll get more if you buy smaller ones. Therefore, you'll want to compare prices in order to determine which is the best buy.

First of all, check the prices of different sizes of eggs of the same grade. To compare these prices, remember that eggs have the following minimum net weights per dozen: Peewee--15 oz.; Small--18 oz.; Medium--21 oz.; Large--24 oz.; Extra Large--27 oz.; and Jumbo--30 oz.

You get twice as much egg when you buy jumbo eggs as when you buy peewee eggs. Therefore, you should be willing to pay twice as much for jumbo eggs as for peewee eggs of the same quality. And if you can buy jumbo eggs for less than twice the price of peewee eggs, the jumbo eggs are the better buy.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 21, 1955

Consider Egg Size When Comparing Prices - 2

To give another example, suppose Grade A large eggs are selling for 48 cents a dozen. Because large eggs weigh 24 oz. per dozen and small eggs weigh 18 oz. per dozen (or 1/4 less) you would not want to pay more than 36 cents (or 1/4 less) for the small eggs. If small eggs are less than 36 cents a dozen when large eggs sell for 48 cents a dozen, the small eggs are the better buy.

You can make similar comparisons between any two sizes of eggs of the same grade. With a little experience you'll find it easy to compare prices and determine the best values in eggs.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 21, 1955

Pointers for Buying Terrycloth Towels

URBANA--If you're going to buy terrycloth towels, do some planning ahead of time and then make sure you know what you're paying for, advises a University of Illinois textiles specialist.

Miss Florence King says the first thing to do is check your linen closet to see how many towels you need. This will depend upon the size of your family and how often you do your laundry.

Then check the sizes you need. Men usually prefer larger towels than women, and, of course, children like a size they can handle easily.

Next you'll probably want to consider price; with towels, this usually depends on the fiber and on construction qualities. However, dyestuffs, embroidery and texture may affect price.

In determining quality, make sure the ground cloth or foundation fabric is durable. In other words, it should be woven firmly of soft, evenly spun, strong fibers. The pile (loops) should also be of good quality fibers, and it should be thick so that you will get maximum absorbency.

Selvages should be firmly woven so that the edges will not fray from rubbing and handling. Hems should be turned back neatly and stitched firmly with small, close, uniform stitches. Rub a corner of the towel between your fingers to check for sizing. If an excessive amount of fine powder rubs off, the towel has been oversized. This sizing will come out when the towel is laundered, and you will be left with a thin, sleazy towel.

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FOR RELEASE ON OR AFTER FRIDAY, JANUARY 21, 1955

College Coeds to Visit High Schools

(Note to Editor: Enclosed is a list of girls taking part in the public relations program, with the high school they will visit.)

URBANA--Home economics students enrolled at the University of Illinois will take on the role of public relations personnel when they return to their homes between semesters, January 31 to February 4.

Seventy-two girls have volunteered to spend time during their vacation telling high school girls in Illinois about the University, and about home economics in particular.

Each girl has been invited by one or more high schools in her community to speak to FHA clubs, home economics classes or assemblies. She will take with her a packet of information which she can leave with the vocational counselor at the school. This packet will include information on careers in home economics and general information regarding the University of Illinois.

The coeds will explain why they believe a college education is important, and especially why they think home economics offers opportunities in many fields. They will also discuss campus activities and types of housing at the University, as well as how to prepare for admission.

The purpose of the project is to acquaint high school students over the state with the home economics department and the University as a whole. It is being sponsored by the home economics student council.

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SCHOOL	REPRESENTATIVE
Allendale	Frances Smith
Altamont	Shirley Kruger
	Dorothy Kramer
Anna-Jonesboro	Barbara Boyd
Antioch	Mary Herman
Armington	Phyllis Stoltz
Beason	Marilyn Huber
Belleville	Jody Hendricks
Benton	Jean Webb
Bloom	Roberta Tewes
Bowen	Marilyn Perry
Bowen (Chicago)	Merle Smedburg
	Barbara Fautz
Bridgeport	Marie Putnam
Brown County	Marie Myers
Carrollton	Doris Crist
	Doris Williams
Carthage	Marilyn Perry
Coal City	Carol Walker
	Elizabeth Seago
Colusa	Martha Massie
Dallas City	Martha Massie
DeKalb	Marlys Lothson
Delavan	Nancy Tomm
Downers Grove	Gene Stimart
	Carol Whittock
Downs	Jackie Webb
	Joyce Prosser
Dwight	Anita Lydigsen
East Alton-Wood River	Carmelita Korzen
Effingham	Dorothy Kramer
	Shirley Kruger
Equality	Edna McCue
	Georgia Ellis
Flanagan	Donna Meiles
Freeburg	Gladys Grommet
Galesburg Sr.	Jane Ann Behringer
Glenbrook	Ann Gulder
	Joan Wight
Greenfield	Doris Williams
Hamilton	Loretta Nagel
Hillsdale	Carolyn Moody
Hennepin	Marilyn Morine
Hirsch (Chicago)	Barbara Sebo
	Jo Ann Farley
Illiopolis	Rosella Ervin
Kinmundy	Kaye Greenwood
LaGrove	Irlene Parrill
Libertyville	Marsha Viere
McHenry	Charlotte Hoagan
McLean	Nancy Tomm

SCHOOL	REPRESENTATIVE
Mascoutah	Marge Hoerdt
	Ima Jean Bassler
Metropolis	Verna Mae Vogt
Minooka	Jean Rushton
Morgan Park	Merle Smedberg
Morris	Ruth Ellen Godfrey
	Jean Ann Holderman
Pecatonica	Luann Barber
Pekin	Marge Smalley
Petersburg	Ruth Behrends
Pinckneyville	Eunice Schaudt
Piper City	Marilyn Kucher
Pittsfield	Pat Paxton
Red Bud	Pearl Hanebutt
Ridgway	Georgia Ellis
	Edna McCue
Riverside-Brookfield	Nancy Link
Robinson	Jane Seed
Roseville	Nancy Monroe
ROVA	Audrey Nelson
Shawneetown	Edna McCue
	Georgia Ellis
Sheldon	Myra and Mary Long
Streator	Nancy Kauth
St. Joseph	Shirley Hunter
Sycamore	Roberta Willis
	Virginia Willke
Tuscola	Nancy Schrader
Urbana	Mary Liz Trimble
Von Steuben	Geraldine Taymor
	Ann Nemeroff
Wheaton	Nancy Womeldorff
Williamsville	Carolyn Burries
Wilmington	Anita Lydigsen

For dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 4, 1955

Herbs and Spice and Everything Nice

URBANA--Try spices and herbs and find out what they can do to enhance the natural flavor of food.

Mrs. Barbara McGrath, foods specialist at the University of Illinois, gives you these few hints on the use and storage of spices:

If you use spices with which you are not familiar, add them in small amounts and taste your food before adding any more. Remember that ground spices are more pungent than whole ones and fresh herbs are less aromatic than dried ones.

Overexposure to air, dampness, heat and light may impair the fragrance and aroma of herbs and spices. Therefore close the package well after using it. If you want to test the freshness and quality of an herb or spice, rub some of it briskly between your palms and smell.

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FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 4, 1955

Hints on How to Buy

URBANA--It's not only what you buy, but how you buy, that helps you stretch the food dollar.

Milton C. Geuther, marketing specialist at the University of Illinois, says buying has become a science. To study the market and plan ahead carefully will be your wisest move.

Grocers naturally try to tempt you into impulsive buying. But even though it's fun, it's apt to ruin your food budget. So take your food list when you go shopping.

Geuther says the wise homemaker knows food prices. She can recognize bargains when she reads about them in newspaper advertisements or sees them in the store.

There are always different kinds of bargains to look for. Sometimes a grocer actually loses money on certain items he features just to attract customers. At other times prices are low because of a seasonal oversupply, especially when it is accompanied by an under-demand.

There are also bargains in foods that a grocer has to carry, such as the less popular cuts of meats, liver, kidneys, etc. He has to sell them even if it means a loss.

All perishable foods have their seasonal low and high prices. Therefore, be flexible with your shopping--shop with the season.

Geuther stresses the point that a shrewd homemaker will read labels carefully and compare the contents and quality of different packages and cans to find the most economical buys. And, if storage space permits, the wise homemaker will generally reach for the large, economical packages rather than individual-serving-sized ones, such as are found in cereals. The giant size, however, is not always the answer.

As for partly prepared foods, there is no standard rule. Some are economical, others are not. But for the busy homemaker the time she can save may often be worth the extra price she has to pay.

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FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 4, 1955

There Are Many Ways to Serve Corn

URBANA--Canned corn and green beans are among the top items on the plentiful food list this month.

Miss Geraldine Acker, foods specialist at the University of Illinois, says there are many ways of serving both. Golden yellow corn is not only tasty and colorful, but also economical right now.

In buying corn, remember that there are two distinct packs of canned corn on the market, creamed style and whole-kernel, which more closely resembles home-cooked corn.

Serve corn plain, creamed, Spanish style or au gratin. An all-time favorite is scalloped corn and tomatoes. Just arrange layers of whole-kernel corn and stewed or canned tomatoes in a buttered baking dish. Cover with buttered crumbs and bake in a moderate oven until the food is hot and the crumbs are brown.

Cream of corn soup and corn chowder are delicious on cold winter days. Use either style of pack.

And for something rather different, try a corn soufflé. Make a white sauce, using one tablespoon of fat, one tablespoon of flour, 1/2 cup of milk, one teaspoon of salt, 1/4 teaspoon of paprika and some pepper to taste. Rub a boiled pimiento through a sieve and add it to the sauce. Then add two cups of drained whole kernel corn to the mixture and cool it slightly. Beat two egg yolks until foamy and add them to the corn mixutre. Then fold in two stiffly beaten egg whites. Pour this mixture into a greased baking dish, set the dish in a pan of hot water and bake in a moderate oven (375° F.) for about thirty minutes or until the egg is set.

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FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 4, 1955

Check Accessories in Your Home

URBANA--Besides being useful or decorative, accessories for your home should "fit the spot" and be easy to care for, says a University of Illinois home furnishings specialist.

Mrs. Dorothy Twardock says that some accessories are both useful and decorative, but they should not be the type of thing that will eventually wind up as dust collectors in the attic.

Look around your home. How many useless dust collectors do you find? Now, of course, we all want to have some beautiful things, but the important thing is to realize when something is "needed," and when it is just "excess."

Mrs. Twardock suggests that you take the whole family through the house, asking each what, if anything, each room needs. Is there a dull corner that a small table or a bouquet of flowers would brighten? Is there a reliable clock in the living room or hall that is easily visible? If your family enjoys television, perhaps some small snack tables would be a welcome addition. Or how about a centerpiece on that dining room table or buffet?

If you look closely, you'll no doubt find places for pillows, lamps, ash trays, pictures, mirrors, vases, figurines, flowers and plants. However, Mrs. Twardock gives a word of caution: The whole family will be able to enjoy the accessories only so long as the room does not get that "cluttered" look.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 11, 1955

Use Care in Laundering Nylon

URBANA--When you wash nylon, be sure to keep it away from other fabrics, and use water of a lower temperature than you usually use for the family wash.

Miss Florence King, University of Illinois textiles specialist, says nylon will absorb color from other fabrics, so it must be washed separately. The temperature of the water should not exceed 120°.

If you use a bleach, make sure it is a mild one. Using more than you need will give little or no additional benefit.

It is better to hang nylon and let it drip dry than to put it in a dryer, because it will wrinkle less. You will find that spun nylon requires more time to dry than filament nylon--about as long as for cotton or rayon of the same weight.

If you need to iron nylon garments, use a cool iron (about 275° F.).

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2/8/55

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 11, 1955

Buy Milk to Suit Needs

URBANA--Know what kinds of milk are available, and buy the ones that suit your needs best.

Miss Rita Dubois, consumer marketing specialist for the United States Department of Agriculture, reminded her audience at the Illinois Farm and Home Week that there are many different kinds of milk on the market.

Some people like the cream separated from whole milk; others do not, so they buy homogenized milk. Those who want to reduce often prefer skimmed milk because it has only about half as many calories as whole milk. Many people like buttermilk not only because it's low in calories, but also because of its special taste.

For those who like their milk flavored, there are chocolate milk made from whole milk and a chocolate drink made from skimmed milk These chocolate drinks are generally favorites with children. However, Miss Dubois cautioned against serving them too often, because the sweetness often makes children lose their appetites. And, although milk is nearly a perfect food, we also need to eat other foods.

Evaporated milk, a highly concentrated milk, has excellent keeping qualities and so can be kept on the shelf. If your family need coaxing to make them drink or eat milk, keep dry milk on your shelf too. You can add it to many receipes to give "extra nutrition" and, best of all, it's the least expensive kind of milk.

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FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 11, 1955

Help Your Child Learn to Share

URBANA--Don't expect your child to learn how to share in the same way as he learns to walk or talk.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says a child must learn sharing through many satisfying experiences.

When he is about three years old, he will start to trade or give in if he feels he is bettering his situation. He will begin to share his toys or will invite you to take a crumb of his cracker.

However, Miss Briggs cautions about demanding too much sharing. If you insist on his being generous, he may feel that he is losing and may become even more selfish.

To help him feel secure in his sharing spirit, it is a good idea, when he is going to be with other children, to provide enough of the same toys and foods to go around so that he will not feel that he is being deprived of his own portion.

Praising your child for generous acts and setting a good example for him will also help him to become a generous person. When he sees that his parents are friendly and kind to others, it will help him to be that way too.

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FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 11, 1955

Wash Vegetables Before Storing

URBANA--To conserve food value, protect flavor and get the most for your money, store your vegetables and fruits properly.

Mrs. Barbara McGrath, University of Illinois foods specialist, recommends washing vegetables before storing, discarding the wilted, bruised or discolored portions. Keep them in a plastic bag in the crisper. It's a good idea to leave peas and lima beans in the pods until you are ready to use them.

Root vegetables and winter squash, however, are an exception. Do not wash them, but store them in a cool, dry place.

As to fruit, Mrs. McGrath says to store ripe fruit in the refrigerator and leave it uncovered. Keep unripe fruit at room temperature to ripen. And keep apples in a cool place.

It is best not to wash or stem berries before storing them.

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Praising your child for generous acts and setting a good example for him will also help him to become a generous person. When he sees that his parents are friendly and kind to others, it will help him to be that way too.

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AMS:sf
2/8/55

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 11, 1955

Wash Vegetables Before Storing

URBANA--To conserve food value, protect flavor and get the most for your money, store your vegetables and fruits properly.

Mrs. Barbara McGrath, University of Illinois foods specialist, recommends washing vegetables before storing, discarding the wilted, bruised or discolored portions. Keep them in a plastic bag in the crisper. It's a good idea to leave peas and lima beans in the pods until you are ready to use them.

Root vegetables and winter squash, however, are an exception. Do not wash them, but store them in a cool, dry place.

As to fruit, Mrs. McGrath says to store ripe fruit in the refrigerator and leave it uncovered. Keep unripe fruit at room temperature to ripen. And keep apples in a cool place.

It is best not to wash or stem berries before storing them.

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AMS:sf
2/8/55

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 18, 1955

Chlorine Yellows Some Fabrics

URBANA--If you use chlorine when laundering fabrics that have a resin finish, you're apt to end up with a garment that is different in color from the one with which you started.

Miss Florence King, University of Illinois textiles specialist, says that all of the embossed fabrics of cotton and rayon have a resin finish. Although this finish gives a fabric firmness and sheen, prevents yarn slippage, and tends to make the fabric water and soil repellent, some of the resins tend to absorb and retain chlorine, altering the color of the fabric. It is impossible to know whether the resin that was used is one of the chlorine-retention varieties. Therefore, care should be used when laundering any resin-treated fabric.

If the fabric is white, it will turn yellow; and if it is colored, the result of the cholorine treatment may be an unhappy one.

These embossed fabrics cannot be laundered without some loss of gloss on the finish and sharpness of the design, so be sure to consider these factors when you select material. A garment is mighty expensive when it cannot be cleaned without altering its appearance.

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2/15/55

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 16, 1951

Dangerous Yellows Have Problems

URBANA--If you are anything when laundering fabrics that have a fresh finish, you're apt to end up with a garment that is different in color from the one with which you started.

Miss Florence Kim, Extension of Illinois textiles specialist, says that all of the embossed fabrics of cotton and rayon have a [illegible] finish. Through this finish gives a fabric firmness and smoothness, [illegible] appearance, and helps to make the fabric water and soil [illegible], some of the results used to advertise [illegible] by manufacturers of the fabric. It is impossible to know that the finish also was used in one of the chlorinated [illegible] fabrics. Therefore, they should be used when [illegible] finish-treated fabrics.

If the fabric is washed in hot [illegible] water, and if it is [illegible], the finish of the color is [illegible] and the fabric [illegible].

There embossed fabrics [illegible] Miss Kim says [illegible] glaze on the finish and anything of the nature, so be sure to [illegible] these fabrics when you select a [illegible]. Washing is [illegible] when it cannot be done without affecting the [illegible].

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FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 18, 1955

Guide Your Child's Emotions

URBANA--Help your child let his emotions work for him rather than against him.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says emotions arise when your child meets a situation for which he has no adequate ready response. Jealousy, fear, shame, elation and disappointment are familiar responses in children of three or four. Help your child develop useful and constructive responses.

If your four-year-old is jealous because of the time mother spends with the baby, understand his reaction. Give him more affectionate guidance, and make him understand that he is in no way neglected. Let your child share in the plans for the baby. It will bring out his generosity and in addition give him a feeling of usefulness.

Going into a temper tantrum may be a way for an older child to face a crisis. And if he gets results he will try it again. But if you can analyze what situations provoke him to act that way, you may be better equipped to help him in advance to achieve a more adequate response.

Although you do not want to keep your child from feeling emotions, you can do much to make his environment simple and relaxed so that he will not have to cope constantly with problems that are too difficult for him to solve alone.

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2/15/55

FOR RELEASE ON OR AFTER FRIDAY FEBRUARY 18, 1955

Make Use of Haddock Bargains

URBANA--Today's homemaker includes fish in her menus, not because it is brain food, but because it is tasty, budget-wise and nutritious.

Mrs. Barbara McGrath, foods and nutrition specialist at the University of Illinois, says fish is a rather economical source of protein and a good source of vitamins and phosphorus. Saltwater fish, such as haddock, are also a good source of iodine, an element that is scarce in most foods. And since haddock is plentiful right now, why not make use of it?

Haddock belongs to the group of lean fish and therefore should be cooked in fat or a sauce to enhance its richness and flavor. There is a wide selection of sauces at your disposal to help you bring variety to the dinner table. Try a white or tartar sauce, lemon butter or tomato sauce, or even a creole sauce.

Or how about a New England chowder? Fry one-fourth cup of chipped bacon or salt pork until lightly brown. Then add one-half cup of chopped onion and cook until tender. Put in two cups of hot water, one pound of haddock fillets cut into one-inch pieces and one cup of diced potatoes. Season with three-fourths teaspoon of salt and a dash of pepper. Cook for about 15 minutes until fish and potatoes are tender. Pour in two cups of milk and heat thoroughly. Garnish with chopped parsley before serving.

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2/15/55

FOR IMMEDIATE RELEASE

Pork Among Best Buys

URBANA--Wise Midwest homemakers will be putting pork into their market baskets this month. According to reports released by the U. S. Department of Agriculture, pork is reaching its lowest price in five years. So look for it among the bargains at the meat counter.

As for vegetables, the USDA says canners are anxious to move their extra-large stocks at reduced prices. You will find canned sweet corn--white or yellow--packed whole kernel or cream style. Among the fresh vegetables and fruit, your best buys will be carrots, medium yellow onions, spinach, grapefruit and oranges.

If your budget allows it, you will have a wide selection of fruits and vegetables among the moderately priced items. In the citrus fruit group are lemons, limes and tangerines; other fruits are apples, pears, red grapes and pineapples. There are plenty of vegetables for salads, such as lettuce, escarole, radishes, celery and green onions. And there are those that you can use raw or cooked, such as broccoli and cabbage. Also moderately priced, according to the USDA, are beets, red potatoes, white and yellow turnips and mushrooms.

With this list in mind, check your local market for the best buys in your area.

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AMS:sf
2/15/55

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 25, 1955

Black Bananas Not Necessarily Bad

URBANA--Don't be afraid to buy fully ripe, brown-flecked bananas.

Milton C. Geuther, marketing specialist at the University of Illinois, says you can keep fully ripe bananas for several days if you put them into the refrigerator.

Cool temperature checks the ripening process immediately. Although the skin turns black, the bananas will keep their good flavor for at least several days.

Often you can buy fully ripe bananas at almost half price. The wise homemaker takes advantage of such bargains becuase she knows she can serve some of them right away and store the others for use later.

Most bananas, however, are sold with green tips. Extensive information campaigns by the banana industry tell customers never to put green or greenish bananas into the refrigerator. Geuther says the reason is that such bananas will not ripen at cool temperature, but will turn black and not develop a full flavor.

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2/22/55

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 25, 1955

SPECIAL TO EXTENSION EDITORS

Corn, Snap Beans Plentiful in March

URBANA--Last year's production of canned corn and canned snap beans was so large that these foods are given special prominence in the March list of plentiful foods announced by Milton C. Geuther, marketing specialist at the University of Illinois and the U. S. Department of Agriculture. Along with these two midwestern foods, a southern crop, rice, is called to the attention of midwestern consumers.

Red meats return to the list of plentiful foods after a brief absence, with the expectation that midwestern farms will be supplying most of the nation with generous amounts of beef and pork. Eggs will continue to be plentiful, as they have been almost constantly for a year. Milk and dairy products make their regular appearance because the average cow produces more milk than ever before, and production always increases at this season.

Hogs, milk and soybeans produced in the Midwest account for much of the abundant supply of lard, butter, shortening, margarine and salad oils, which have been available constantly for months and will continue to be plentiful in March.

Raisins and small-sized prunes and fresh and processed oranges and grapefruit are the fruits expected to be most plentiful during the month of winds. And the ocean will contribute to good eating with plentiful supplies of frozen haddock fillets, halibut, shrimp and canned tuna.

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USDA:sf
2/22/55

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 25, 1955

Help Your Child Understand the "Whys"

URBANA--You will find your child more cooperative and willing to accept discipline if you explain "why" you ask him to do something.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says discipline, to be effective, must make sense to a child. Therefore, take time to make him understand why he must put on his rubbers or why he must not play with matches.

If your child is ruining cupboard doors by swinging on them, explain how this affects the hinges and the doors, and let him know that you do not intend to have them ruined. You'll find that it will be much easier to persuade him to stop swinging if he knows why than if you constantly shout at him. To make it easier, help him find something else to do.

Getting a child's cooperation is more effective than the old notion of domination. By talking together, find out how your child feels about certain actions. Miss Briggs says too frequently parents lecture children about their weaknesses instead of listening to their idea of the story.

When your child feels that you are trying to understand him, he will be more honest and fair in evaluating himself. Furthermore, he will be much more apt to listen to you.

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AMS:sf
2/22/55

FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 25, 1955

Long Life for Woolens

URBANA--Good woolens should live long lives, but whether they do depends on the care you give them, says a University of Illinois clothing specialist.

To save cleaning bills and lengthen the life of the fibers, Miss Edna Gray recommends brushing woolen garments after each wearing. A quick once-over with a soft, firm-bristled brush to help keep particles of dirt from making cleaning difficult by working their way into the fabric.

Powder stains on woolens call for a damp-sponge job. Mud spots will brush out easily after drying. Even if you're caught in the rain wearing your best wool coat, a thorough brushing when the garment is dry will restore that bright, new look. But remember, when drying woolens, to make sure to keep the garment away from heated radiators or the hot sun.

Woolens need room to breathe. Free circulation of air will help your garments rid themselves of wrinkles and spring back to normal shape. Always hang the garments on well-shaped hangers, and don't pack them tightly together in the closet.

Treating stains promptly will also help to lengthen the life of woolens. Take the stained garment to a reliable cleaner right away. If he knows what the stain is, he can treat it before it sets and makes itself permanent.

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FOR RELEASE ON OR AFTER FRIDAY, FEBRUARY 25, 1955

Long Life for Woolens - 2

Home pressing between cleanings will also add extra wear to your woolens. But it must be done in the right way. Never apply an iron directly to wool. And remember to use the wool-temperature setting. Too hot an iron will scorch and break wool fibers. Always use a dry press-cloth on top of the garment and a damp one underneath. Lift and place the iron, using a light touch instead of sliding the iron across the garment. Stop pressing before the fabric is completely dry. Place the garment on a well shaped hanger and let it hang dry.

Good care of woolens may take a little extra time and effort, but it is worth it when you get seasons of extra wear from the garments.

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2/22/55

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MARCH 4, 1955

Soft, Unripened Cheeses Make Unusual Foods

(Note to Editor: This is the first in a series of stories on Soft Curd Cheese in Cookery.)

URBANA--Cheese is a highly concentrated food and a good source of protein, fat, calcium and phosphorus. Therefore you may use it as a single dish or combine it with other foods to form the main part of a meal.

Dr. S. L. Tuckey, dairy technologist at the University of Illinois, says the varieties of cheese differ in flavor largely because of the ripening process.

However, in spite of the approximately 800 different names for cheeses, you can group all of them into 18 varieties, which again can be broken down into eight groups.

One of these groups is the soft, unripened cheeses, such as cottage cheese, baker's cheese, cream cheese and Neufchatel, all of which have a mild-cultured milk flavor and a soft body.

These cheeses can be used to prepare unusual kinds of foods which are not well known in the United States, such as different types of cheese cakes and pies. And even the well-known foods, such as chocolate cake and fudge, can have a special texture when cheese is added.

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FOR RELEASE ON OR AFTER FRIDAY, MARCH 4, 1955

Win A Hostess' Fame With Cheese Cake

(Note to Editor: This is the third in a series of stories on Soft Curd Cheese in Cookery.)

URBANA--Delectable desserts that win a hostess' fame can be made from baker's cheese.

Dr. S. L. Tuckey, dairy technologist at the University of Illinois says baker's cheese is a soft unripened cheese like cottage cheese except that it is uncooked. Both cheeses are rich in protein, minerals and vitamins and rather low in calories because they are made from skimmed milk.

If you cannot buy baker's cheese and do not want to make it yourself, substitute creamed cottage cheese in the following recipe for traditional cheese cake. Put it through a sieve or a ricer, but cut down the cream from one cup to two-thirds cup.

Crumb Mixture

1/4 cup butter, melted

1 1/2 cups graham cracker crumbs (18 crackers)

1/4 cup sugar

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

Cake Batter

1 pound baker's cheese
3/4 cup sugar
1/2 teaspoon salt
1 teaspoon pure vanilla extract
1/2 cup egg yolks (6 egg yolks)
1/4 cup sifted all-purpose flour (may be omitted)
1 cup coffee cream
3/4 cup egg whites (6 egg whites)
2 tablespoons lemon juice (optional)
1/4 to 1/2 teaspoon cream of tartar

Tuckey recommends using a 9-inch pan with a removable rim which is 2 3/8 inches high. Press two-thirds of the crumb mixture to the bottom and sides of the pan, and reserve the other third for the top of the cake.

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FOR RELEASE ON OR AFTER FRIDAY, MARCH 4, 1955

Win a Hostess's Fame With Cheese Cake - 2

Mix cheese and one-half cup of sugar, salt and vanilla, and beat well. If you have an electric mixer, use it for 3-4 minutes at medium speed. Then add egg yolks and mix well until blended. Add flour, if you use it, and stir it well. If you omit the flour, your cake will be more moist. You can also add lemon juice and lemon rind if you like a slight lemon flavor.

In a separate bowl, beat egg whites until frothy, add remaining 1/4 cup of sugar and continue beating until the egg whites are fine and stiff. If you add 1/4 to 1/2 teaspoon cream of tartar, it will help to keep the egg whites stiff.

Carefully fold egg whites into cheese batter. Then pour the mixture into the crumb-lined pan. Sprinkle the remaining crumbs over the cake.

One of the secrets of good cheese cake is the baking, Tuckey says. Since the texture of the cake should resemble that of a custard, bake it in a slow oven (275° F.) for one hour, and cool the cake in the oven for another hour before opening the door.

After removing the cake from the oven, let it stand for 4 to 5 minutes before you take off the rim.

Cool cake in refrigerator until you are ready to serve it. It will keep for several days.

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FOR RELEASE ON OR AFTER FRIDAY, MARCH 4, 1955

Cream Cheese Cake Makes a Special Dessert

(Note to Editor: This is the fourth in a series of stories on Soft Curd Cheese in Cookery.)

URBANA--Cream cheese cake is a very special dessert that is getting increasingly popular in the United States.

Dr. S. L. Tuckey, dairy technologist at the University of Illinois, has a special recipe for a tasty and highly nutritious cake. Serve it after a light dinner or lunch, and you will find that it satisfies the stomachs of even the hungriest of your teen-agers.

Crumb Mixture

1 1/2 cups graham cracker crumbs
3 tablespoons butter
2 tablespoons sugar

Cake Batter

1 lb. (16 oz.) of cream cheese
1/2 cup sugar
1/8 teaspoon cinnamon
1/2 teaspoon vanilla
2 eggs.

Sour Cream Topping

1 cup very thick sour cream
1 tablespoon sugar
1 teaspoon vanilla

Press the graham cracker crumbs onto the bottom of a 9-inch spring pan, and bake it for five minutes in a slow (275° F.) oven. Cool.

In the meantime, blend the cream cheese, softened at room temperature, with 1/2 cup sugar, cinnamon and 1/2 teaspoon of vanilla. Add egg yolks one at a time, mixing the batter well after adding each yolk. Carefully fold the two stiffly beaten egg whites into the cheese batter, and pour the mixture on top of the crumbs. Bake the cake like a custard in a slow oven (275° to 300° F.), and test after about 45 minutes with a clean silver knife to see whether the cake is done.

After the cake has cooled, spread on the topping of sweetened sour cream or cream cheese sweetened with powdered sugar and thinned with cream on the surface.

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FOR RELEASE ON OR AFTER FRIDAY, MARCH 4, 1955

How to Make Baker's Cheese

(Note to Editor: This is the second in a series of stories on Soft Curd Cheese in Cookery.)

URBANA--Baker's cheese, as the name indicates, is used by bakers for cheese cake and cheese pie.

Dr. S. L. Tuckey, dairy technologist at the University of Illinois, says these dishes are traditionally European but are becoming popular American desserts as people learn of their pleasing flavor. Since only few stores in the United States sell baker's cheese, he suggests that you make it at home.

Take a gallon of skimmed milk that has been pasteurized, or pasteurize it yourself by heating it in a double boiler up to 145° to 150° F. and holding it at this temperature for 30 minutes.

Cool the milk to 70° F. and keep it at that temperature throughout the souring process. To curdle the milk, add one fourth cup cultured buttermilk, which you can buy in any store or dairy plant, mix it thoroughly with a spoon that has been dipped in boiling water and add one drop of rennet extract from an eye dropper. Again mix thoroughly.

Rennet extract will help you get a firmer curd which drains faster than that obtained through buttermilk alone. However, Tuckey says it is optional. You can get rennet extract or cottage cheese coagulator from a milk plant or cheese factory.

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How to Make Baker's Cheese - 2

Keep the milk mixture for 14 to 16 hours at a temperature of 70° F. by keeping it in a water bath to obtain an even temperature until curd is firm and the whey separates.

Pour the mixture into a sterilized muslin or similar cloth bag for draining. Keep the cheese covered to prevent drying, and cool it to 50° F., using ice or cold air. After about one half of the whey has drained, apply pressure to assure complete draining.

The curd has drained enough when you have 1¼ pounds of cheese for each gallon of milk. The texture should be perfectly smooth.

Tuckey says baker's cheese should be of such a consistency that it can be molded in your hand without stickiness. When pressed between thumb and forefinger, it should be as smooth as heavy cream.

Keep baker's cheese under refrigeration until you are ready to use it.

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2/28/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MARCH 11, 1955

Make Kite Flying Safer

URBANA--Kite flying, a traditional March sport, can spell tragedy unless children follow certain safety rules. Parents should see that youngsters have proper string for their kites and that they play in safe areas, away from power lines.

O. L. Hogsett, extension safety specialist, says good kite string is sturdy and nonmetallic so that it will not conduct electricity. Emphasize to your child the need for keeping the string dry, because a water-soaked string may be a good electrical conductor.

If the kite does happen to tangle with power lines, it should be left where it is. Kites can be replaced easily; a child cannot.

Encourage children to fly kites in fields where there are no stones, stumps, ditches or other obstacles. Getting the kite into the air takes all the flyer's attention, and he doesn't have time to watch for tripping hazards.

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3/8/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 11, 1955

Good Soil Important for Potted Plants

URBANA--The secret of a "green thumb" often lies in using a good potting soil mixture.

G. M. Fosler, floriculture specialist at the University of Illinois, says garden soil alone is seldom satisfactory for potted plants. It needs organic matter and sand added to it to make it friable and to provide for good water penetration and drainage.

One of the basic soil mixtures Fosler recommends for most house plants consists of 3 parts garden loam, 1 part organic matter (well-rotted manure, compost, leafmold or peat moss), and 1 part sand. Mix well, and run through a coarse piece of hardware cloth to remove clods and debris.

Some succulent plants and cacti thrive best in a sandy, well-drained soil. For them, use 1 part sand to 2 parts each of garden soil and organic matter.

Sterilize potting soil to rid it of weed seeds, disease organisms and insects. Commercially it is generally done with steam, but in the home steam sterilization is not practical. You may also have tried sterilizing soil by putting it into the oven. No doubt you found the odor unpleasant and the soil dried out or baked when removed from the oven.

Fosler suggests using formaldehyde for sterilizing. Use about 3 tablespoons of formaldehyde (diluted with about 15 tablespoons of water) to a bushel of soil. Mix it well with your soil, cover the pile tightly with a piece of canvas, plastic or heavy paper and let it stand for several days. Be sure all the fumes have escaped before using the soil for potting.

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3/8/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 11, 1955

Make Mealtime a Highlight

URBANA--Consider the pleasure you and your family get out of an attractively set table three times a day before you tell yourself you can't afford it.

Miss Mary McAuley, foods specialist at the University of Illinois, says your family deserves a good setting, and it will help to make mealtime a highlight in their day.

How about your table? Is it really inviting to sit down to? It's not expensive to set an attractive table. The design and style determine the attractiveness of china and glasses, not the money you spend for them. If you don't have a great variety of china, buy a conservative pattern. Select a pleasing shape that is plain enough to look well mixed with other dishes.

Use different place mats to add color and interest to your table settings. Make your own mats by fringing burlap, for instance, suggests Miss McAuley. Burlap is inexpensive and comes in many lovely colors.

Few people ever have a centerpiece on the table. Yet a centerpiece can be a lot of fun for special occasions or a Sunday dinner. Use your imagination and be creative. It's easy to find something for holidays, such as colored eggs in a shredded paper nest for Easter. See what you can do on other days, too, without spending any extra money. Use the fruit you bought for your family--polish some apples and arrange them with oranges and bananas or nuts on a plate. Or how about one of your plants with pretty blossoms?

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3/8/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 11, 1955

Canned Peas Are Economical

URBANA--Green peas are a good source of vitamin C, thiamine and riboflavin as well as of phosphorus and iron. Include them in your meals, especially now that canned peas are such an economical item.

Mrs. Barbara McGrath, foods and nutrition specialist at the University of Illinois, says to surprise your family by serving peas differently. The mild, sweet flavor of peas blends well with the zesty flavor of cheese. Buttered peas are excellent to serve with a cheese soufflé. Or try a pea and cheese salad. It's easy to make and something different. Drain a No. 2 can of thoroughly chilled peas, and mix them lightly with 1/3 cup of mayonnaise, about 1/4 pound of diced American cheese, 3 tablespoons of chopped sweet pickles and 1/2 cup of diced celery. Serve in lettuce cups.

A salad made simply of peas and mayonnaise goes especially well with cold cuts or left-over meats.

Scalloped tuna and peas are a favorite in many families. Place the peas and tuna in layers in a greased baking dish, pour cream salted to taste over it and cover with crumbs. Bake in a moderate oven (350° F.) until brown.

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3/8/55

for dailies

homemaking news

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, MARCH 14, 1955

Tri-Home Economics Conference to Be Held

CHICAGO--More than 450 members and special guests are expected to attend the first Illinois Tri-Home Economics Conference to be held Saturday, March 26, at the Sherman Hotel in Chicago. It is being sponsored jointly by the Illinois Home Economics Association, the Illinois and Chicago Dietetic Associations and the Chicago Home Economists in Business.

Purpose of the meeting is to acquaint civic and education leaders throughout Illinois with the many and diverse career opportunities available in home economics for potential students.

Dr. Benjamin C. Willis, superintendent of the Chicago Public Schools, will give the welcoming message. It will be followed by the keynote address, "Horizons Ahead in Education," presented by Dr. Paul J. Misner, president of the American Association of School Administrators and superintendent of schools in Glencoe, Illinois.

A panel presentation comprised of five prominent dietitians and home economists will high-light specific job opportunities in the various fields.

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for dailies

Homemaking news

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MARCH 18, 1955

Use Rice--It's Plentiful!

URBANA--Fluffy white rice can add welcome variety to your menus. Why not make use of it now while it is plentiful?

Mrs. Barbara McGrath, foods and nutrition specialist at the University of Illinois, says rice is quite versatile. It can be used in place of many starchy foods, as a separate dish or in combination dishes with meats, chicken, fish or other protein-rich foods. It also has a place in many tasty desserts.

Boiling is the quickest way to cook rice, and it produces a fluffy, dry rice. However, the double boiler or the direct heat method may also be used.

To make rice snowy-white, she says, add one teaspoon of lemon juice of 1/4 teaspoon cream of tartar to the cooking water.

Remember that one cup of rice swells in cooking to make from three to four cups of cooked rice, which will give you about five servings.

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3/15/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 18, 1955

Rice Is Plentiful This Year

URBANA--Last year's bumper crop of rice, estimated at about six billion pounds, is hitting the market now.

Milton C. Geuther, marketing specialist at the University of Illinois, suggests that you take advantage of the plentiful supply. The per-capita consumption in the United States is estimated to be slightly above five pounds--not very much if you compare it with a per-capita consumption of 140 pounds in Puerto Rico and 330 pounds per person in Japan.

In this country rice products are not used so commonly as some of the other cereals. Although rice, rice flakes and rice crispies are well known, rice flour and rice starch are less common. The flour is too low in protein to be used for making bread, but it may be combined with wheat flour for bread.

You will find polished rice, both enriched and non-enriched, as well as brown rice on the market. All kinds are available in bulk or packages. And you homemakers who have to fix a meal in a hurry can prepare precooked rice in about 15 minutes.

Geuther says sometimes you may find the grade indicated on the package, as Extra Fancy (U.S. No. 1); Fancy (U.S. No. 2); Extra Choice (U.S. No. 3); Choice (U.S. No. 4); Medium (U.S. No. 5); or Sample. The grade, he says, is based on the number of whole kernels, color, cleanness and freedom from mixtures of other varieties.

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AMS:sf
3/15/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 18, 1955

Decide Upon A Color Scheme

URBANA--Have a definite color scheme for your wardrobe. Then select each garment to fit into it, advises a University of Illinois clothing specialist.

Miss Ritta Whitesel says you should have a theme that runs through your entire wardrobe, holding it together by coordinating all garments and accessories.

A good plan to follow is to choose your coat as the keynote of your color scheme and then select all other apparel in colors that will harmonize with it. Since you will no doubt wear the coat for several seasons, it may be best to choose it in a conservative color so that your dresses and suits can be in gay colors. If you choose a brightly colored coat, your other garments and accessories should be of more neutral colors.

Popular or seasonal colors are not good choices for color schemes, since they are usually fashionable for only a short time and do not always carry over to the next season.

Unless you have an unlimited clothing allowance, you should be satisfied with one color scheme for two or three seasons. You can change from one color to another after a few seasons without finding it too costly if you choose a new color scheme that harmonizes with the old one. This will mean that you can wear the garments and accessories that you already have and still have a harmonizing wardrobe.

Whatever color scheme you decide upon, remember that a well-thoughtout color plan will prevent you from making "spur-of-the-moment" color choices that you may not be happy with.

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3/15/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 18, 1955

U. of I. Coeds Hostesses to High School Girls

URBANA--"U. of I. for You--Go Illini" is the theme for the sixth annual Home Economics Hospitality Day to be held March 26 on the University of Illinois campus. Juniors and seniors from high schools throughout Illinois have been invited to attend this orientation day, which will include both learning and fun.

The Home Economics Department and the Student Council have planned a program to answer questions about college life, to interest high school students in home economics at the college level and to give them an idea of the home economics program at Illinois.

Activities will begin with registration at 8:30 a.m. After an over-all information session, which will include skits on college life, the guests will have a chance to see laboratories, classrooms, student exhibits and demonstrations. Home economics faculty members and students will be available to answer questions.

Seniors in one of the food preparation classes will prepare a special lunch to be served in the home economics cafeteria.

And to help prospective students in their wardrobe planning, "Mademoiselle Illini," a student fashion show, will be featured. Students will model dresses from their own college wardrobes, some of them being dresses that they have made themselves.

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AMS:sf
3/15/55

FOR RELEASE ON OR AFTER MONDAY, MARCH 21, 1955

Home Economics Careers to Be Discussed

CHICAGO--A panel presentation of the varied career opportunities in home economics will highlight the first Illinois Tri-Home Economics Conference to be held Saturday, March 26, at the Sherman Hotel in Chicago, Under joint sponsorship of the Illinois Home Economics Association, the Illinois Dietetic Association and the Chicago Home Economists in Business, the purpose of the conference is to acquaint civic and education leaders throughout Illinois with the manyfacets of home economics.

Noted home economists and dietitians on the panel will discuss their specific fields, including extension work, foods and nutrition, commercial, teaching, homemaking and the college home economics student's position.

Moderator for the panel will be Dr. Mary DeCarmo Bryan, professor emerita of Columbia University. Among the speakers are Mrs. Kathryn Van Aken Burns, state leader of Home Economics Extension from the University of Illinois; Miss Beulah Hunzicker, director of dietetics at Presbyterian Hospital in Chicago; Miss Esther Latzke, director, Consumer Service, Armour and Company, Chicago; Miss Leila Adams, supervisor of home economics at Moline High School and Junior College, Moline; Mrs. Joseph Ackerman of Elmhurst, a homemaker, chosen "Outstanding Career Woman of 1954" by the AAUW; and Miss Jan Knutson, president of the Illinois Home Economics College Club of Carthage College, Carthage, Illinois.

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FOR RELEASE ON OR AFTER MONDAY, MARCH 21, 1955

Home Economics Careers to Be Discussed - 2

Presiding at the morning session will be Miss Jessie Heathman, president of the Illinois Home Economics Association. Following a welcoming message by Dr. Benjamin C. Willis, superintendent of the Chicago Public Schools, the keynote address will be presented by Dr. Paul J. Misner, president of the American Association of School Administrators and superintendent of schools in Glencoe. His subject will be "Horizons Ahead in Education."

Luncheon speaker will be Miss Mary Barber, food consultant from Battle Creek, Michigan, and currently a member of the Defense Department's Advisory Committee on Women in the Armed Forces. Miss Barber is a holder of the Meritorious Award for Outstanding Civilian Service--highest honor given to a civilian. Her talk, "The Pied Piper of 1955," will culminate the conference at 3:00 p.m.

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RF:sf
3/10/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER MONDAY, MARCH 21, 1955

Note to Editor

The girls named on the enclosed list are working on committees for the 6th Annual Home Economics Hospitality Day at the University of Illinois to be held March 26.

This over-all orientation day is designed to give prospective college students a glimpse of college life, to interest them in home economics and acquaint them with the home economics program at Illinois.

The program will start with registration at 8:30 in the morning. After an information session, guests will be shown around the campus and will have a chance to see exhibits and demonstrations.

Mademoiselle Illini--a student fashion show--will show students modeling their college wardrobes to give visitors an idea of what is worn on the campus.

This event is sponsored by the Department of Home Economics and the home economics student council. Home economics faculty and students will be available to answer questions.

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AMS:sf
3/17/55

Girls Working on Committees for
Home Economics Hospitality Day
March 26

Counties	Names
Adams	Ramona Anthony
Alexander	Esther Jenkins
Champaign	Ethelann Cole, Jo Ellis, Karen Foods, Ann Forrestal, Judy Gates, Sally Hunter, Phyllis Murphy, Clara Putnam, Marie Putnam, Marina Steggerda, Viola Tallman, Liz Trimble
Christian	Mary DeMichael
Clark	Betsy Clark
Cole	Marcia Brown
Cook	Jean Dinsdale, Ruby Fiasier, Judy Johnson, Gloria Mikuta, Peggy Perlin, Eher Pukk, Liz Richardson, Merle Smedberg, Gene Wallen
Crawford	Joy Kittland, Jane Seed
DeKalb	Nancy Judd, Mary Huntwork, Ginny Wilke, Janet Vaughn
DeWitt	Marilyn Spitzer
Douglas	Nancy Schrader
DuPage	Barbara Hayer, Milly Player, Pat Mical, Bernadette Seraponas, Nancy Womeldorff
Effingham	Lois Bauer, Dorothy Kramer
Greene	Doris Crist, Doris Williams, Irene Williams
Grundy	Jean Ann Holderman, Ruth Ellen Godfrey, Carole Walker
Hancock	Donna Cottrell, Marilyn Perry
Henderson	Janet Cisna
Jefferson	Eunice Myers
JoDaviess	Sally Parkinson
Kendall	Jean Rushton

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Counties	Names
Knox	Jane Ann Behrengler, Audrey Nelson
Lake	Adele Lekera
LaSalle	Mary Fran Jensen, Nancy Kauth
Livingston	June Armstrong, Marion Gentes, Anita Lyangsen, Nancy Wilson
Macoupin	Charlotte Kormeker
Madison	Joan Elaine Dvorchak, Barbara Pabst
Massac	Verna Vogt
McHenry	Ethyl Blum, Charlotte Hogan
McLean	Joyce Prosser
Menard	Ruth Behrends
Montgomery	Virginia Dorsey, Bunny Neylon, Carol Newlin
Morgan	Elizabeth Wishart
Piatt	Ann McCartney, Janet Turney
Pike	Barbara Forgy
Ogle	Patsy Schnulle
Sangamon	Shirley Bailey, Carolyn Burrus, Carolyn Campbell, Mary Cooper
St. Clair	Jody Hendricks, Jo Ann Helms, Marcia Maning
Randolph	Mary Jane Beattie
Tazewell	Joan Freitag, Pat Jewell, Marge Smally
Union	Barbara Boyd
Wabash	Fran Smith
Warren	Donna Edwards, Nancy Gassett
White	Jean Kornegger
Will	Joyce Horvath, Carolyn Jones
Woodford	Elana Janssen, Irene Vogel

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MARCH 25, 1955

Keep Your Wardrobe Small

URBANA--The American way of living today does not call for large wardrobes, according to a University of Illinois clothing specialist.

Miss Ritta Whitesel says modern modes of travel and the small homes of today do not permit women to have several garments for the same purpose when one will suffice. Then, too, the busy life that people live today does not give them time to take proper care of large wardrobes.

The modern name for a small, well-chosen wardrobe is "capsule" wardrobe. It contains the fewest garments that are essential for continual wear, and it is so called because it can be hung or packed in a very small space. It contains no "white-elephant" garments, and it is chosen from a well-thought-out plan--one that fits into the casual kind of life that is so prevalant all over America today.

Basic garments of the casual type in classic lines are good choices for the "capsule" wardrobe. By combining them with a gay, smart collection of accessories, you can stretch one suitcase of garments into a good-sized wardrobe that will meet every need in the day.

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RW:sf
3/21/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 25, 1955

Do It the Tuna Way...

URBANA--Fatty, salt-water fish, such as tuna, salmon and mackerel, are the only rich food sources of vitamin D. They are also a good source of vitamin A and contain other vitamins and minerals, explains a foods and nutrition specialist at the University of Illinois.

Mrs. Barbara McGrath says fish, like meat, is a complete protein food and contains both vitamins and minerals, though not in the same proportions as meat.

Tuna is an especially good buy right now, so include it in your meals. Creamed tuna, tuna noodle casseroles and tuna celery salad are old family standbys. But how about a tuna and mushroom casserole? First sauté half a pound of mushrooms in butter. Then blend in two tablespoons of flour and a fourth of a teaspoon of pepper. Pour one and a fourth cups of milk into the mixture, and cook, stirring constantly, until thickened. Add one cup of flaked, cooked or canned tuna and three-fourths of a three-ounce package of crushed potato chips. Place the mixture in a greased casserole, top with remaining potato chips and bake in a moderate oven (350° F.) for 30 minutes.

Capers blend well with the flavor of tuna. Heat tuna over boiling water, put it on a platter and pour over it a hot white sauce to which you have added capers.

Mrs. McGrath says tuna also is an ever-welcome sandwich spread, but for a special treat serve ham and tuna sandwiches.

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AMS:sf
3/21/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 25, 1955

Make a Dandelion Salad

URBANA--If dandelions are ruining your lawn, you might want to put some of them to work for you.

Milton C. Geuther, marketing specialist at the University of Illinois College of Agriculture, suggests serving dandelion greens as a fresh salad. As the first greens of the season, they can add welcome variety to your meals. Also, they are both healthful and economical.

Just take a knife and dig them out of your lawn. Cut the green leaves from the stalk, wash them as you would wash lettuce and serve with your favorite salad dressing.

Eat dandelion greens early in the spring before they develop their bitter flavor.

Geuther points out that the Marketing Service of the United States Department of Agriculture has published a brochure "Standards for Dandelion Greens." If you sell them, U. S. Standard No. 1 must be fresh, fairly tender and clean, well trimmed and free from decay and damage caused by seed stems discoloration, freezing, mechanical or other means. The USDA Marketing Service also lists an "Unclassified Grade."

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AMS:sf
3/22/55

FOR RELEASE ON OR AFTER FRIDAY, MARCH 25, 1955

rom Soup to Dessert With Rice

URBANA--Take advantage of the plentiful supply of rice now n the market, and include it in your menu.

Mrs. Barbara McGrath, foods and nutrition specialist at the niversity of Illinois, says whether it's in soup or dessert there's a lace for rice. It is delicious in chicken or beef broth, and it gives dditional body to tomato soup.

Rice is delicious in some quick and easy-to-prepare Lenten ishes accompanied by a crisp tossed salad. Heat some hard-cooked uartered eggs with a can of undiluted cream of mushroom or chicken oup, and add a teaspoon of curry powder. Serve over fluffy rice.

Seafood and rice have always been a favorite combination, nd you will find many recipes in any reliable cookbook. Mrs. McGrath ays it not only makes an excellent Lenten dish but uses two foods hat are easy on the budget.

Rice cooked in milk served with browned butter, cinnamon and ugar along with some stewed fruit is often a favorite with youngsters. ice custards or rice desserts with whipped cream are nutritious as ell as delicious and might well be the backbone of a meal when served fter soup.

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MS:sf
/21/55

FOR IMMEDIATE RELEASE

arch 26, Home Ec Hospitality Day at U. of I.

URBANA--High school juniors and seniors who attend the Home conomics Hospitality Day at the University of Illinois on March 26 ay expect to get answers to many of their questions about college life.

Members of the Home Economics Department and the student ouncil have planned this orientation day to give prospective students n opportunity to get acquainted with college life and to give them an dea about the home economics program at this university and also bout opportunities in the home economics field.

There will be both fun and learning in store for guests atending Hospitality Day. Parents, teachers and home economics advisers ave been invited to accompany the girls.

The program will open with registration at 8:30 a.m. in Beier Hall. Following an over-all orientation session, which will inlude skits on college life, the guests will visit the campus. They ill meet home economics faculty and students and see exhibits and emonstrations.

A special luncheon served in the home economics cafeteria nd prepared by seniors of one of the food preparation classes will be pleasant break at noon.

There will be more to see after lunch. The highlight of the fternoon will be a student fashion show featuring "Mademoiselle Illii," which is designed to give visitors ideas for planning college ardrobes.

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MS:sf
/21/55

FOR RELEASE ON OR AFTER MONDAY, MARCH 28, 1955

Make Use of Plentiful Pork

URBANA--For top-quality pork, look for light grayish-pink meat; white, thick, wax-like fat, and fine-textured lean, says a marketing specialist at the University of Ilinois.

Milton C. Geuther says that pork prices have been and still are the lowest in many months. A recent survey of prices showed that loins were down 22 percent from a year ago, while Boston butts had declined 34 percent, hams 32 percent, picnics 27 percent and bacon 42 percent.

Even the most popular retail pork cuts are selling from 10 to 25 cents a pound cheaper than they were a year ago.

So make use of pork in your menu planning. Or how about putting some into your home freezer? Prices won't always stay this low.

For your freezer, select high-quality meat. Chill promptly to 40° F. Package in quantities that you will want to cook at one time. Wrap carefully to prevent drying, and freeze quickly at zero or lower.

Geuther recommends 0° F. as the best storage temperature for pork. He says if the wrapping paper is moisture-vapor-proof and your freezer carries a uniform zero temperature, 3 to 4 months' storage is practical.

Since some fats tend to become rancid after a few months, be sure to write the date on every package, and make a record of the package as you put it into the freezer.

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/23/55

for dailies

homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, APRIL 1, 1955

Fashion Outlook for Spring

URBANA--The outlook in spring fashion is a long, continuous line, says Miss Myra Baker, textile and clothing specialist at the University of Illinois.

This year fashion emphasizes a long bodice, starting at a high neckline and easing down to a low hipline. Waistlines are not so exaggerated as before. Instead, the dress is easily fitted at the waist and then relaxes a little at the hip, but still remains fitted. If there is a flare, it starts at the hipline.

Contrasted with the longer waistlines are the shorter set sleeves. Even the three-quarter length sleeves are made to be pushed up and crushed gracefully from the shoulder to the elbow.

Shallow, square necklines or small, round ones are popular this spring. White collars and lace trimmings adorn high necklines, giving a fresh spring look to dark fashions.

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IBA:sf
3/28/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 1, 1955

A Cure for Insect Damage

URBANA--Insect damage to washable woolens is almost a thing of the past since the new insecticide, EQ-53, has entered the picture. This information comes from H. B. Petty, University of Illinois entomologist.

EQ-53 is the name of a wool-protecting chemical that is now on the market. By just adding a few spoonfuls of the solution to the wash or rinse water, you can protect blankets, sweaters and other washable woolens from moths and other fabric pests.

EQ-53 is a mixture of DDT and chemical carriers. Any home washing machine, tub or basin can be used for the treatment. Use one tablespoon of EQ-53 for each pound of woolens in the wash. Weigh the woolens dry to determine the amount of EQ-53 to add to the wash or rinse water.

When you use EQ-53, your woolens will be protected against moths and other fabric pests for more than a year unless they are washed again or dry cleaned. Washing may reduce the DDT in the fabric below an effective level, and dry-cleaning will remove the insecticide entirely.

According to Petty, the solution is safe, requiring only the normal precautions you would take in using any insecticide. EQ-53 may cause irritation if it gets on your skin. If water containing the solution, or the solution itself, get on the skin, wash it off promptly with soap and water.

When it is time to store away your woolens this summer, keep EQ-53 in mind. The solution is being sold under different trade names.

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EBA:sf
3/28/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 1, 1955

ligh School Students Guests of Home Economics Department

URBANA--Juniors and seniors from 30 Illinois high schools ›raved snowstorms and cold weather to attend the sixth annual Home :conomics Hospitality Day at the University of Illinois on March 26.

Even though the crowd was much smaller than had been expected, .t did not cut down on the quality of the program.

Dr. Janice Smith, head of the home economics department, wel-:omed the 130 guests with the old Indian welcome, "How." She explained hat "How" was also the key word in the many questions high school ;irls were asking in the hope of making the right decisions about col-.ege and a career.

How can girls decide what career will be best for them? The 'irst two years of the home economics curriculum is designed to give tudents an all-around picture of the wide field of home economics. t's designed to help each girl decide what will best fit her individ-al interests and abilities. Then, in the last two years, she can hoose from 11 different options, from foods or clothing to teaching r journalism.

If the "How" is a problem of money, it might be well to tart earning some money now, advised Dr. Smith. Earnings from summer ork may make it possible to put some money aside for college. Once a irl is in college, there are jobs in the home economics building and lsewhere that are filled through a special student employment service. he Home Economics Department also assists in summer placement.

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Dr. Smith encouraged prospective students to apply for schol-rships. Only about half of the county scholarships are used at pres-nt. In addition, home economics scholarships are available in each ounty. There are also veterans' scholarships available to daughters f veterans. She urged the high schoolers to find out more about them rom the principals of their schools.

Among those who gave the prospective Illini general informa-ion, were Miss Agnes G. Tandberg, associate dean for freshman women. he told about the various types of housing and asked that further in-uiries be sent to the Housing Division.

Betty Priggie, president of the Women's Group System; Gail urnall, president of the Panhellenic Council; and Jean Dinsdale, presi-ent of the Home Economics Club, gave the girls a brief review on omen's organizations on the campus.

The Home Economics Council and faculty had planned and pre-ared exhibits, demonstrations and tours. A special luncheon for the uests in the Bevier Hall cafeteria was prepared by students in in-titution management classes.

"Mademoiselle Illini" was the theme of the style show follow-ng a tea. Coeds modeled garments from their own wardrobes, some of he clothing having been designed and made by them.

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MS:sf
/28/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 1, 1955

Save Enough for an Easter Hat

URBANA--Plan your Easter Sunday meal around foods that are good buys right now, and you may save enough for a new Easter hat.

Milton C. Geuther, marketing specialist at the University of Illinois, says that when you serve ham you are not only following an old American tradition but are getting the most for your money too. Ham requires no fuss or bother during cooking, and it is easy to glaze and garnish to give it a festive look.

Smoked picnics may be glazed and made just as festive looking as hams. They are especially economical for smaller families.

Fluffy rice molded in the form of Easter eggs and garnished with green peppers and pimentos not only will add eye appeal, but will be thrifty too.

As for vegetables, remember the good buys in canned green snap beans and golden corn.

Check your local markets for fruits and top your meal with a nice fruit salad that is not too rich and filling and yet is a favorite with the family. The best thing about it is that you can select whichever fruits are bargains on the day you shop.

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/28/55

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, APRIL 8, 1955

Potting Plants Is An Art

URBANA--With spring at hand, your house plants may have outgrown their pots and need repotting.

G. M. Fosler, floriculture specialist at the University of Illinois, has some suggestions to help you in this job.

Proper drainage, he says, is vitally important to the health of plants. Arch several pieces of broken flower pots or crockery over the drainage hole before you pot the plants. Use a prepared potting mixture containing some added sand and organic matter rather than just garden or field soil that you have brought in. Be sure to work soil thoroughly around the roots of the plant to avoid large air spaces, and then firm it so that it will make good contact with the roots.

To make watering easier, Fosler recommends leaving some space between the top of the soil and the rim of the pot. Right after potting or repotting the plant, water it carefully, giving it enough to cause some to run through the drainage hole.

After this first watering, do not water again until the soil is fairly dry. Newly potted plants do not need watering so often as those that have been in pots for some time and are well established.

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MS:sf
4/11/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 8, 1955

now The Fabric Finishes

URBANA--Finishes are designed to give fabrics desirable haracteristics and make them more serviceable. In shopping it is up o you to find out what the specific finish does for the fabric you're uying.

Miss Florence King, clothing and textile specialist at the niversity of Illinois, suggests that you learn the characteristics of he important finishes and read the labels carefully to get instruc-ions on care.

Crease-resistant finishes are designed not only to minimize rinkling, but also to help make the wrinkles hang out readily. But emember that no finish will make a fabric completely crease-resistant.

A spot-resistant finish helps the fabric shed dirt. Rayons nd acetates are somewhat resistant to spots and stains because of the moothness of the fiber. However, there are many spot-resistant fin-shes for rayons and acetates. These finishes resist water spotting ut not spotting caused by a substance with a greasy base.

There are various types of water-repellent finishes. Some ast through many washings or dry cleanings. These are called "durable" inishes. Others have to be renewed after a certain time. So be sure o find out which type has been applied to the garments you buy.

Miss King says that a finish may give more than one desirable haracteristic to a fabric. For example, a shrink-resistant finish may lso make a fabric more resistant to spots and creasing.

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BA:sf
/4/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 8, 1955

Keep Your Child Occupied When He's Sick In Bed

URBANA--When colds and stomach aches keep Junior in bed, naturally you will want to spend more time with him. But there's still the housework to do. So when it's time to make the beds or fix dinner, give him toys and games to keep him occupied.

Mrs. Millicent Martin, child development specialist at the University of Illinois, suggests that when you can't be with your sick child, you supply him with a variety of interests. Picture books, paper dolls, hand puppets, crayons and paper will help to keep him occupied and prevent him from calling you so often.

If there are several toys within his reach, he can turn from one to the other. This will make the time pass more quickly, and staying in bed won't seem quite so unpleasant.

An old card table with legs cut off makes a solid play surface. He can keep his toys on it, or he can use it for coloring and other activities.

Mrs. Martin says not to give your child paints that will spill or reading matter that may cause eye strain. Simple games and toys that he can play with are best for the recuperating child.

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BA:sf
/4/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 8, 1955

et The Right "Fit" In Your Child's Shoes

URBANA--Children, unlike adults, may not complain if their hoes do not fit right.

Miss Pauline Brimhall, health education specialist at the niversity of Illinois, says that a child seldom complains of his feet urting. The bones in his feet are soft and pliable and may twist ut of shape in ill-fitting shoes without causing pain.

Parents should pay special attention to their children's eet and should see that their shoes fit properly. Shoes that fit roperly during the growing years will do more than any one thing to revent foot troubles in later life.

Have your child's feet measured each time he gets a new pair f shoes. Children under six years old may change a full foot size very month or two. When a child is between six and ten years, his hoe size may increase every eight to twelve weeks. As the child gets lder, the rate of change slows down somewhat, but his feet should till be measured frequently.

Shoes should fit snugly at the heel and allow plenty of free-om for the toes.

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BA:sf
/4/55

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, APRIL 15, 1955

'ayed and Broken Extension Cords are Hazardous

URBANA--Short circuits or complete failures in your extension ›rds will never happen if you check them frequently and discard them ıen they start to show wear.

Nearly every extension cord will show signs of its weakness ›fore it fails, says University of Illinois extension safety special- ›t O. L. Hogsett. Frayed coverings on fabric covered cords are evi- ›nce that it needs to be replaced.

When rubber covered cords become brittle or when the rubber ›vering begins to crack, it is a sign that a new one is needed. In ıergencies these cords may be repaired with plastic or friction tape. EVER use household adhesive tape to make electrical repairs.

Plugs on extension cords should be checked frequently for ›ose or bare wires. You can repair the plug easily by cutting off ıe ragged ends of the wire and reattaching the plug.

One other thing to remember is that extension cords usually › not have the capacity to carry more than one appliance. If it is ›cessary to connect more than one appliance to a cord, it usually in- ıicates the need for more wall outlets.

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LH:sf
/12/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 15, 1955

Pellon Comes in Different Weights

URBANA--When you start to sew your spring wardrobe, give your interfacing material a second thought.

Dr. Jane Werden, head of textiles and clothing staff at the University of Illinois, says although there are many fine interfacing fabrics on the market you might want to try a new one--Pellon--which comes in different weights. She suggests that you select the weight in relation to the weight of your material.

Use a rather heavy weight if you make one of the popular petticoats to wear under full skirts. It will stay swirly and full no matter how heavy the over-skirt may be. It can also be used where you want firmness, such as in suit fronts or arched hips, regardless of whether the over-material is wool, rayon faille or cotton. Use it as lining to make full bell-shaped skirts stand out.

If you don't want the extreme bouffant look to your skirt, use the lighter weight Pellon. You will find it falls in soft folds and can therefore be used as interfacing for light weight materials such as cottons, silk taffetas and synthetic fabrics.

You will find an extremely heavy weight for use in heavier suits and coats or for soft belts, shoulder pads and hip padding. You may also want to use it for making non-curling table mats or to give your drapery pleats the professional look and permanent shape.

Most Pellon runs 25 inches wide. However, one weight is extra wide--37 inches. And Pellon now comes in seven new colors: pink, blue, maize, navy, orchid, green and red. The material is so new, Dr. Werden explains, that she doesn't know yet how the color will stand up in washing and dry cleaning.

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AMS:sf
4/12/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 15, 1955

Know How to Water Your Plants

URBANA--Plants need water but the way you water them helps them to thrive.

G. M. Fosler, horticulture specialist at the University of Illinois says watering varies with the type of plant, time of year and size of pot. But the most common cause of house plant failure is neglect.

Here are some points you might want to remember:

You can either water your plants from above or below. Fosler recommends that you use both methods. Use lukewarm water instead of cold water and water the plant until the water trickles through the drainage hole at the bottom of the pot. Don't keep pots standing in a water tray or jardiniere.

Fosler also warns you not to water plants when the soil is still muddy from the last watering. Different plants vary in their requirements for water. Some thrive in moist soil, others in very dry soil, but the majority of plants do best when the soil is watered thoroughly and then allowed to become dry but not baked or crumbly before the next watering.

You can tell the moisture of the soil in a pot by tapping the upper rim with a knife handle. If it gives a clear ring, the soil is dry and needs water. When the soil is moist, the sound is dull and heavy.

Some plants go through a rest period when growth appears to stop and, in some cases, drop all their leaves. Other plants have no noticeable rest period. Cut down on water when a plant goes through a rest period.

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MS:sf
4/12/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 15, 1955

ake It a "Do It" Party

URBANA--Have a "do it" party for the preschoolers in your eighborhood.

Miss Margueritte Briggs, child development specialist at the niversity of Illinois, says children need to take part in group acivities so they will learn to enjoy children and adults outside their amilies--a very important adjustment.

A very successful "do it" party can be centered around cookie aking right in your own kitchen. You will find this type of party elps take away the self-consciousness that youngsters might feel uner more formal conditions. And you don't have to worry about upholtered furniture or expensive carpeting.

It's a good idea to have the dough prepared and chilled ready or the youngsters to do the rolling, shaping and decorating at the arty.

Miss Briggs suggests that you make provisions for several hildren to work at once. Be sure to have plenty of cookie cutters and pace to roll the dough. Don't forget the decoration materials such s raisins, nuts and candy beads.

Your little guests will not only want to eat and enjoy their ookies but they will want to take some home to share with their famiies. Therefore provide small sacks so they can carry their cookies ome safely.

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MS:sf
/12/55

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, APRIL 22, 1955

(First in Series of Four)

HE Seniors Work on Research Problems in Clothing and Textiles

URBANA--During Grandma's time it was cotton for warm weather, wool for cold, silk for parties and linen for the table. Taking care of these four basic materials caused no headaches.

Miss Florence King, textiles specialist at the University of Illinois, says that with thousands of fabrics on the market today, made from the four natural fibers and the nineteen man-made ones, it has become quite a science to know about all of their properties.

One of the textile and clothing courses for home economics seniors is therefore designed to investigate specific probelms in this field. Miss King says the individual problems undertaken by each student have brought interesting results in different areas of this broad field. For instance, the students have conducted temperature tests for laundering nylon, tested the effectiveness of bleaches for nylon and tested the permanency of crease-resistant and water-repellent finishes for cotton.

Some of the results show that nylon which has turned yellow may be whitened with color remover and that 120° F. is the most satisfactory water temperature for laundering nylons.

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AMS:sf
4/18/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 22, 1955

(Second in Series of Four)

Cotton Finishes Enhance Material

URBANA--Finishes enhance the durablility of cotton materials and add beauty to them, says a graduate student at the University of Illinois.

Miss Eldred LaDue, after studying the permanency of finishes in cotton materials, came to the conclusion that finishes do serve the purpose for which they are intended. They help to conquer the old fabric faults, such as wrinkling, shrinking and loss of dimensions. She found that they also help the material to withstand the vigors of commercial laundries or the washing machine.

Miss LaDue tested seven different cotton materials for shrinkage, wearability and fading. She counted the warp and filling yarns and weighed the material to determine how much finish was lost after each washing.

Although different materials gave different results, she found that even if the finishes do not remain permanently in the material, only a small percent is lost with each washing.

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AMS:sf
4/18/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 22, 1955

(Third in Series of Four)

Wash Nylon in Cool Water

URBANA--Use a water temperature of 120° F. when you wash nylons, recommends Miss Rosa Lee Prince, graduate student in the University of Illinois home economics department.

Using water at 120° F. is the one way to keep white nylons from turning gray. It also prevents shrinkage and gives the most satisfactory over-all results.

For her research, Miss Prince laundered eight different samples of nylon materials at temperatures of 120°, 140° and 160° F. and compared the color, weight and size of her samples with the unwashed original. She found that the general characteristics of all the samples were the same after being washed in 120° water except for a slight, almost unnoticeable gray tint to the white materials.

At a water temperature of 140° F. she found a definite gray tint to the white material compared with the original. No changes in weight were noticeable in any of the tested materials, but a slight shrinkage could be observed.

At a water temperature of 160° F., the grayness of white nylons was most noticeable and a definite shrinkage was observed. Compared with the original samples, colored samples showed a great loss of color and the luster of the fabric appeared dull.

In her study Miss Prince used white nylon jersey, white flock-dot nylon, white novelty-weave sheer nylon, white checked seersucker-weave nylon, white plain-weave nylon, black nylon pucker, brown nylon with crinkle-woven strips and green woven wide and narrow striped nylon.

AMS:sf
4/18/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 22, 1955

(Last in Series of Four)

Use Color Remover to Bleach Nylons

URBANA--Use a color remover to bleach your white nylon fabrics that have turned yellow, recommends Miss Dorothy Figge, graduate student in the University of Illinois home economics department.

Nylon bleached with a combination of chlorine bleach and detergent containing fluorescent dye may turn even more yellow, she warns.

In her study, Miss Figge used six commercial bleaches, including a calcium hypectiorite bleach, an oxygen bleach, an anticolor bleach, a sodium hypochlorite bleach and a sodium perborate bleach.

She followed five separate steps in her experiment, ranking and judging the yellowed nylons after each procedure.

According to Miss Figge, the anticolor bleach gave the best results of a representative number of commercial bleaches that she used. This bleach brought garments of different stages of yellowness to the same degree of whiteness, especially when the directions were followed closely and the clothing was simmered for 10 minutes in the bleach water.

Washing after bleaching removed the bleach odor and gave most satisfactory results.

Other commercial bleaches gave different results at different times. If more than one garment was bleached, the degrees of whiteness in them varied.

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AMS:sf
4/18/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 22, 1955

County Scholarship Examinations April 30

URBANA--Illinois high school graduates who are interested in studying home economics at the University of Illinois have an opportunity to win a four-year tuition scholarship.

C. D. Smith, assistant dean of the College of Agriculture at the University of Illinois, announces that the scholarship examination will be given by county superintendents of schools on Saturday, April 30. All you have to do is contact the superintendent in your county if you want to take the examination.

To be eligible for a county scholarship, a student must be in the upper fifty percent of her high school class or have a 3.5 average from another college.

The examinations are held once a year in the office of the county superintendent of schools. The examination questions are of the objective type. Each candidate must write two of the following achievement tests: social studies, mathematics or natural science.

Each county in Illinois has two full tuition scholarships to award each year--one in agriculture and the other in home economics. In addition, each county has one general county scholarship and one scholarship for children of veterans, usable in any college in the University.

You can become a candidate for more than one of these scholarships by taking the examination on April 30. Just check on the information blank, before you write the examination, the ones for which you wish to compete.

The county scholarships will be awarded to the persons making the highest grades in the examination. For further information, see your county superintendent of schools.

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FOR RELEASE ON OR AFTER MONDAY, APRIL 25, 1955

Protein Foods Plentiful in May

URBANA--Protein foods dominate the list of plentiful foods for May, reports Milton C. Geuther, marketing specialist at the University of Illinois.

Broiler and fryer chickens lead the list because of the large number expected during the month from commercial broiler farms. Beef, pork, eggs, all dairy products and fish are other protein foods that are classed as "plentiful" for May by the U.S. Department of Agriculture.

Raisins and dried prunes, oranges and grapefruit are the fruits that are expected to be most plentiful. Rice will be the most plentiful starchy food, and there will be an abundance of lard and vegetable fats and oils.

Many of the foods that will be plentiful during May originate on farms within the state, Geuther points out, especially pork, lard, beef and milk. The pork and lard come from last fall's pig crop, which was about one-sixth larger than the fall crop of the year before. An abundance of beef is assured by the near-record number of feeder cattle brought into midwestern feedlots last fall and winter for fattening. These cattle have been moving to market during the spring, and many more remain to be marketed during May.

It's a natural thing for cows to give more milk in the springtime, and May usually finds production almost at the highest point of the year.

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4/21/55

for dailies

Homemaking news

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, APRIL 29, 1955

Silk-Like Cottons in the Spring Fashions

URBANA--Any similarity between silks and cottons this spring is purely intentional.

According to Miss Myra Baker, textiles and clothing specialist at the University of Illinois, fabric experts and fashion designers got together to give some cottons the look and feel of silk.

Fabrics combining cotton and come of the new-science yarns are gaily printed in many designs. Hand-screened cotton satins and broadcloths and printed designs on fine-combed sanforized cottons give the look of exquisitely printed silks.

This spring you will see printed cottons harmonizing and blending every imaginable color and shade. You will find print, ranging from small geometric designs to fields of flowers.

In printed fabrics the experts have combined natural and synthetic fibers, colors and finishes to give you more beauty and more service.

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IBA:sf
4/26/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 29, 1955

Plan Springtime Activities for the Whole Family

URBANA--With spring days here to stay, there are many work and play activities for the whole family to enjoy out-of-doors.

According to Miss Margueritte Briggs, family relations specialist at the University of Illinois, money or lack of it, should not be the main factor in determining your family's leisure activities. It is more important to make use of all of your family resources, such as time, geographical location, and health and personalities of family members.

Miss Briggs suggests several family group activities that won't upset the budget.

As fresh spring days replace winter, your family may enjoy Sunday trips to historical points or other spots of interest in your locality. You can add interest to the trip and keep the children from getting restless by taking dolls, books and small toys in the car.

Picnics and cook-outs will add a touch of novelty to family meals. Your children will have fun, even though they can't start the fire. Let them help you decide on the menu so they will feel that you are including them in the planning.

Along with spring weather comes games in the yard. One family activity might be preparing the ground for croquet. At first this may seem like work, but the fun begins when the ball starts rolling. Or you may want to lay out a baseball diamond or a volleyball court.

Get your whole family to start planning now for leisuretime activities they will enjoy in the warm, sunny days ahead. The family that works and plays together usually remains loyal and appreciative through the long years ahead.

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IBA:sf
4/26/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 29, 1955

(Note to Editor: If you wish to localize this story, please contact your county home adviser.)

Illinois Home Economics Extension Week, May 1-7

URBANA--Illinois Home Economics Extension Week, marking the fortieth birthday of home economics extension work in Illinois, will be May 1-7. Held in connection with National Home Demonstration Week, its theme will be "Today's Home Builds Tomorrow's World."

Last year more than 32,000 homemakers served as local leaders in carrying out home economics extension programs. With the aid of home advisers, women of the state were in this way able to get training, encouragement and the newest reliable information on foods and nutrition, clothing, housing, home furnishings, household equipment, home management, health and safety.

With the help of the Cooperative Extension Service of the United States Department of Agriculture, the University of Illinois College of Agriculture and county home bureaus, home and family life have been strengthened by helping women become more efficient homemakers and more effective citizens in their communities, state and nation.

Mrs. Kathryn V. Burns, state leader of home economics extension, University of Illinois College of Agriculture, says one of the most important contributions of home economics extension work is the development of local leadership. This leadership has been developed because homemakers believe in their homes and their communities and are interested in sharing information.

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4/26/55

FOR RELEASE ON OR AFTER FRIDAY, APRIL 29, 1955

Early Care Important for "Strep" Infections

URBANA--Prompt medical treatment of nose and throat infections will help to prevent rheumatic fever and other serious complications.

Miss Pauline Brimhall, health education specialist at the University of Illinois, says most medical authorities agree that the first and later attacks of rheumatic fever are brought on by "strep" infections, such as tonsillitis, "strep" throat and scarlet fever.

Mothers should learn to be alert to signs of illness in their children. Generally any sore throat that lasts for more than a day or two is not an ordinary sore throat.

Prompt medical treatment of a "strep" throat not only may prevent rheumatic fever and other complications but, if the patient is put to bed, it will help to prevent the infection from spreading to others in the family and community.

Not every child who has a "strep" infection will develop rheumatic fever. However, a child who recovers from a respiratory infection or known "strep" infection should be carefully watched for at least a month. If any signs of illness show up, take him to your doctor for a check-up without delay.

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for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Common Sense in Mushroom Hunting

URBANA--Now that mushroom season is here, precautions should be used in gathering them. Any person who uses common sense can gather mushrooms afield with perfect safety says University of Illinois safety specialist O. L. Hogsett.

There are four kinds that make up the bulk of mushrooms gathered by most hunters; the giant puffball, meadow mushroom, morel and oyster mushroom.

The giant puffballs, white, roundish conspicuous objects, can't possibly be mistaken for any other mushroom because they have no stem running through them. If a puffball is white all the way through and no distinct stem running through the meat, it is all right to eat.

The meadow mushroom is the one that is grown commercially So you can learn about this mushroom simply by buying a few at the store and examining them.

The morel mushroom, better known as the sponge mushroom to most people, is the one most commonly hunted. Once you have seen this mushroom, you can distinguish it from the common toadstool at a glance.

The last of the "big four" is the oyster mushroom, so called because of its shape. It is also called log oyster or woods oyster because that is where you find it growing. Like the other three, it is not hard to identify. The stem is not attached to the center of the cap, but laterally to one side. But its most unique and distinctive feature is the gills running down into the stem.

You can enjoy mushroom hunting through the season with perfect safety if you learn to identify the eatable "big four."

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OLH:sf
4/29/55

FOR IMMEDIATE RELEASE

Freeze or Can Mushrooms for Later Use

Mushrooms are popping out all over Illinois, according to reports received by the University of Illinois. So a foods specialist suggests that you gather them and can or freeze them for later use.

Directions given here come from Miss Geraldine Acker. She says to use tender button or medium-sized mushrooms for freezing. However, if you have some that are larger than one inch across, cut them into quarters after you've washed them.

Wash in a two percent salt solution made by adding one and one-half tablespoons of salt to a quart of water. Trim off the ends of the stems.

Blanch the mushrooms, using four quarts of boiling water for one pound of mushrooms. Blanch the tiny button-sized ones for three minutes and the larger ones for five minutes, counting the blanching time from the moment you put them into the boiling water.

Then cool promptly in cold water, drain and package. Seal and freeze immediately.

To can mushrooms, Miss Acker says to soak them for 10 minutes in cold water after trimming the stems and discolored parts. Soaking will remove soil that adheres to them. Then wash in clear water.

In canning, as in freezing, you can leave the small ones whole, but cut the larger ones into halves or quarters. Steam for four minutes or heat gently in a covered saucepan for 15 minutes without added liquid.

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FOR IMMEDIATE RELEASE

Freeze or Can Mushrooms for Later Use - 2

Pack the hot mushrooms into glass jars to within 1/2 inch of the top, adding boiling water if necessary to bring the liquid to that point. Add 1/2 teaspoon of salt to pint jars and 1/2 teaspoon to half-pint jars. To get a better color, add 1/8 teaspoon (250 mg.) of ascorbic acid to pints and 1/16 teaspoon (125 mg.) to 1/2 pints. Then adjust the jar lids.

Process in your pressure canner at 10 pounds' pressure--30 minutes for 1/2-pint jars and 30 minutes for pint jars. As soon as you remove jars from the canner, complete the seals if the closures are not the self-sealing type.

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4/28/55

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MAY 6, 1955

Get Variety In Your French Dressing

URBANA--Several ingredients can be added to French dressing to make it extra-special, says a foods specialist at the University of Illinois.

According to Miss Patricia Wyatt, French dressing can be turned into a cheese dressing by just adding grated hard cheese or by rubbing soft cheese to a paste with the dressing. Roquefort or blue cheese dressing is made by crumbling the cheese and adding it to the French dressing.

To change French dressing into Chiffonade dressing, just add chopped onions, peppers, pimientos, parsley and hard-cooked egg.

Vinaigrette dressing is made by adding chopped chives and chopped hard-cooked egg to a French dressing that contains horseradish and catsup or chili sauce.

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IBA:sf
5/3/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 6, 1955

Asparagus Is Versatile!

URBANA--With asparagus season at hand, why not treat your family to a tempting dish of it tonight?

A foods specialist at the University of Illinois suggests that you try new ways to prepare it for your family. Miss Geraldine Acker says one way your family might like it is in Asparagus Toast Rolls, and they're easy to fix.

First, trim the crusts from slices of fresh white bread. Roll them so that the opposite edges of a slice come together. You can keep the roll in place with a toothpick. Then toast these on all sides in your oven or under the broiler. Fill the rolls with hot, drained asparagus, canned or fresh cooked. Arrange rolls on a platter, pour a cheese sauce over them and garnish with broiled bacon and parsley.

If you prefer to serve the asparagus in a salad, why not try this one which Miss Acker offers: Cut rings of green pepper or lemon about 1/3 inch wide. If you use lemon, remove the pulp. Then slip stalks of cold boiled asparagus, fresh or canned, through each ring and arrange each serving on crisp lettuce. You can either put them on individual salad plates or on a platter. Serve with French dressing that has been mixed with a little catsup. Doesn't that sound simple? And it's oh-so-good. Your family will go for it, and so will your guests.

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ZAB:sf
5/3/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 6, 1955

Choose the Right Size Flower Arrangement for Your Table

URBANA--How large should the flower arrangement for your dining table be? Let the size of your table and the type of meal you are serving answer this question, says a floriculture specialist at the University of Illinois.

According to John Culbert, if you are serving your guests from the head of the table, the flower arrangement may be larger than when food is placed on the table and passed.

At a buffet-style meal, your flower arrangement may be larger and taller than at a sit-down dinner. A "one-sided" arrangement should be used for a buffet meal, but the "sit-down" meal calls for an arrangement that is attractive from all sides.

The arrangement should be the same shape as your table. Make a round arrangement for a round table, an oval arrangement for an oval table and a long, narrow one for a rectangular table.

Make sure your flower arrangement will not interfere with your guests as they dine. Arrange your dinner service and allow room for serving platters and dishes. Then, in the space left in the center of the table, arrange your flowers.

And, remember, your guests want to see each other as they dine, so keep the height of your flower arrangement under fifteen inches.

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IBA:sf
5/3/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 6, 1955

Check Your Stepladder for Spring Use

URBANA--Now that spring is here and you are ready to do your spring cleaning, is your stepladder ready? asks University of Illinois Extension Safety Specialist O. L. Hogsett.

If you're not sure, now is the time to check and see. A rickety ladder can send you on a forced vacation, and you'll have to let the house stay dirty or hire someone to do the cleaning.

If you don't have a stepladder, here are two words of advice: Get one! Falls--many of them from boxes, chairs and other ladder substitutes--are the leading cause of home accidents.

If you have an old ladder, here are some points to check in deciding whether it is safe to use: See that the steps are in good repair and fastened solidly to the side rails so that they won't rock. Check the brackets that keep the legs from spreading too far, and be sure they are fastened well to all four legs. Also, check the cross braces to see that they are nailed or screwed securely to the legs.

If your ladder doesn't pass this test, get the man of the house to repair it before outdoor work ties him up.

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OLH:sf
5/3/55

for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MAY 13, 1955

Select the Right-Colored Flowers to Enhance Your Meal

URBANA--Flowers on the dining table add gaiety and color to a meal and make the food just that much more attractive.

According to John Culbert, floriculture specialist at the University of Illinois, flowers are part of the dining picture. Therefore, they should harmonize with the linen and the china.

For a pleasing effect, let the color of the china pattern, the candles or other accessories suggest the color for the flowers. Or select flowers that harmonize with the color of the cloth.

Choose one color to dominate your table arrangement. You may use two or more to give accent or contrast. But too many colors give a "spotty" effect.

You should also consider lighting when you're deciding on the colors for a flower arrangement. If you are having a candlelight meal, avoid using flowers in blue, lavender or blue-pink shades. Instead, select warm pink, white, yellow or orange flowers.

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5/9/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 13, 1955

Graduates to Take Apprenticeships

URBANA--Seniors in home economics at the University of Illinois who are completing requirements for graduation with majors in hospital dietetics or institution management have received their appointments for dietetic internships.

About fifty institutions throughout the country have been approved by the American Dietetic Association to offer these internships. This year eleven graduates will take the training.

They are Joan M. Warp, West Chicago, to intern at Grasslands Hospital, Valhalla, New York; Betty M. Priggie, Berwyn, University of Minnesota, Minneapolis, Minnesota; Carole Ann Clark, Stronghurst, Hines Veterans' Hospital, Hines, Illinois; Marilyn M. Johnson, Rockford, Massachusetts General Hospital, Boston, Massachusetts; Barbara Turner, Cordova, Christ Hospital, Chicago; Virginia Nausedas, Chicago, Milwaukee County Institution, Milwaukee, Wisconsin; Charlene R. Biedo, Chicago, Billings Hospital, Chicago; Amelia Sisul, Chicago, University of California, Berkeley, California; Margaret Ray, White Hall, Oklahoma A. & M., Norman, Oklahoma; and Judith Starsky, Toledo, Ohio, Michael Reese Hospital, Chicago.

The students are permitted to apply for training at any three of the approved institutions. They are then selected on a competitive basis by a committee from the institution.

Each year the Illinois Dietetic Association awards a scholarship of $240 to a student taking the internship. The award, made on the basis of ability and professional interest, was given this year to Amelia Sisul. She plans to remain at the University of California after her internship to complete requirements for a master's degree.

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5/9/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 13, 1955

Help Your Child Enjoy Eating

URBANA--Help your child learn to accept mealtime by making it an enjoyable occasion for him.

Dr. J. Richard Suchman, child development specialist at the University of Illinois, suggests that you try to understand your child and see things the way he does. Then you may realize why he puts up a fight when you call him to eat.

As a child is growing up, he wants to feel more independent each day. When you give him something to eat and he answers "No," he gets a feeling of independence. Then, if you get upset and angry, he feels a greater sense of power. The child may not dislike the food; he refuses to eat simply because he knows he has the power to make you angry.

To avoid making mealtime an unpleasant experience, Dr. Suchman recommends keeping calm and matter-of-fact. Be firm but gentle in getting your child to eat something he has refused--if you feel it is important that he eat it.

You can give your child a sense of accomplishment if you serve him small portions that you know he will eat. Give him about half the amount he usually eats, and he'll be proud of himself when he finishes it. He may even be hungry enough to ask for more.

Make the food look "good enough to eat" so that the child will want to eat it. Attractiveness is just as important as taste.

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FOR RELEASE ON OR AFTER FRIDAY, MAY 13, 1955

Help Your Child Enjoy Eating - 2

Dr. Suchman says that making a food look like something else and tricking a child into eating it may not prove successful because he will be angry if he realizes you have fooled him.

Above all, don't battle with your child at mealtime, because he might grow up feeling that eating is an unpleasant occasion. You can prevent trouble for yourself and help the child develop good eating habits by keeping calm and by being patient and firm. Make mealtime enjoyable, and both you and your child will benefit.

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Less Fatigue - Fewer Kitchen Accidents

Records show that more than five million persons are injured in home accidents annually. The kitchen appears to be the most dangerous room in the house, says O. L. Hogsett, extension safety specialist.

Almost 20 percent of all home accidents happen in the kitchen. Many of them are attributed to poor judgment, disorder, improper equipment and improper use of equipment. Others--and statistics can never tell how many--are caused by fatigue. It's when a person is "dog-tired" that things go wrong. Hands fumble, feet trip over things and eyes fail to see possible dangers. So, when you are tired, take five minutes to relax; then your name won't appear in the statistic column.

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OLH:sf
5/9/55

Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MAY 20, 1955

Provide Your Children With Toys for Outside Play

URBANA--By using a bit of imagination you can supply your children with all kinds of toys and discarded household equipment that will keep them busy outdoors this summer.

According to Dr. Nellie Perkins, a specialist in child development at the University of Illinois, the secret of successful play involves play equipment, space, time and playmates.

Yard equipment, like swings, rings and slides, will keep the children busy. Movable equipment, like large packing boxes, barrels and planks, offers the opportunity for active play. And you can add some old clothes line, a few hose lengths and some cast-off clothing for dramatic accessories.

Sand play is still popular among young children. So be sure to have the sand box filled for the summer months. And don't forget sand toys for digging and cake-making. Spoons make good diggers, and toy cooking utensils are perfect accessories for playing in the sand.

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IBA:sf
5/16/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 20, 1955

Make Special Salad Dressings With Mayonnaise

URBANA--Mayonnaise is an old standby in salad dressings. But with a bit of imagination and a twist of the wrist, you can concoct your own special dressing, using mayonnaise as the base.

According to Miss Patricia Wyatt, foods specialist at the University of Illinois, mayonnaise itself has a rather bland flavor. But there are many delicious variations you can make by adding a variety of ingredients.

For example, you can make a Thousand Island dressing to use on a mixed vegetable salad by adding to mayonnaise different combinations of chives, capers, chopped green peppers, pimientos, pickles, olives, onions, and hard-cooked eggs.

By using half as much thick chili sauce as mayonnaise, you get a delicious Russian dressing. Also, you can get an interesting tangy flavor by adding horseradish or chutney to mayonnaise.

Tartar sauce is another variation you can use as a sauce for fish. Just chop sweet or sour cucumber pickles, parsley and onion and add to the mayonnaise. Or you can use sweet pickle relish in place of the cucumbers. And to get that characteristic flavor of tartar sauce, use either chopped or powdered tarragon or tarragon vinegar.

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5/16/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 20, 1955

Buy Air Conditioner That Suits Your Needs

URBANA--If you're planning to buy an air conditioner, remember that there are some other things besides room size that you'll have to consider.

The climate, the insulation in the building, the number of occupants, and the area's exposure to the sun are points to keep in mind during selection, according to Frank W. Andrew, rural electrification specialist at the University of Illinois.

Andrew says there are some pointers on installation that are important too. Make sure there will be nothing to block the air currents, and be positive that your wiring is adequate. Never use an ordinary household extension cord for an air conditioner. The wire is not heavy enough.

Air conditioners need separate electrical circuits, and some of the larger units require special wiring. It's a good idea to check with your local power company office regarding electric service conditions at the point of installation. Do it as soon as you decide to install air-conditioning equipment so that you'll be sure of getting full benefit from it.

You don't have to be an engineer to buy an air conditioner wisely, but you do need the help of a competent, experienced salesman. Before you start to shop, make a list of the size, shape, kind of area to be cooled, as well as other pertinent information. These points will help the salesman give you what you need. Then buy from a reputable dealer who can provide service if you need it.

After you get your air conditioner, read the instruction booklet carefully, and follow the manufacturer's advice.

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5/17/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 20, 1955

Help Your Child Prevent Tooth Decay

URBANA--Only about 25 percent of the children in Illinois are getting adequate dental care. According to a University of Illinois health education specialist, more than two-thirds of all dental disorders could be prevented.

Miss Pauline Brimhall says you should take your child for his first dental examination before he is three years old. Then regular visits to the dentist should keep his teeth in good repair. If your dentist thinks it is necessary, the child's teeth can be treated with sodium fluoride, a solution used to help prevent decay.

You can also help to reduce dental disease by giving your child a balanced diet. If a child's diet does not provide proper nourishment, the deficiency may cause swelling and bleeding gums.

Get your child into the habit of brushing his teeth after eating, especially after eating sweets. Foods that are rich in sugar increase production of the acid that destroys tooth enamel. Frequent brushing removes particles of food that could otherwise produce those enamel-destroying acids.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, MAY 27, 1955

Statistics

URBANA--Home accidents in 1953. Nearly half of these persons died from injuries due to falls. Five out of six who died were 65 years or older.

About one fourth of the home falls occur in bedrooms, but other areas of the house are dangerous also. Inside stairs, kitchens, living rooms, outside stairs and dining rooms--in fact all parts of the house--should be watched at all times, says University of Illinois safety specialist, O. L. Hogsett.

There are many reasons why falls occur. The floor may need repairing, foreign material may be scattered about or lighting in the room, stairways, halls or other areas may be inadequate. Particular care should be taken to see that none of these hazards exist in your home.

Despite all these precautions, falls will happen unless the individual is careful, dresses properly, looks where he is going and does not add to the household hazards by careless walking habits.

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OLH:sf
5/24/55

FOR RELEASE ON OR AFTER FRIDAY, MAY 27, 1955

Vacation Activities for Your Child

URBANA--Help your child adjust to vacation time with suggestions for summer activities, says Mrs. Millicent V. Martin, child development specialist at the University of Illinois.

Now that school is closing for another year, mothers will be hearing the question, "What can I do?" Caring for a small garden will give your child a project of his own. Raking grass, repainting old toys and water painting are other things he can do at home.

Rainy days call for mounting pictures in scrapbooks or painting. For the painting use tempera paint and a 3/4 inch brush on newspaper or paper dry-cleaning bags.

Colored dough is a good substitute for modeling clay. Mix one part salt to two parts flour, and add enough water to make it hold together. Children like the colors you can make by adding food coloring. You can store the dough in a covered container in the refrigerator, but you may need to moisten it if you keep it a long time.

Children enjoy playing with fish cut from an old inner tube. Make a hole for the eye and insert a soft rope for a fishing line. The children can then fish from the side of a porch or pull the fish on the lawn.

Mrs. Martin says summer activities don't have to be all play; you can include doing and learning experiences too.

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FOR RELEASE ON OR AFTER FRIDAY, MAY 27, 1955

'ake Good Care of Your Toaster

URBANA--The automatic toaster is indeed a help to the home-aker. But, like all other appliances, it needs reasonable care to keep it in top working condition..

Miss Catherine M. Sullivan, home management specialist at the niversity of Illinois, has some suggestions for keeping your toaster n good condition.

Remember that a toaster has certain limitations. It does the est job when you toast evenly sliced white or dark bread. To avoid leaning problems, it's better to use the broiler for toasting fruit reads and those that are sugared or frosted. If you want to trim off he crusts, do it after toasting and you'll have fewer crumbs to clean rom the toaster.

Frequent cleaning is the best guarantee of dependability. lways disconnect the plug before you clean the toaster. Then remove he crumb tray and brush away the crumbs. Use a soft bristle brush or slightly damp cloth for removing crumbs from the inside. Remove tains or grease spots on the outside metal parts with soap and water. aking soda is good for removing stubborn spots. Remember that using minimum amount of water is a good rule to follow when cleaning all lectrical equipment.

Check the fuse, the cord and the plug if your toaster doesn't eat. If they are all in good condition, something is probably broken r burned out in the heating element.

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FOR RELEASE ON OR AFTER FRIDAY, MAY 27, 1955

Take Precautions in Spring

URBANA--Spring brings many enjoyable picnics, hikes and other outdoor activities, but it also brings such unpleasant things as sunburns, overfatigue and poison ivy. Your job is to prevent these unpleasant episodes in your family's summer schedule.

Miss Pauline Brimhall, University of Illinois health education specialist, says you can prevent serious injury and illness from overexposure to the sun by taking it in small doses until you know how much your skin can take.

Avoid prolonged and strenuous activities during hot weather. Everyone needs to take things easier then. When the temperature reaches toward the 100° mark, it's just good common sense to cut down on physical activity. Children should not romp and play too hard in the sun. Some restrictions should be placed on the usual strenuous activities of teen-agers. The homemaker needs to rest from her work now and then and try to cut down on some of the hot, tiring jobs. Husbands should avoid working too long in the summer sun or trying to get in too many holes of golf over the weekend.

Miss Brimhall also suggests that each member of your family learn to recognize that three-leaf cluster of poison ivy. Remember, the leaves are green in spring, but they turn reddish-brown by fall. Almost nobody is immune to poison ivy, and it is dangerous all year round.

The only real defense is to stay completely away from it. But, since someone may accidentally run into it, here are a few precautions: When you go into the woods or fields, wear protective clothing, such as gloves, boots or long stockings and long sleeves. When you return home, scrub your skin, and be sure to wash your clothing with soap and water because the poisonous sap will cling to it otherwise.

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ZAB:sf
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for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JUNE 3, 1955

Buying Appliances for Bride?

URBANA--If you are planning to buy an electrical appliance for one of the brides on your list this month, you'll be interested in the suggestions that come from a University of Illinois home management specialist.

Miss Catherine M. Sullivan says you ought to check first to see if the Underwriters' Laboratory symbol appears on the item. That symbol means that the appliance meets the standards for satisfactory, safe operation.

Next, look for a card, tag or booklet that has the guarantee to repair or replace defective parts for a certain length of time. Then you'll be sure to protect the bride from immediate repair bills. And are there adequate instructions for use?

If the appliance is designed for table use, be sure the table rests and insulation will give adequate protection to the top of the table. You'll also want to make sure that all the handles are made of heat-resistant materials.

Before you buy, another important point to watch for is ease of cleaning and caring for the equipment. Just ask yourself if you'd like to clean it; and, if not, don't buy it. If equipment is too hard to clean, the chances are that it won't be used.

You may even want to give the appliance a "dry run" just to see that it operates as it should and that it is easy to operate.

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 3, 1955

Watch Out for the Food on Summer Trips

URBANA--To be on the safe side when you're traveling this summer, choose eating places that take special care in handling food.

According to Dr. Richard Marsh, specialist in food technology at the University of Illinois, many vacationers run the risk of suffering from stomach upset, food poisoning or intestinal infection because many restaurants along the popular routes are not inspected for sanitary conditions.

If you know about such conditions and take special precautions, you will not ruin a wonderful, healthy vacation.

Such foods as milk and milk products, rapidly cured hams, potato salad, chicken salad and cream-filled bakery goods are likely to spoil in a few hours if allowed to stand without refrigeration during the summer. So, if you aren't sure how these foods have been handled in the restaurant, it is best to pass them up. Also, when eating out, make sure the milk you are served is pasteurized.

Even when you are preparing a picnic lunch to take on a trip, watch out for the food. Make sure it is kept cold until you're ready to serve it. You can easily make a "traveling icebox" by placing the food in a cardboard container and packing ice cubes wrapped in newspaper all around it. Seal the carton with tape, and your food will keep cool for hours. But remember, don't pack your picnic lunch in the trunk of the car, unless it is adequately refrigerated. The trunk is much too warm in the summertime for transporting unrefrigerated foods.

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 3, 1955

Add Nutrition With Skim Milk Powder

URBANA--Make your meals better tasting and more nutritious by adding nonfat dry milk solids to the food.

Miss H. Patricia Wyatt, foods specialist at the University of Illinois, says you'll enjoy the ease with which you can use these solids--especially the new "instant" kind.

In many cases you don't even have to reconstitute the milk. Simply sift the milk powder--3 tablespoons for each cup of milk the recipe calls for--with the dry ingredients. Then use water instead of milk. When making yeast rolls, sift the milk powder with the flour, and use boiling water instead of scalded milk to dissolve the sugar, salt and shortening. Cool to lukewarm before adding the dissolved yeast.

If you like to make your own mixes, try using nonfat milk solids. Use them in biscuit, waffle, pancake, gingerbread, cake and brownie mixes. They can also be used in making cocoa.

Next time you have mashed potatoes, use a tablespoon of milk powder for every medium-sized potato. Add it with the butter when you mash the potatoes. Then, instead of adding fluid milk, use some of the hot potato water in which you cooked the potatoes.

To increase the nutritional value of your meals, Miss Wyatt suggests that you add nonfat dry milk solids to the food. Use whole milk in making breads, cakes, cookies and other baked products, but sift an additional quarter of a cup of milk powder into the flour for

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each cup of liquid in the recipe. For meat loaves and sausage, mix half a cup of milk solids with every pound of meat. For gravies, white sauce and cream soups, use a quarter of a cup with each cup of liquid. Add protein to custards, puddings, and cocoa by adding two tablespoons of milk solids to each cup of milk.

If some members of your family don't drink enough milk, give them the nutrients they need from milk by adding milk solids when cooking.

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Make Your Community Fly-Free

URBANA--You and your neighbors can have a fly-free community if you will inspect your homes, farms, neighborhoods and towns and eliminate all of the breeding places. The major places are stables, stockyards, slaughter houses, poultry houses, canneries, and garbage dumps.

Miss Pauline Brimhall, University of Illinois health education specialist, says that to eliminate flies in your community you will need the cooperation of every person in removing breeding places and properly disposing of rubbish and garbage.

For further information, write to the State Department of Public Health, Springfield, Illinois.

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Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JUNE 10, 1955

Use Colors to Express Moods

URBANA--Colors can add life to a room. Or they can make a room look drab. Whatever appearance your room has will depend on the colors you choose for it.

According to Miss Ellen Hansen, member of the home furnishings staff at the University of Illinois, the amount of natural sunlight that a room has may determine what colors you should use in it.

The reds, yellows and oranges seem warm and cheerful because we associate them with the warmth of sun and fire. The blues, greens and some purples seem cool and restful because we associate them with cool green trees and blue of ice. Therefore, a room that has a lot of warm, cheerful sunlight can use blue or green. But a room with little sunlight needs a warm color to make it appear cheerful. A warm yellow may give a dark room a bright, cheery mood.

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 10, 1955

Use Cheese in Your Meals

URBANA--Don't think of cheese only as a tidbit to top off an already complete meal.

Miss Patricia Wyatt, foods specialist at the University of Illinois, says cheese in itself can be the center of your meal. It is rich in high-quality protein and fat, which gives it a good staying quality. It is also a good source of vitamins and minerals.

Cheese soufflé, cheese fondue, cheese sauce, Welsh rarebit and grilled cheese sandwiches are all popular dishes that contain cooked cheese. Although cheese presents no problem when served as is, you may find some difficulties in cooking. Miss Wyatt says you can eliminate these difficulties if you use low heat.

Cheese cooked at high temperatures gets stringy and tough. It looses its flavor and might even curdle. If you make a cheese sauce, use a double boiler to keep the temperature down, and cut or grate the cheese into small pieces to speed up melting.

If you have to use a higher temperature, such as in grilled cheese sandwiches, control the time. Be sure to take the sandwiches out of the oven as soon as the cheese has melted.

She suggests that, whenever possible, you mix the cheese into a sauce before adding it to other ingredients.

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 10, 1955

Be Prepared in Emergency

URBANA--If you haven't reviewed your family's insurance coverage recently, why not check right now to be sure that you have the type and amount of protection you need?

Mrs. Ruth C. Freeman, specialist in family economics at the University of Illinois, says that satisfactory protection in an emergency is part of keeping your family on a sound financial basis.

For sound money management, Mrs. Freeman believes you should have coverage in certain specific areas, including liability insurance on the family automobile plus personal liability, fire, accident and disaster insurance. She says it is also desirable to have other types, such as life insurance and hospitalization.

Read your insurance policies carefully, including all the fine print. If you do not understand them, ask your insurance agent to explain them to you.

Being prepared for emergencies through insurance is a part of keeping your family on a sound financial basis. Be sure you are prepared!

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 10, 1955

Package Foods Properly for Freezing

URBANA--One of the most important factors in maintaining quality in frozen foods is proper packaging. Packaging materials must be moisture-proof or the products will dry out and may become rancid.

According to Mrs. Barbara McGrath, foods specialist at the University of Illinois, moisture-proof cellophane, polyethylene, pliofilm and aluminum foil are among the recommended wrapping materials for freezing foods.

Glass, metal and plastic containers may also be used in freezing. They are more expensive than the other types, but they can be reused. Freezing in these square or rectangular containers may be helpful because they will stack easily.

You can save yourself time and effort later if, in freezing you prepare the food products for future use. For example, you can easily separate individual steaks, chops and meat patties if you place double thicknesses of freezer paper between the servings when you prepare them for freezing. Another time-saver is to package just the amount of food you will need for one meal.

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for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JUNE 17, 1955

Processed Cheeses Keep Better Than Natural Variety

URBANA--Not all cheeses on the market are natural cheeses.

Miss Patricia Wyatt, foods specialist at the University of Illinois, explains that certain groups, such as processed cheese, cheese foods and cheese spreads, are blended.

The blended varieties may be made with a base of American cheese to which portions of other cheeses, like Limburger, Roquefort or Camembert, have been added.

Processed cheese is ground and heated with a salt, such as sodium phosphate, which is added as an agent to hasten the blending process. The mixture is then packed in boxes lined with foil, waxed paper or plastic.

Miss Wyatt explains that this treatment produces a cheese with a smooth texture that is easily sliced. Heating destroys the ripening agents so that the processed cheeses can be kept for long periods without change. You don't even have to refrigerate them until you open them.

Processed cheeses are sold under many different commercial trade names. All of them, however, have to have the same amount of fat and moisture as do natural cheeses,

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 17, 1955

Processed Cheeses Keep Better Than Natural Variety - 2

Cheese foods have undergone the same blending process as processed cheeses. According to the food laws, all brands have to be labeled as such. Cheese foods contain added milk solids but less milk fat and more moisture than natural cheeses.

Cheese spreads in turn are similar to cheese foods, although they contain even less fat and more moisture than cheese foods. They may contain many ingredients, such as sweetening agents, fruits, meats or condiments, that are not permitted in processed cheese.

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 17, 1955

Selection of Dinnerware

URBANA--The prospective bride should consider her future financial status along with entertaining demands before she determines the type of dinnerware to buy.

According to Mrs. Alice Coleman, University of Illinois home furnishings specialist, the young couple planning to live in a small apartment and entertain informally can keep dinnerware items to a minimum.

The prospective bride will also want to think about the quality of dinnerware she can afford. Dinnerware that is well designed and attractive in color can be selected at all price levels.

There are three types of dinnerware to choose from. One type that is popular for breakfast and luncheon use is earthenware. It is fired at a low temperature and is porous, so it should have a good glazed finish.

Another type is low porosity ware. It is fired at high temperature and has a smooth, hard finish. It is popular for home use and is reasonably priced.

A third type of dinnerware is nonporosity ware. It is a hard-porcelain china, made of the whitest clay and fired at a very high temperature. You can see through this type of dinnerware when it is held to the light. It is the most expensive type.

Mrs. Coleman says the prospective bride will find it easier to make a wise choice of dinnerware if, before buying, she considers the use she will make of it and the quality she can afford.

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 17, 1955

Cooking Fresh Vegetables

URBANA--To keep vitamins in vegetables, cook them for a short time in a small amount of water and in fairly large pieces.

According to Mrs. Barbara McGrath, foods specialist at the University of Illinois, when boiling vegetables you should use only enough water to prevent burning. Spinach and other leafy greens need only the water that clings to the leaves after washing.

Green vegetables should be added to lightly salted boiling water. Covering the pan will lessen the cooking time because the vegetables are cooked by steam.

The stems of asparagus and broccoli need more cooking than the tips. So stand these vegetables in a deep pan or in a percolator so that the stems will boil in water while the heads cook in steam. Or cut the stems into one-inch lengths and cook them until they're almost tender before putting in the tips. Splitting the heavy stalks of broccoli will make them cook in less time, almost as quickly as the heads.

Panning is another good method of cooking green vegetables. Mrs. McGrath suggests using two tablespoons of fat, such as butter or meat drippings, for each quart of vegetables. Melt the fat in a heavy skillet, add the vegetable and cover to hold in the steam. Cook slowly until tender but not mushy. Occasionally stir the vegetables to prevent them from sticking to the pan. Spinach, shredded cabbage and tender green beans are especially good when cooked in this way.

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FOR IMMEDIATE RELEASE

Cornerstone Laid for New Home Ec Building

URBANA--The cornerstone for the new home economics building on the University of Illinois campus was laid Monday, June 20.

At the ceremony Dr. Janice M. Smith, head, department of home economics; Miss Lita Bane, former head; Dr. Louis B. Howard, dean, College of Agriculture; and A. J. Janata, secretary of the University of Illinois Board of Trustees, placed mortar on the spot before workmen lowered the stone into place.

A metal box containing statements by Dr. Howard, Dr. Smith and Miss Bane was cemented into the stone. The box also contained various pictures and articles representative of the work done by each of the divisions in the department, as well as material representative of the type of student activities carried on. One book, "The Story of Isabel Bevier," by Miss Bane, and copies of Champaign-Urbana newspapers were also placed there.

Home Economics Extension was represented in the box too with a statement by Mrs. Kathryn Van Aken Burns, state leader, and information regarding 4-H Club projects and extension participation in the counties.

The building is expected to be ready for occupancy in September 1956. It will provide laboratories, offices and auxiliary room for research, extension and teaching activities.

Also under construction at the present time just one and one-half blocks from the new home economics building is the child development laboratory. It has been planned to meet all the needs of preschool children, with staff offices, classrooms, research laboratories, parents' conference rooms and library all in the same building.

This laboratory will provide for twice the number of children now enrolled and will make possible increased activities in the graduate, undergraduate and research programs.

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Homemaking
Radio News

IIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JUNE 24, 1955

lore Milk in the Diet

URBANA--Start now during National Dairy Month to increase the amount of milk in your diet, says Mrs. Barbara McGrath, University of Illinois foods specialist.

Milk is one of the best sources of calcium, which builds strong bones and teeth. Three to four cups of milk a day for children and two cups for adults provide a good supply of calcium.

The easiest way to get your milk supply is to drink it. But if your family doesn't like to drink milk, bring it into the diet in other ways. For breakfast try baked goods made with milk or milk toast or cereal cooked in milk. Soups, chowder, creamed dishes and puddings are good ways of using milk at other meals. Milk beverages are good between-meal snacks for children. Try flavored milk drinks, shakes, malts and eggnog.

Mrs. McGrath says there are numerous milk substitutes. Two to three dips of ice cream equal one cup of milk. One and a half ounces of Cheddar cheese, 11 ounces of cottage cheese or 15 ounces of cream cheese equal one cup of milk.

Let National Dairy Month be the beginning of a campaign to get more milk into your diet.

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6/21/55

FOR RELEASE ON OR AFTER FRIDAY, JUNE 24, 1955

Prepare Your Child To Go To the Hospital

URBANA--To lessen the fright your child may experience when he must go to the hospital, it is best to prepare him beforehand.

According to Mrs. Millicent Martin, child development specialist at the University of Illinois, you should tell him the truth about where he is going and how long he will be there.

A few days' notice is enough for the young child. An older child should be told a week or two in advance. If you tell your child the truth, he will know what to expect and may not resist. Never take him to the hospital under false pretenses. Tell him why he has to go and when he will be able to come home.

You may help to lessen the fright of the hospital by dramatizing what the experience will be like. You can play doctor and nurse, with the child as the patient. You can read him stories about the hospital. If you have had hospital experiences, you can tell him a few of your own feelings when you were there.

Be frank with your child when he asks about pain. Tell him it will hurt, but don't emphasize the details. For example, if he must have his tonsils taken out, tell him that his throat will be sore for a while.

Tell him about the pleasant aspects of the hospital, such as the wind-up beds and the buzzers for calling the nurse. Also tell him that you will visit him as often as you can and bring him some of his favorite toys. And when he goes to the hospital, let him take a soft animal or doll with him. This will give him something to do with his time.

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FOR RELEASE ON OR AFTER FRIDAY, JUNE 24, 1955

Milk Gives Calcium and Riboflavin

URBANA--The average woman's diet does not contain enough calcium or riboflavin, according to a University of Illinois nutrition specialist.

Miss Harriet Barto says milk is rich in both of these nutrients, and women should drink at least three glasses of milk, or its equivalent, every day.

Calcium is responsible for bone and tooth protection. It is practically impossible to get enough of it without milk in the diet. A long-continued diet lacking in calcium results in fragile bones that break easily and mend slowly.

Riboflavin, one of the B vitamins, is necessary for healthy eyes, skin and other tissues. It is also related to the body's resistance to certain diseases.

Whether you drink skim or whole milk, three glasses will give between 8 and 9 milligrams of calcium and about 1.3 milligrams of riboflavin. The recommended daily allowance of calcium for women, except during pregnancy and lactation, is 800 milligrams, and of riboflavin, 1.5 milligrams.

Women often do not drink milk because they think it is fattening. However, Miss Barto points out that milk and milk products are basic foods in any scientifically sound reducing diet.

Because June is Dairy Month, why not start the habit now of getting three glasses of milk in your diet every day?

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FOR RELEASE ON OR AFTER FRIDAY, JULY 1, 1955

Thiamine Deficiency Resulted in Many Deaths

URBANA--In 1947 more than 24,000 people died from beriberi--a thiamine deficiency disease--in the Philippines. Since then the food enrichment program has cut the death rate to none in some areas.

Miss Edna Dick, nutrition specialist at the University of Illinois, says surveys have shown that the main source of food in the Far East is rice. And just as we Americans prefer white bread, the people there prefer white rice. Both, however, have been depleted of many vitamins and minerals by modern milling and polishing processes. In the process of enrichment, thiamine, riboflavin, niacin and iron are added back to the bread or rice.

In 1948 a research study was conducted on the Batan peninsula on Luzon. One section of the island with a population of 63,000 people served as an experimental zone and the inhabitants ate enriched rice. In a control zone 29,000 people continued to eat non-enriched rice.

During the first year of the experiment the beriberi death rate in the experimental zone dropped 67% in contrast to a slight increase (2.4%) in the control zone. By 1950, there were no deaths at all from beriberi in the experimental zone. Medical examinations also showed no symptoms of beriberi.

The striking improvement in general health and reduction of mortality are the strongest arguments for the enrichment program. Miss Dick warns, however, not to rely on enrichment alone to solve all nutrition problems. Enriched bread and enriched rice are only partial substitutes for a truly adequate diet.

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FOR RELEASE ON OR AFTER FRIDAY, JULY 1, 1955

Prepare Vegetables Properly

URBANA--From a foods specialist at the University of Illinois come some tips on preparing vegetables for storing and cooking.

According to Mrs. Barbara McGrath, you should lift the vegetable out of the water after washing it, instead of pouring the water off. This way the grit which settles to the bottom of the pan won't be poured back over the vegetables.

Most vegetables should be at least partially cleaned before storing. For example, when storing lettuce brown or wilted outer leaves should be removed, the lettuce rinsed off with cold water, and the head stored in the vegetable drawer of the refrigerator.

Mrs. McGrath also suggests storing peas and beans in the pod to keep them fresh. And to keep leafy vegetables nice and crisp, storing in plastic bags in the refrigerator may be a help.

If the vegetables are to be cooked right away, they should be thoroughly washed or scrubbed. If they have started to wilt, freshen them up by soaking them in cold water.

Cauliflower, cabbage, broccoli, and Brussel sprouts may need to be soaked head down in cold salt water before cooking. This will draw out any insects that may be in the vegetable. Tough or dried stem ends should be cut off, also.

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for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JULY 1, 1955

Life Insurance Types Explained

URBANA--A homemaker is not expected to know as much about life insurance as an insurance agent. Generally a husband knows more about insurance than the wife. However, she should know something about the different types available and how much is carried by the family, says a family economics specialist at the University of Illinois.

Mrs. Ruth C. Freeman says that although we find many variations, there are actually only four basic types of life insurance. These are: term, straight life, limited payment life, and endowment.

Term insurance is for a limited period of time. If you are still living at the end of that time, your protection ends, just as a fire insurance policy expires until it is renewed. Premiums for term insurance are low for young people, but the amount increases as a person grows older.

Straight life policies are the most common type. The premium depends upon your age at the time you buy your policy. Then you pay the same premium rate regularly the rest of your life, or as long as you wish protection. This policy builds a cash value that protects

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[illegible]ity in Annuity Type Contracts

[illegible] is not supposed to know as much about life insurance as an insurance agent. Generally a married man buys insurance than for wife. However, and that is some [illegible] about the different types available and how much is provided by the family, why a family economic dependent on the breadwinner of the [illegible].

[illegible] more than attempt to find many [illegible]. There are [illegible] only four basic types of life insurance. These are: term, straight life, limited payment life and annuity.

Term insurance is for a limited period of time. If you are killed during the [illegible] of your life, your beneficiary [illegible] a [illegible] insurance policy. Premium will be renewed. Premiums for term insurance are low for young people, and then amount increases as a person ages [illegible].

Straight life policies are the most popular type. The premium [illegible] your age at the time you take the policy [illegible]. The premium [illegible] the same premium [illegible] the rest of your life, [illegible] your [illegible] protection. This policy [illegible] a [illegible]

it against lapsing and gives you a financial cushion to help you meet emergencies.

Limited payment life policies are different from straight life in that your premiums are concentrated into a specific number of years, even though your protection is still for life. Therefore, your premium rate is higher than for straight life, but this makes the cash value of your policy increase faster.

Endowment policies enable you to accumulate a sum of money which is paid to you at a definite date named in the policy. If you should die before that date, the person named in the policy to receive the death benefit will receive that amount. This policy builds up a good cash value because the premium rate is higher than a lifetime policy. If a person lives to complete his endowment, he can take it in one lump sum or as income.

When you buy life insurance, know why you're buying it. Policies differ because they are intended to meet different situations. Your insurance agent will be glad to help you select the right kind of insurance to meet your needs.

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 8, 1955

'ermanent Pleats in Cotton Fabrics

URBANA--If a resin finish has been applied to the surface of :otton fabrics, pleats may be permanently set into it.

Miss Ellen Hansen, textile and clothing specialist at the 'niversity of Illinois, says the pleats will remain in the fabric as .ong as the resin adheres to it, which is generally as long as the ;arment lasts. Cotton processed in this way may be laundered up to :hree times without ironing the pleats, although some people may feel :hat the surface should be touched up.

After three washings, however, the pleats must be re-pressed, ıs the fabric is too wrinkled for use. Since the crease lines will ıtill be visible, ironing will be much easier than in most pleats.

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FOR RELEASE FRIDAY, JULY 8, 1955

Time Clothes Dryer Carefully

URBANA--If you leave clothes in the dryer after they are completely dry, you are not only adding to the cost of operating the appliance, but also making your ironing job harder because wrinkles will be deep-set.

According to Miss Catherine Sullivan, home management specialist at the University of Illinois, no published research has yet been done on over-drying, but it is expected that over-drying may wear out fabrics faster.

So, to save fuel, fabric, and energy, watch the clock carefully when you use your automatic clothes dryer.

Miss Sullivan suggests that shirts, table linens, and other items to be ironed should be taken from the dryer while they are slightly damp. If you don't iron sheets (and this is one good way to save energy) take them from your dryer before they are completely dry. Then fold and allow them to dry on top of the dryer before storing them.

However, bath towels, chenille spreads, bath mats, cotton rugs and corduroys can be fully dried in the dryer. They will come out fluffy and ready for use.

The instruction booklet which comes with the dryer usually includes a timing guide for different items. Then as you become more familiar with your drier, you can work out more exact timing for the various items in your laundry.

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ZAB:dw
7/5/55

FOR RELEASE FRIDAY, JULY 8, 1955

Outdoor Meal Needs Planning

URBANA--At this time of the year, men and children as well as women buy special equipment and then don chef's hats and aprons to cook meals out of doors.

However, Mrs. Barbara McGrath, foods specialist at the University of Illinois, says that while the aprons are cute and the special equipment quite practical, planning the meal is still of vital importance.

First of all, she suggests that you plan to have only three or four simple dishes, leaving the fussy dishes at home. Then prepare more of those foods than you would for an indoor meal, because everyone has a heartier appetite when eating outside.

Be sure to consider safety in your planning, too. Cream pies, creamed dishes, fish and egg salads, or mayonnaise dishes should be left at home unless you have a means of keeping them cold. Of course, if you're cooking in the backyard, you are practically unlimited in the kinds of food you can use.

With these points in mind, you can plan your whole outdoor meal very quickly. If you want sandwiches, decide upon the filling you'll have. If you want to cook the main dish outside, decide whether you'll have kabobs or whether you'll barbecue chicken and cook the vegetables in aluminum foil. You may even want to try something different, such as baking rolls or corn bread over the fire. And don't forget the dessert--try a toasted marshmallow and a piece of chocolate bar between two graham crackers.

Everything will run smoothly if you plan the menu, keeping it simple, and plan who is to be responsible for each part of it. As in everything else you do, planning is the key to success.

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ZAB:dw
7/5/55

FOR RELEASE FRIDAY, JULY 8, 1955

National Farm Safety Week

URBANA--"Your safety is in your hands" is the theme for National Farm Safety Week, July 24-30, 1955, reminds O. L. Hogsett, extension farm safety specialist at the University of Illinois College of Agriculture.

Regardless of national and group safety activities, the ultimate responsibility for each farm resident's safety is himself or herself.

National Farm Safety Week is sponsored jointly by the National Safety Council, the U. S. Department of Agriculture and the Illinois Rural Safety Council. The Council suggest the following program of activities for observing the week:

Sunday: Have Reverence for Life. Take time to take care. Plan to avoid an overcrowded schedule.

Monday: Home Safety. Keep your farm home in order. Emphasize the need for eliminating unsafe practices in the home. Have a place for everything. Be a good housekeeper in your house and on your farm.

Tuesday: Livestock. Animals account for one out of four farm accidents. Check and repair livestock equipment. Keep small children away from animals.

Wednesday: Falls. Repair or discard broken, unsafe ladders. Place guards at hazardous places.

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FOR RELEASE FRIDAY, JULY 8, 1955

National Farm Safety Week - 2

Thursday: Highway Traffic. Be courteous on the highways. Highlight rules of safe driving and walking on highways to help reduce the toll of 6,000 farm residents killed in traffic mishaps. Remove trees and shrubs near farm driveway entrance

Friday: Machinery. Don't depend on luck. Make sure your equipment is in safe operating condition. Make sure all guards and safety devices are in place. Stop machines before unclogging, oiling or adjusting.

Saturday: Review Day. Check up on any farm and farm home hazards that might have been overlooked. Take safety seriously.

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OLH:dw
7/5/55

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JULY 15, 1955

How to Prevent Home Accidents

URBANA--Keep accidents out of your kitchen. During National Farm and Home Safety Week July 24-30, check your kitchen carefully to see whether or not it's a safe place for you and your family.

Scalds and burns rank high among kitchen accidents, says D. L. Hogsett, extension safety specialist at the University of Illinois College of Agriculture. Here are a few simple precautions that will help to prevent them:

Try to keep the children out of the line of traffic while you are working in the kitchen. A gate at the kitchen door will keep small children out while you're using hot water or fat for cooking.

Make it a habit to turn handles of all pots and pans toward the back of the range or table; never let them protrude over the edge.

Be careful where you put electrical devices in your kitchen. A cord dangling from a coffee percolator or toaster naturally invites inspection by youngsters. Keep it well out of their reach. Avoid the possibility, too, of tripping over cords that may upset mixers, heaters or other electrical equipment.

Keep matches out of the reach of small children. Use only safety matches if there are children in your family. Provide a noninflammable receptacle for burned matches. It may save a life.

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DLH:dw
7/12/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 15, 1955

Use Colors Successfully in Your Home

URBANA--Combining colors successfully in your home isn't an easy task. But if you know a few simple rules and work from a color scheme, you can avoid mistakes.

According to Miss Ellen Hansen, member of the home furnishings staff at the University of Illinois, printed draperies can be the starting point for your color plan.

Choose the dominant color in the draperies, and use it for the main color in your room. For instance, if green is used most in the draperies, use the same color for your walls. The other colors can be used on upholstered pieces and accessories.

A framed picture or a lovely vase may also suggest a color scheme. Or you may choose a scheme suggested in a magazine.

Although you might prefer to choose a lovely color for your floor covering,a neutral shade can be attractive too and is far more practical. You may tire of the colors in your room and want to change them. If your rug is a neutral shade, you can use it in your new scheme of colors.

Avoid using the same tone for all the colors in a room. There should be light, dark and medium tones in every color scheme, regardless of how many colors you use.

Remember, also, to put an accent color in each room. A brightly colored pillow or ash tray will produce this accent. The color and size of the object aren't so important as the fact that you have some bright spot of interest in the room.

BA:sf

FOR RELEASE ON OR AFTER FRIDAY, JULY 15, 1955

Low-Sodium Diets Necessitate Salt-Free Food

URBANA--If a member of your family is on a low-sodium diet, it may take you longer at the grocer's than it used to.

Miss Harriet Barto, nutrition specialist at the University of Illinois, urges you to read all labels on packaged foods carefully to find out whether salt was used in their preparation. A low-sodium diet not only rules out salt that you use in cooking or put on the table; it also rules out many foods that you may have learned to depend on.

Ready-to-use breakfast cereals, bread, self-rising flours, cake and other similar mixes and even the standard baking soda and baking powders contain sodium. Most commercial candies, cookies and cakes cannot be used in a low-sodium diet. Canned soups, boullion cubes, meat extract, meats, cheeses, pickles, olives and salad dressings, catsup and chili sauce are out. Most brands of canned vegetables can hardly ever be used. (Frozen vegetables, however, are generally unsalted.) You even have to stay away from softened water in your cookery.

Other foods have a natural high-sodium content. Among them are smoked and fresh meats, fish, poultry and eggs. Even milk may sometimes have to be used sparingly. This, however, is never necessary unless the doctor orders it.

Some foods are canned especially for low-sodium diets. Since the members of your family certainly don't want to eat such foods unless they have to, these cans are smaller than the regular cans. You can order these foods in quantity from a catalogue if your local grocer does not have them on his shelves. But more and more grocers are carrying unsalted canned foods today.

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AMS:sf
7/12/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 15, 1955

humbsucking in the Three-Year-Old

URBANA--Thumbsucking in your youngster might be a momentary earch for security.

Dr. J. Richard Suchman, child development specialist at the niversity of Illinois, says that, as a baby, your child associates ucking with pleasure and comfort. He has learned that when he sucks n a bottle or breast hunger pains go away and he feels much better.

It takes time for a child to forget this association. When e is a few months older, he finds that sucking makes him feel better ven when he is not feeding.

However, Dr. Suchman says, when your three-year-old resorts o thumbsucking fairly regularly, he may be unhappy or insecure. He arns that a direct and forceful approach to thumbsucking creates more roblems than it solves. The frustration of not being allowed to suck is thumb will make your youngster even more insecure and unhappy.

The thing for you to do is to find out why he feels unhappy nd insecure. Observe at what time he sucks his thumb most regularly. s he jealous of a younger brother? Is he bawled out frequently and ade to feel guilty? If you look for the trouble, you can usually find t and can do something about it.

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/12/55

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JULY 22, 1955

NHDC Convention in Chicago August 21-25

URBANA--The Illinois Home Bureau Federation will be hostess for the 20th annual National Home Demonstration Council meeting, to be held in Chicago August 21-25.

Over 3,000 members throughout the country are making plans to attend this meeting. According to Mrs. Milton Vaupel, Ashton, president, Illinois Home Bureau Federation, many counties in Illinois are planning to charter buses in order to attend one or more days of the conference.

General chairman for the event is Mrs. Elmer Ekdahl, Aurora. Co-chairman is Mrs. Leo J. Quinn, Henry. Committee chairmen from various counties throughout the state have been working with women in their areas to make the program a good one.

Mrs. Alice M. Berry, Queensland, Australia, will be the guest of NHDC throughout the week. Mrs. Berry is president of the Associated Country Women of the World.

The purpose of the National Home Demonstration Council is to work with the United States Department of Agriculture and the land grant colleges to provide opportunity for homemakers to pool their judgment and experience for the improvement of home and community life.

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ZAB:sl
7/19/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 22, 1955

Enjoy Children This Summer

URBANA--Parents are familiar with that old question, "What can I do now?" and they are constantly on the lookout for ideas to provide interesting summer activities for their children.

Mrs. Millicent Martin, University of Illinois child development specialist, has suggestions for these parents, and she adds that many of them can be enjoyed the year round.

Children always enjoy cutting and pasting, so they may want to cut pictures from magazines and paste them in a scrapbook. Or they may prefer to cut various shapes from scraps of cloth to paste on construction paper.

A sand box in the back yard is always a favorite, and here they'll find plenty of use for your old pots and pans, gelatin molds or spoons. Even mud is fun for children. They love to let it squish between their fingers and toes or make mud pies. Of course, a child needs old clothes for this activity. A bathing suit is quite good, especially if you want to "hose him off" outside so that he won't bring the mud indoors.

A thick board, a real hammer and some nails will make a minature carpenter of any child. He'll have a lot of fun pounding and may even cover the entire board with nails. Of course, this activity must be carefully supervised because hammers cannot be used to pound just anything.

And don't forget summer birthdays, picnics and tea parties, walks and drives or just listening to music or stories. Mrs Martin says that activities for children take planning and imagination, and you cannot expect perfection--it should be a learning process. But, above all, enjoy your children and have fun with them.

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ZAB:sl
7/19/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 22, 1955

Use Care in Getting Suntan

URBANA--If you're a sun worshipper who thinks the quickest way to get a good suntan is to get out into the sun and stay there, look out! Overexposure to the sun may be costly in two ways, says O. L. Hogsett, University of Illinois extension safety specialist.

First, if you get a burn so severe that your skin peels, you'll have to start all over again.

But more important is the fact that overexposure can cause serious illness and painful injury. Suprisingly enough, the patient sunbather who takes short exposures, at least until he knows how much his skin can take, usually gets the best tan.

Falling asleep under the soothing rays of the sun is the cause of many sunburns. Use a reliable alarm clock. Whenever you sun bathe, have someone wake you if you fall asleep and are a sound sleeper. If you're getting a head start with a sunlamp, a timer that will shut off the lamp is very handy.

What about suntan lotions? They may give you some protection from burning, but they are no substitute for moderation and good sense. Always take short exposures until you know how much your skin can safely take.

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OLH:sl
7/19/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 22, 1955

Don't Use Money as Ammunition

URBANA--Don't use your child's allowance as a spur or a club, advise two University of Illinois specialists in a recently published circular called "Your Child and his Money."

Miss Margueritte Briggs, child development specialist, and Miss Catherine M. Sullivan, home management specialist, authors of the publication, say that when you stop your child's allowance as a disciplinary measure or increase it as a reward, you are losing sight of your real purpose--to teach him to use money well.

Don't withhold his allowance when he shirks tasks assigned to him any more than you would withdraw other rights for the same reasons. If you frequently withhold his allowance as a punishment, he may develop the attitude that money is a powerful ammunition that adults use at their convenience. Or he is likely to be impressed with the idea that any situation can be measured in terms of money.

If you would like to have a free copy of the booklet, "Your Child and his Money," write to 331 Mumford Hall, Urbana, Illinois, and ask for Circular 741.

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ZAB:sl
7/19/55

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, JULY 29, 1955

Stack Your Freezer With A Variety of Foods

URBANA--Variety in foods is one of the freezer's greatest advantages.

According to Mrs. Barbara McGrath, foods specialist at the University of Illinois, it is better to use your freezer for a variety of foods that will make it easier for you to prepare meals than to fill it with a single food because the price is low.

Your best guide in selecting food for the freezer is your family's preferences. But you will also want to consider the season--you will want to freeze many of your favorite fruits and vegetables when they're plentiful and at their peak in flavor--whether you grow or buy them. Then you can get the proper turnover by using first the foods stored the longest.

You can also freeze meat in season. For urban families, it is best to freeze meat when favorite cuts are available at low prices. For farm families, it should be frozen right after the animals have been butchered.

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IBA:sl
7/26/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 29, 1955

NHDC Convention Includes Music

URBANA--Solos, choruses and group singing have been planned as a regular part of the program for the National Home Demonstration Council Convention to be held in Chicago August 21-25. The Illinois Home Bureau Federation will act as hostess for the event.

At the Sunday evening vesper service, Mrs. Warren Mynard, Oneida, will present a solo, and the Will County chorus will sing several numbers. Mrs. Don Auble, Bartlett, will sing at the opening session Monday morning. The Oklahoma choral group will perform on Tuesday afternoon.

The Illinois State Chorus, made up of county rural chorus and home bureau chorus members from 16 counties, will sing at the Wednesday afternoon session. They will be directed by V. C. Shaul, director of the Illinois Rural Chorus. Shaul will also lead group singing at the annual banquet Wednesday evening.

Music and group singing will be featured at the start of many of the sessions and during breaks between speakers. Mrs. George Holland, Dixon, is music chairman for the conference.

Monday night has been designated as Illinois night. Those planning this event are keeping the plans a secret. Mrs. Velma Groves, Argenta, is in charge. It is expected to be quite a treat because Mrs. Groves in her role of recreation chairman for the Illinois Home Bureau Federation, has produced some very clever and entertaining programs.

Tours and shopping trips will take up time when meetings, luncheons and banquets are not in session.

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ZAB:sl
7/26/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 29, 1955

Keep Children Off Tractors

Who's to blame when a child is hurt or killed while riding with Dad on the tractor?

Actually it's Dad's fault, and maybe Mother should share a little of the blame, says O. L. Hogsett, University of Illinois extension safety specialist. Unfortunately, placing the blame doesn't repair a broken body or bring a child back to life.

Children get such a thrill from riding on the tractor that Dad may think he's being good to the youngsters when he lets them tag along. Maybe he's done it dozens of times before with no serious consequences.

But look at the score in Illinois last year: Records show that more than one hundred persons were injured by falling off or being run over by tractors, and more than twenty were killed. If you read the newspapers, you know that many of these persons were small children.

So before you decide to be good to your youngsters by taking them on the tractor, ask yourself this question: "If my child wanted to play with a loaded gun, would I be good to him if I let him have his way?"

The answer, of course is no. The only way you can be good to your children when they plead, "Let me ride Daddy," is to say no.

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OLH:sl
7/26/55

FOR RELEASE ON OR AFTER FRIDAY, JULY 29, 1955

Children Like Water Play in Summer

URBANA--Dress your child in a sunsuit or bathing suit, give him a tub of water, some toys that float and a sprinkling can--and he'll find backyard water play as much fun as playing at the pool or lake.

Mrs. Millicent Martin, University of Illinois child development specialist, says children can get some beginning science from this activity. They can see how the water evaporates after they have sprinkled it on the cement or on toys. Or they can watch their tracks disappear from the sidewalk after walking on it with wet feet.

You may want to cut sponges or blocks of wood in various shapes if your child doesn't have many toys that float. Various-shaped corks can become ships and submarines too.

He will enjoy a can or plastic container that he can submerge with air in it and then release the air to watch the bubbles come to the top.

Playing in the rain when it is warm is another water activity your child will enjoy this summer. So let him discover the fun of splashing around in it.

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ZAB:sl
7/26/55

for dailies

Homemaking news

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 5, 1955

Facts on Cooking Roasts

URBANA--A roast will continue to cook after you remove it from the oven, according to a University of Illinois foods specialist.

Mrs. Barbara McGrath says that heat continues to penetrate to the center of the meat so that it will continue cooking unless it is cut immediately.

The rise in temperature will continue for 15 to 45 minutes after the meat is taken from the oven, depending upon the oven temperature, the size of the roast and the kind of meat. The increase in internal temperature is greater if the roast has been cooked at a higher temperature.

Small, thin roasts usually show little or no rise in temperature because they tend to cool rapidly. Meats that contain much fat or that have a thick layer of fat on the outside will take longer than lean meats to reach maximum internal temperature after they are removed from the oven.

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ZAB:sl
8/2/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 5, 1955

Permanent Pleats Are What They Claim to Be

URBANA--If you don't expect miracles, permanent pleats are what they claim to be, says a member of the textiles staff at the University of Illinois.

Miss Ellen Hansen says the market has been flooded with pleats for the past few seasons. The following facts may help you decide which advertising you can believe.

Pleats can be permanently set in cotton that has a resinous finish or in any synthetic material that will melt on application of heat, such as nylon, orlon, dacron, acrilan, acetate and arnel. The pleats are laid in the fabric, and the fabric is then baked for a specific period in moist heat. Time and temperature vary with the material and with the processes the fabric has undergone previously.

Shrinkage control may also be achieved through a heat-setting process. If a fabric was heat-set to make it shrink proof, the pleats must be set in at a higher temperature. Otherwise the fabric will have a tendency to spring back to the original flat state.

Permanent pleats, Miss Hansen says, may be put in blended materials if they contain enough synthetic fibers to allow heat-setting. Materials made with the synthetic yarn running in one direction and the natural fiber yarn in the other may not prove satisfactory if the material is cut on the bias and the pleats run across the synthetic in some spots but across the natural fiber in others, because the creases are permanent only in the synthetic.

Skirts made from blended fabrics will prove more satisfactory if they are cut on the straight of the goods, with the pleats running across the synthetic in all cases.

As for the permanency of "permanent pleats," Miss Hansen says the only thing that can be said is that the crease line will not disappear in the ordinary processes of wear and care.

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AMS:sl
8/2/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 5, 1955

Watch Out for Heat Illnesses in Summer

URBANA--Be careful these hot summer days not to overdo on some of your farm jobs. O. L. Hogsett, University of Illinois extension safety specialist, says that high temperatures and the summer rush of farm work make it easy for you to be overcome by heat illness.

Sunstroke follows prolonged exposure to the sun. Heat stroke results from excessive heat with or without exposure to the sun. The effects are the same, and either may be fatal.

Symptoms of sunstroke are hot and dry skin, red face, shooting headache, delirium and, in severe cases, possible unconsciousness.

To treat for sun stroke, move the victim to the shade, undress to underwear, place in semisitting position, apply ice pack or cold wet cloths to head, gently spray cool water over body and give cold (not ice) water to drink. Get him to a doctor or hospital as soon as possible.

With heat exhaustion, the victim's skin is cold and clammy, his face pale, he has a dull headache, dizzy feeling and may vomit.

To treat, move him to circulating air, place him flat on his back with head low, loosen his clothing, keep him warm with blankets, and give him hot coffee or one teaspoon of salt to a glass of water. Get the patient to a doctor or hospital as soon as possible.

Prevention is by far the best cure for sunstroke or heat exhaustion, but you should know what to do if it does hit you.

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OLH:sl
8/2/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 5, 1955

Song Contest Sponsored by NHDC

URBANA--The National Home Demonstration Council is sponsoring a song contest in the hope of finding one to become official for the organization.

According to Mrs. Mabel Holland, music chairman for the Illinois Home Bureau Federation, Illinois will have its own contest and the winning entry will be submitted in the national contest.

The song should be inspirational as well as one that a large group can sing and enjoy singing. Words and music may be the work of one or any number of home bureau members.

Words must be original, and music preferably should be. However, if the music isn't, the entrant must check and make sure there is no copyright that would prevent it from being sung in public.

Mrs. Holland says the prime consideration is not whether the music is original, but whether the words and music together create the desired inspirational, melodic song.

Judges for the Illinois contest have not yet been announced. All entries must be mailed to Mrs. Holland, Dixon, by October 1, 1955.

State winners will be given recognition at the NHDC annual meeting. It is not yet certain whether there will be other awards. The national contest will award prizes to the top three songs chosen by the judges.

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ZAB:sl
8/2/55

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 12, 1955

International Speaker Scheduled for NHDC Conference

URBANA--Mrs. Alice M. Berry, Queensland, Australia, will bring greetings from homemakers around the world when she addresses the National Home Demonstration Council Session, Conrad Hilton Hotel, Chicago, August 24.

Mrs. Berry is president of the Associated Country Women of the World, which has a membership of more than five and one-half million women from some 30 countries. Since her election in 1953, she has practically circled the globe visiting member countries and discussing international situations and problems. The National Home Demonstration Council is affiliated with the ACWW.

Another speaker who will bring an international flavor to the conference program is Mrs. Loa Davis Whitfield, extension specialist in consumer food marketing, Ohio State University. In 1952 Mrs. Whitfield went to Pakistan as home economics consultant to study the home life of that country and to advise in planning a practical curriculum for the College of Home Economics which the Ford Foundation was helping the Pakistan government to build.

Following her assignment in Pakistan, Mrs. Whitfield visited a number of countries before returning to the United States. Her topic for the conference is "The World Is My Home."

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JEH:mi
8/9/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 12, 1955

Drip-Dry Permanent Pleats

URBANA--Permanent pleats will remain throughout any careful cleaning or laundering process if they have been properly set and the design of the garment is suitable, says a clothing and textile specialist at the University of Illinois.

Miss Ellen Hansen adds, however, that the sharpness of the pleats and the way they hang may change after continued wear and care, making pressing and ironing necessary.

For satisfactory results, drip-dry permanent pleats, and never wring them out. Drying in a dryer may set very fine wrinkles in the surface of the fabric that are almost impossible to remove. However, if one of your permanently pleated skirts does get into the dryer by mistake, re-wet it immediately, and smooth the wrinkles as much as possible. Then let it drip-dry.

A permanently pleated skirt may come through the first couple of wearings and cleanings satisfactorily. But after that, a woman who prefers sharper pleats will have to press the skirt or take it to the cleaner for pressing.

Miss Hansen warns that it is difficult to adjust the hemline in permanently pleated skirts. It is very hard to remove the crease line in the original hem and also to repleat the hem. Therefore, most adjustments in length must be made at the waistline. This is a tedious process and alteration departments charge more for it than for adjusting hemlines.

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AMS:mi
8/9/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 12, 1955

Thumbsucking May Come From Nervous Tension

URBANA--Your child may suck his thumb to release nervous tension.

Dr. J. Richard Suchman, child development specialist at the University of Illinois, says some children suck their thumbs as other people bite their nails, crack their knuckles or drum their fingers. They do it to release tension when they are worked up or tired.

You may have noticed that your youngster, who never sucks his thumb during the day, falls asleep at night with a thumb in his mouth. Dr. Suchman says this helps him to feel at ease and to fall asleep. And even though he is not a habitutal thumbsucker, he might suck his thumb at an exciting movie or other event that is intensely stimulating to him.

The best thing is to ignore it. Other children will call the child's attention to it. When he finds it a handicap, he is likely to stop it. There are so many alternative and perfectly acceptable outlets for nervous tension that he usually gives up thumbsucking in short order.

The kind of thumbsucking that might give parents cause for worry is the persistent sucking of the child of three years or older because it may well be a symptom of unhappiness or other emotional difficulty.

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AMS:mi
8/9/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 12, 1955

emon Pie May Play Tricks

URBANA--Adding too much lemon juice to a lemon pie will turn t into soup, according to Miss Mary McAuley, foods specialist at the niversity of Illinois.

But it's not only how much you add, but also when you add it hat might determine the success of your pie, Miss McAuley says. hen starch is cooked, it forms a sort of brush-heap network that raps the liquid and causes it to thicken. When starch is cooked with cid, the "branches" of this starch network are broken, allowing more luid to escape and making the pie runny. Therefore, the lemon juice as to be added at the end of the cooking period.

If your pie filling looks thick at first and then thins, you robably did not cook the eggs long enough. Miss McAuley recommends sing a clock to make sure the mixture cooks as long as it is supposed o. Then you can be sure the egg will be completely coagulated. If our recipe doesn't give a time, cook for five minutes after adding the gg.

Use any tested recipe from a reliable cookbook. If you consistently get runny fillings even though you measure all ingredients arefully and follow the above rules, the recipe probably calls for oo much sugar, which keeps the starch from thickening as much as it hould.

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MS:mi
/9/55

for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 19, 1955

NHDC Conference Scheduled for Chicago

URBANA--Rural and urban homemakers from 39 states, Puerto Rico and Hawaii will be in Chicago August 21-25 to attend the National Home Demonstration Council meeting. All of the sessions will be held at Hotel Conrad Hilton.

This is the nineteenth year in which the council has held a national meeting, and more than 3,000 women are expected to attend.

The conference will open Sunday evening with a vesper service. Dr. Paul Washburn, First Evangelical United Brethren Church, Naperville, Illinois, is the speaker, and members of the Illinois Home Bureau Federation are in charge of the candlelighting service. Mrs. Warren Mynard, Knox County, is soloist for the occasion.

Dr. Louis B. Howard, dean of the University of Illinois College of Agriculture, is the keynote speaker for the Monday morning session. His topic is "The Opportunities We Share."

Mrs. Kathryn VanAken Burns, state leader of Home Economics Extension will bring greetings from Illinois, and Miss Frances Scudder, director, Division of Home Economics Programs, U. S. Dairy Association, will speak for the Federal Extension Service.

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FOR RELEASE ON OR AFTER FRIDAY, AUGUST 19, 1955

NHDC Conference Scheduled for Chicago - 2

No conference program has been scheduled for Monday afternoon in order to give out-of-state women an opportunity to see a bit of Chicago. Special bus tours have been scheduled to places of interest in and near Chicago. A number of women have indicated an interest in shopping.

Monday evening has been designated as Illinois Night. Since it is "fun" night and all plans are being keep secret, predictions are not in order. Mrs. Velma Groves, recreation chairman for the Illinois Home Bureau Federation, is in charge of the program.

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JEH:mi
8/9/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 19, 1955

Serve a Tasty Low-Sodium Diet

URBANA--It can be a challenge to prepare a tasty low-sodium diet that pleases the patient.

Miss Harriet Barto, nutrition specialist at the University of Illinois, says there are ways of covering up the lack of sodium in the diet. After you have seen your doctor and know the limitations of the diet, use your imagination and experiment.

One of the best ways to "cover up" is to try serving at least one food from which salt won't be missed. For example, a sandwich made with unsalted bread tastes better with preserves than with unsalted meat on top of unsalted butter.

Why not serve sweet rice with sugar, cinamon and unsalted, browned butter? Use fresh fruit, fruit gelatins and gelatin salads instead of those that need a salty dressing.

How about topping broiled meat with a fruit garnish, such as broiled pineapple, apples, pears or apricots. Even if you cannot use the drippings or pot liquids for gravies, most diets will allow you to brush the fruit with these liquids while you broil it.

Unsalted tuna will taste more palatable if you combine it with foods that ordinarily do not take salt. Try a tuna-apple salad, for instance. Mix together one-third can of unsalted tuna, one-half cup of unpeeled, chopped apple, two tablespoons of chopped toasted almonds (unsalted), one tablespoon of lemon juice and two teaspoons of salad oil. Serve it in a lettuce cup.

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AMS:sl
8/16/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 19, 1955

Entertain the Small Fry

URBANA--If you're giving a party for preschool children, you'll need to do some special planning, but the results should be rewarding.

Miss Margueritte Briggs, child development specialist at the University of Illinois, says children appreciate and admire adults who show an interest in them. Being entertained will be a treasured experience for them.

But young children tire easily and are harder to manage when weary, so the party should not last longer than an hour.

Plan activities ahead of time,and if possible let each child have a turn at each activity. Make the refreshments simple. Rich foods do not agree with youngsters, and they actually prefer simple ones. Avoid highly spiced foods and artificial drinks.

Your party will be especially successful if each of your little guests can carry home at least one token.

Miss Briggs warns that once in a while you might have to say a firm "NO" even though you are the hostess. Some children will try to see how far they can go in asking for special favors or behaving improperly. When you stop undesirable behavior in the beginning, you usually ward off serious difficulty.

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AMS:sl
8/16/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 19, 1955

Learn How To Sew Synthetics

URBANA--Sewing synthetic fabrics calls for special attention, says Dr. Jane Werden, textiles and clothing specialist at the University of Illinois.

In selecting your pattern, remember that synthetics work best if they are cut so that the seams are on the bias. This keeps the seams from puckering too much.

Also, gathers seem to work better than darts in synthetic fabrics. A cap or kimono sleeve may be better than a set-in sleeve.

Use very sharp scissors for cutting the material. You'll want to have sharp pins and needles too. It's a good idea to use new pins and needles each time you sew on synthetics.

If the synthetic fabric is fine, use a shorter stitch, a looser tension and a No. 9 or 11 needle. You might try winding the bobbin by hand so that it will be wound loosely.

Seams are a problem in synthetic fabrics because they ravel easily. To keep this from happening, you can stitch close to the edge and then pink it, or turn the raw edge under and edge-stitch it.

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IBA:sl
8/16/55

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 26, 1955

Check Labels on Simulated Leathers

URBANA--The "leather look" is becoming as popular for accessories and trimming on garments as for complete jackets, coats, vests and skirts.

The simulated leathers that are being used so much for these purposes have many desirable qualities, according to Dr. Jane Werden, in charge of clothing and textile work at the University of Illinois.

They are windproof, nonflammable, stain resistant and tear and scuff resistant. They are also odorless and washable, as well as soft and pliable regardless of temperature range.

When you buy a garment that is made wholly or partly of simulated leather, be sure to check the label for information. Most simulated leathers cannot be dry-cleaned. Therefore, you would not want to buy a dress made of dry-cleanable fabric if it is trimmed with simulated leather, which cannot be dry-cleaned. On the other hand, if you buy a simulated leather jacket or coat that is washable, you'll want to be sure that all other parts of it, such as the lining, shoulder pads, etc., are washable.

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8/22/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 26, 1955

Faulty Reducing Might Endanger Your Life

URBANA--There is danger to health and even to life when you let yourself become or remain overweight.

Miss Harriet Barto, nutrition specialist at the University of Illinois, says reducing, however, can be dangerous too. Very fat people, those who have any form of heart trouble and those with high blood pressure, hardening of the arteries, diabetes or kidney trouble, should always have physical examinations before and during weight reduction.

If you are healthy and just want to lose ten to fifteen pounds of that extra weight, you don't need a physician in order to do it. However, you should follow a diet that is planned by someone who knows how to plan a nutritionally adequate, though low-calorie, diet. No matter how alluring or easy some reducing method might sound, Miss Barto warns not to follow it unless it has been planned or checked by an authority.

Only if you know all the possible food sources of protein, minerals and vitamins and the amounts they provide, as well as your own needs, is it possible to plan a safe reducing diet. Following a haphazard mixture of low-calorie foods for several months is dangerous and might lead to starving yourself nutritionally.

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AMS:dw
8/22/55

FOR RELEASE ON OR AFTER FRIDAY, AUGUST 26, 1955

'each Children Rules to Live By

URBANA--Give your children a set of safety rules to live by, rhether they walk, ride a bicycle or ride on a bus to go to school.

Knowing where and how to cross the street or road is impor-ant for children who walk to school, says O. L. Hogsett, extension afety specialist at the University of Illinois College of Agriculture. f possible, they should always use marked crosswalks. After seeing hat the way is clear, they should walk, not run, across the street.

Where there are no sidewalks, children should walk on the eft-hand shoulder of the road so that they can see oncoming cars. A right jacket or cap will help drivers see them.

Bicycle riders not only must obey traffic signs, but must be eady to give way to thoughtless or careless drivers. Bicyclists hould use the right lane and keep close to the curb or road edge.

Children who obey authority, whether it is a school patrol-an, policeman, teacher or bus driver, are most likely to return home afely. If there isn't anyone to guide them, they should be taught to ook in all directions for traffic before venturing into the road or treet.

Children who ride the bus to school should follow two rules: bey the driver, and be careful of traffic when entering or leaving the us. There's always the chance that a driver may not stop when the chool bus does.

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FOR RELEASE ON OR AFTER FRIDAY, AUGUST 26, 1955

Teaching Your Child Responsibility

URBANA--There are many things parents can do to help their children develop a sense of responsibility. But behind all of these things are a few principles to follow, says a child development specialist at the University of Illinois.

Dr. J. Richard Suchman says first you should have a good idea of what your child can and cannot do. If you know, you won't expect too much or too little as you help him develop a sense of responsibility.

Begin early to train the child to undertake and be responsible for important jobs. Start by giving him jobs that you know he is able to do. If you give him too much responsibility at first and expect too much from him, he may feel disappointed when he cannot come up to your expectations. He may become discouraged because he feels he has failed you and himself. On the other hand, if you give him jobs that are too easy, he may feel that you are treating him like a baby. So the first principle in teaching a child responsibility is to be constantly aware of his abilities and limitations.

Second, remember that when you give your child a certain responsibility you are giving up a certain amount of control and guidance. You are expecting him to use his own powers of control and judgment in place of yours. He should understand that his responsibility gives him freedom to carry out the job as he sees fit.

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But he must understand, too, that if he shows that he is not able to undertake the responsibility, the freedom, along with the responsibility, will be withdrawn until a later time.

In other words, each step upward in the scale of responsibility is made on a trial basis until the child proves he can do the job on his own. If he should fail the first time, accept his failure without anger. It just means that he isn't yet ready for such responsibility.

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8/22/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 2, 1955

Children Can Paint Own Toys

URBANA--If some of your children's toys are in need of a coat of paint, why not let the children help to make them more attractive?

Mrs. Millicent Martin, child development specialist at the University of Illinois, says you can't expect a perfect paint job from a four- or five-year-old, but you have to think about what he will learn from the experience.

First of all, he'll learn just what has to be done to make things attractive. He'll also learn just what is involved in painting and how paint is mixed. Then, too, he will learn how to clean up brushes and himself.

Just be sure you put old clothes on him, and give him a place where you won't have to worry about the drips. Then give him his wagon, trike or dump truck, and see how he enjoys it.

Taking care of his toys may be more meaningful for him as a result of this experience.

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8/30/55

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 2, 1955

Serve a Planked Meal

URBANA--Planking is a different way of serving meat and vegetables. The meat is placed in the center of the plank, the vegetables are arranged attractively around it and a border of mashed potatoes surrounds the meat and vegetables.

According to Miss Geraldine Acker, foods specialist at the University of Illinois, steak, seasoned beef, fish steaks or fillets can be used for a planked meal.

Steaks should be cut at least one and one-half inches thick. Seasoned beef should be shaped into an oval of the same thickness. If you use thick-fleshed fish, fish steaks or fillets, they should be at least three-fourths to one inch thick.

You can use an oak plank thinly spread with cooking oil or any large heat-proof platter for a planked meal. Ten minutes before the meat or fish has cooked enough, transfer it to the center of a heated plank or platter and brush with butter.

Next, arrange the border of potatoes. An attractive way is to force the mashed potatoes through a pastry tube. Brush the potato border with melted butter, milk, cream or diluted egg yolk. Then place the plank under the broiler so that the top of the food is at least three inches from the flame or the electric unit. Cook until the potato is browned.

When the broiling is done, arrange the hot vegetables between the meat or fish and the potato border and serve.

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FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 2, 1955

Popular Marble Requires Proper Care

URBANA--Marble is staging a comeback! In new furniture you may see it as a top for a tiny cigarette table or a traditional cupboard. Great-grandmother's favorite old marble-topped pieces are now serving a variety of purposes in proud modern settings.

If you have marble in your home, you'll want to give it proper care, and Mrs. Dorothy O. Twardock, University of Illinois home furnishings specialist, makes these recommendations to help you:

Just sponge marble with lukewarm water for ordinary cleaning she says. Then wash it twice a year with a mild detergent to remove ingrained dirt.

To avoid stains, wipe up spills immediately. If the marble does become stained, a poultice will usually produce good results. For the poultice, just soak paper napkins or cleansing tissues in the solution you've found best for the stain you want to remove. You'll find that placing a glass or plastic bag over the poultice will prevent it from drying out.

The time required for removing stains will vary from one hour to two days, depending on the age of the stain. When the stain has disappeared, shine the marble with a soft cloth. If you like a polished surface, you can apply cream wax to colored marble. Don't apply it to white marble, though, Mrs. Twardock says, because wax will eventually yellow.

If you have a marble top that is marred and scratched, take it to a place that works with the stone and have it rebuffed. Or have the underside polished so that it can serve as a brand-new top.

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FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 2, 1955

Planning or Remodeling the Farm Home

URBANA--Ideas for planning a new farm home or for remodeling an old one are suggested in a publication by agricultural engineers at the University of Illinois.

According to these specialists, convenient arrangement of living, working and sleeping areas is most important. Sunlight directions, angle of prevailing summer and winter winds, views and location of the public road and driveways are other things you'll want to think about.

They list five points to remember if you're building or remodeling:

1. If possible, build the house at least 100 feet from the road. This will give you a deep lawn, cut down on noise and dirt and insure privacy.

2. Bring the driveway close to the main entrance of the house.

3. Place kitchen windows in view of the driveway, entrance from the road, and part of the service area.

4. Provide a southern or eastern exposure for the living area. Sunshine helps cut down heating costs in winter; projections over the windows will help keep rooms from getting too much sun in summer.

5. Locate bedrooms where they will get the summer wind.

For more information about farm and home planning, see your county farm or home adviser, or write to the Agricultural Information Office, University of Illinois, Urbana, for free Circular 732, Planning Your Farmstead.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 9, 1955

Lady of House Should Be Fire Chief

URBANA--Since the lady of the house usually is around when a fire breaks out in the home, she is the one who has to think and act quickly, says University of Illinois safety specialist, O. L. Hogsett.

Because more than 50% of farm fires start in the farmhouse, the homemaker is the logical person to be home fire chief. She should check up on others in the family to see that they don't start home fires through carelessness.

She must be especially careful in her own daily tasks. Electric irons alone start 40 fires each day in American homes, while igniting hot grease and cook stove fires account for many more.

Home dry cleaning fires kill more than 800 people every year so the homemaker should also see that all dry cleaning is done out of doors. As home fire chief, the farm wife should be sure that electrical connections and outlets are checked regularly to prevent sparks and short circuits.

Have a good fire extinguisher handy and know how to use it. However, remember that the greatest fire preventer is fire alertness and consciousness.

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9/6/55

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 9, 1955

ow Your Baking Powder

URBANA--Know your baking powder and what to expect of it.

Miss Geraldine Acker, foods and nutrition specialist at the iversity of Illinois, says there are two types of baking powder, ch with a characteristic reaction time. Therefore, you may get dif-rent results with different baking powders even though you used the me mixing method.

Both types, the double acting (or slow) and the single-acting r fast), will react at just a trace of moisture. However, the double ting baking powder undergoes a second chemical process which gives it ditional leavening power when heat is applied in addition to moisture. uble-acting baking powder therefore is most effectively used for tters that will stand for a while before being baked such as pan-kes and waffles. It should also always be used in batters and doughs at you want to freeze and in homemade mixes.

The fast-acting baking powders are often preferred by people th a sensitive taste because you cannot detect them in a baked prod-t. The secret in using them effectively is to work quickly because ey react almost completely at room temperature as soon as they have en moistened. So for best results put your batter into the oven soon as possible.

Miss Acker says the label will tell you whether it is the uble or single acting type. In general, one to two teaspoons of king powder are recommended for each cup of flour. One teaspoon of uble acting baking powder is usually used for each cup of flour.

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FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 9, 1955

Magnifying Glass Fascinates Child

URBANA--An inexpensive magnifying glass can be quite fascinating to a child, according to a University of Illinois child development specialist.

Mrs. Millicent Martin says your child may have to do a little practicing to see how far the magnifying glass has to be from his eyes and from the object. But once he learns this, he'll no doubt be carrying the glass with him everywhere.

Children find it very fascinating to look through a magnifying glass at pieces of cloth, their own skin, sand, leaves, flowers, and insects. Some of them become interested in watching ants, lady bugs and earthworms move and carry food, rather than crying "Kill It! Kill It!" whenever they see an insect.

If your child has books on insects, flowers and other nature items, he will learn to study the object with his glass and then turn to his book for identification, so the procedure can become quite an educational one.

You can purchase an inexpensive magnifying glass in your local variety store. While you're there, you may want to buy a magnet or two.

Children also enjoy finding out just what types of materials can and cannot be picked up by a magnet. Different sized ones help to show the power of each.

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ZAB:mi
9/6/55

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 9, 1955

Color Affects the Appetite

URBANA--In spite of remarks that home economists' graves will be covered with parsley instead of grass, a food specialist at the University of Illinois suggests that you add color to your meals by garnishing the food.

Miss Mary McAuley says food colors can actually influence your appetite, taste sensation and reaction to a meal. There are popular food colors and unpopular ones to which both men and women react alike.

The combination of white and green, for instance, is an appetite teaser. Yellow is one of the most favored food colors. That's one reason why canned peaches are tops in popularity. Dark colors are undesirable in food. That's probably why the dark-purplish black color of dried prunes seems to depress most eaters.

Miss McAuley says a sprig of parsley, a leaf of mint or ring of green pepper can add a "cheery" touch to the food you serve. A strawberry, a dusting of confectioner's sugar or a drab of whipped cream may add the perfect touch to a dessert. A slice of lemon or even the traditional maraschino cherry used at the right time in the right place can make dishes look good enough or almost too pretty to eat.

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9/6/55

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 16, 1955

Household Space Study Helps Home Planning

URBANA--Space needs for opening drawers, making beds and doing other homemaking tasks are attracting increasing interest of builders and designers of small homes in addition to homemakers.

A pilot study of space requirements for household activities was recently finished by Helen E. McCullough, University of Illinois assistant professor of housing research. Her work has attracted the interest of builders and designers across the country who realize the need for accurate measurements of household equipment and activities.

To further this study, the home economics research branch of the U.S. Department of Agriculture, Pennsylvania State University, Alabama Polytechnic Institute and Washington State College have decided to undertake the project. Representatives from these schools met recently with Miss McCullough to plan for unified research studies and measurements.

This project is a followup of previous research on home laundry space, kitchen storage and storage for the entire house, also made by Miss McCullough. To continue the study on household activities, she needs about 50 women between 20 and 70 years of age to assist in measuring their space needs.

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Household Space Study Helps Home Planning - 2

The pilot study shows 44 inches to be the average space needed in front of a standard bed to clean under it with a dust mop. This and 20 similar activities were measured in the original study. Six women of various sizes and ages were chosen for measurement in all of the activities and two men for a limited number of activities.

A "space house" was used in the pilot study, and movable partitions aided the workers in taking adequate measurements and photographs.

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Don't Dry-Clean at Home

URBANA--Dry-cleaning clothes at home is so risky that you can't afford to do it. Figure the value of your home and its contents before you try to save a few dollars by doing your fall cleaning at home, says O. L. Hogsett, University of Illinois safety specialist.

Dry-cleaning solvents, including gasoline and many commercial fluids, volatilize very quickly and combine with air to form a highly explosive mixture. A small spark, such as in the motor of an electrical appliance, a pilot light on a range or a small spark from friction caused by rubbing will ignite this mixture.

Two cups of gasoline have more explosive power than two sticks of dynamite.

The best way to avoid this danger is to let a professional dry cleaner do the job. But if you must use cleaning fluid to remove spots, use a nonflammable type outside the house where there is plenty of ventilation and nothing around to ignite the vapors.

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9/13/55

FOR IMMEDIATE RELEASE

Illinois Nutrition Conference Open to All

URBANA--Homemakers, home advisers, teachers and others who are interested in nutrition are invited to attend the Illinois Nutrition Committee's fall meeting September 24 at Augustana College, Rock Island, Illinois. Registration will be in the Fine Arts building, 3520 Seventh Avenue, beginning at 8:30 a.m. CST.

The two sessions of the day will center around the theme that food makes a difference in a person's diet. Dr. Josef Brozek, School of Public Health, University of Minnesota, will discuss adult weight problems. Dr. Floy Eugenia Whitehead, head of home economics at the University of Iowa, will lead a discussion on community education in nutrition.

Winnebago and Peoria county representatives will report on their counties' weight control and nutrition programs. Dr. Janice M. Smith, head of home economics at the University of Illinois will conclude the conference with the latest news in nutrition.

Reservations for the luncheon must be made by Wednesday, September 21, to Mrs. Lucy Beckstrom at Augustana College.

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9/13/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 23, 1955

Steak Fries Accent Fall Evenings

URBANA--A sizzling steak fry on a crisp fall evening will top off the outdoor cooking season in high style.

Steak fries can be either small family affairs or club money-making projects, says E. E. Broadbent, associate professor of agricultural marketing at the University of Illinois. In either case the plans are basically the same.

To build a pit, either dig a hole 8 inches deep or set up one row of 8-inch cement blocks. A pit 2½ feet wide x 4 feet long is adequate for cooking 100 servings. Put 1½ inches of charcoal on the bottom. Start the fire and let the charcoal burn to an even fire. This takes about 20 minutes.

Cover the pit with 1 inch x 1 inch 12-gauge welded wire fastened at all four corners or fastened to a metal frame covering the pit. For longer pits place metal supports every two feet across the pit.

For the steak sauce, chop finely two bunches of parsley and two cloves of garlic. Add one cup of rock salt and one gallon of water.

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One-inch sirloin-tip steaks, ½ to ¾ pound a serving, are excellent for steak fries. Put them close together on trays and sprinkle liberally with steak sauce. Place on fire. After 12 minutes, turn and sprinkle other side with steak sauce. Cook about 12 minutes longer for medium steak, less for rare and more for well done. Garnish with ground parsley.

For finishing touches serve French bread spread with garlic butter, applesauce, cottage cheese, pickles, lettuce and tomato salad, ice cream and a beverage.

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Sharp Kitchen Knives Are Safer

URBANA--Sharp knives not only make food preparation easier, but you'll be less likely to cut yourself with them, says O. L. Hogsett, University of Illinois extension safety specialist.

A dull knife requires more pressure, making it more likely to slip. If it does, it's still sharp enough to give you a nasty cut that may heal slowly.

To help keep knives sharp, wash them separately; then store them in a rack that protects the cutting edge. Don't use knives to cut paper, string or other material that will dull the edge.

A good sharpening stone is your best tool to sharpen dull knives. A good stone costs less than many gadget sharpeners and doesn't wear the knife out so quickly. If you are not sure how to use a stone, it's better to take dull knives to an experienced professional sharpener. Once you have them sharp, protect them so that they will stay sharp longer.

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OLH:mi
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FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 23, 1955

Buffet Suppers Are Simple, Yet Effective

URBANA--Share the bright fall atmosphere and your specialty dish with friends at a buffet supper.

Buffets just naturally lend themselves to simple, yet elaborate-looking decorations and food, says Mary McAuley, home economist at the University of Illinois.

Fall decorations are inexpensive, quite often free and highly effective. Colorful leaves and small branches from your yard or the woods add a fall touch to any occasion.

Perhaps you may want to entertain the football crowd after a game. For this occasion, set up goal posts (small branches) and place megaphones (rolled napkins) around them.

For a more formal dinner, you must limit your imagination in planning table decorations because guests have to see over and around the centerpiece. However, buffet table arrangements are often toward the back of the table, perhaps against a wall, and can be almost any height and length.

Buffets can be "take-it-easy" meals for you, the hostess. It's best to serve food that you prepare easily or for which you've become noted. Then you won't need to worry about how it's going to turn out. Since you don't serve your guests individually, you have time to visit with them.

In planning your menu, think about how you're going to serve it. If you want to use trays, then select foods that are easy to handle and won't slide all over the plate. But if you plan to use tables, then your menu can be anything from chili to kabobs.

Walk through the buffet line before the guests come. See if you've put things in the very best order or if you'll need three hands before you're through.

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FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 23, 1955

Evaluate and Reorganize 4-H Clubs Now

URBANA--County 4-H achievement days mark the end of one year and the beginning of another. This is a good time to evaluate and reorganize club activities for the coming year.

Many clubs are now carrying year-round 4-H programs in contrast to spring and summer programs, says Anna Searl, director of home economics 4-H Club work at the University of Illinois.

Sewing and cooking may work best into spring and summer schedules, but party-a-month and handicraft projects are popular 12 months of the year.

A gain of 1,832 members boosts the 1955 Illinois enrollment in home economics 4-H projects to 34,231. With this increase comes an urgent call for leaders. If enough leaders would volunteer, the membership rolls could be even longer.

Evaluate your schedule as a homemaker and see if you can devote some time to 4-H Club work this year. Remember that in leading a 4-H Club you are serving your community.

Don't worry if you haven't had 4-H experience. You can get ample information and help, and the county home advisers and specialists in 4-H Club work conduct training schools for new leaders. Members have project books that help both them and their leaders.

A 4-H Club can be formed with five or more members between 10 and 21 years of age and a volunteer leader. Home economics clubs average about 15 or 20 members.

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for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 30, 1955

Understand Your Child Through Work and Play

URBANA--Work and play with your child. It will help both of you.

By doing the same things, you each gain a better understanding of the other, says Margueritte Briggs, assistant professor of child development and parent education at the University of Illinois.

To work and play with your child successfully, you must first help him develop interest in the things he's going to do, or should do. For example, it's quite common for a child to want to make a bed. When this time comes, show him how you do it, and encourage him to help you.

Interest and ability often go together, but sometimes they do not. For instance, after your child has developed an interest in making boats, you may think that he should be able to make one. So you buy him a set of pieces to put together. But it may take him so long to put them together that he soon becomes discouraged. Until you're sure about how much he can do, the best way is to give him a small piece of wood that floats, with a piece of material for a sail. He will probably like that much better.

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MVB:sl
9/27/55

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 30, 1955

Handle Fur-Like Coats Carefully

URBANA--If you're thinking of buying one of those coats advertised as "more like fur than fur itself," you'll want to know some of the details about it.

These coats are reasonably priced, are tough and are a good buy, says Edna Gray, University of Illinois clothing specialist. But they do need special care.

The cost of cleaning fur-like fabric coats is about the same as that of a fur coat. They should be cleaned regularly and often because general soil is easier to remove than spots.

Some manufacturers advise that these coats be drum cleaned, just like fur coats because the heat in some dry-cleaning processes may distort the pile, Other manufacturers say it's best to have them dry cleaned, especially if they are badly soiled.

The collar and cuffs may become badly matted. Matting caused by damp or wet pressure of any kind in wear or cleaning and in steam finishing is next to impossible to remedy. Stains that need water to remove, such as beverages, blood or syrups, also cause the fabric to mat. Neither can the coats be steam finished satisfactorily. Fur glazing or hand carding may help somewhat, but the pile never has the same softness or texture.

A hand iron can touch up the lining, but the iron damages the pile if it touches the fabric.

Don't try to clean fur-like coats with home remedies. You'll probably be sorry if you do.

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FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 30, 1955

Note to the Editor: This is the first in a series of four articles on breakfasts, to be released weekly in the next four weeks.

Breakfast, a Must for Morning Energy

URBANA--Score a breakfast goal every day by setting the alarm early enough to allow time to prepare and eat a substantial breakfast.

Breakfast should give you between one-fourth and one-third of the nutrients your body needs each day, says Harriet Barto, associate professor of dietetics at the University of Illinois.

Just as you need fuel to run a car, you also need fuel foods to operate your body. A motor doesn't use fuel when stopped. But your body always uses energy, whether you're resting or moving around. A 130-pound woman uses about 50 calories an hour when she sleeps. Thus, as long as you live, your body requires fuel.

Dinner and breakfast are generally between 12 and 14 hours apart, the longest time between meals. The first meal breaks the night-long fast and takes on the name breakfast. It's too long a fast for your body to function efficiently if lunch is your first meal of the day.

Morning hours should be the most productive ones. Only by eating a substantial breakfast can you keep your mind and body wide awake and running properly until noon.

And what is a good breakfast? The second in this series of articles on breakfast will give you good breakfast patterns.

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MVB:sl
9/27/55

FOR RELEASE ON OR AFTER FRIDAY, SEPTEMBER 30, 1955

Blown Fuses Mean Trouble

URBANA--The safety valve in your electrical system is the fuse. When a fuse blows, you don't need to stay in the dark, says O. L. Hogsett, University of Illinois safety specialist.

Replacing fuses is simple. Anyone can do it safely by following a few easy rules:

First, disconnect the appliance that caused the trouble. Connecting too many appliances on one circuit is the commonest cause of fuse-blowing.

Then see which fuse link is melted or smudged. To determine which fuse has opened, look through the transparent windows of the fuses in the box. If you see a gap in one of the fuse links, or a smudge on one of the windows, you know that fuse needs replacing.

Next open the service switch so that it will cut all circuits. For safety's sake, open this switch before replacing any fuse.

Grasp the bad fuse firmly by the rim and unscrew it. Then screw in a new fuse of the right size and close the main switch. Never stand in a puddle or on a damp floor when replacing fuses.

If you follow these rules, you can change fuses quickly and easily.

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OLH:sl
9/27/55

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 7, 1955

Shooting Duck Only Starts Your Job

URBANA--When you shoot a duck, your job's just begun.

Caring for the bird in the field is important in serving a delicious bird on the table. You'll have a real table delicacy if you bring home a well-cared-for bird to a cook with know-how, says Geraldine Acker, University of Illinois foods specialist.

Remember to keep the bird dry. A game carrier or hunting coat with game pockets is good for this purpose.

Cool the duck soon after you shoot it, and keep it cool on the way home. Carelessly throwing it into a hot car trunk means that it will be likely to go into the garbage pail when you get home. A portable refrigerator will probably be a good investment if you do much hunting.

Pick the bird soon after you come home. Picking is suggested rather than skinning, because birds with skin on don't dry out so much in cooking as those that have been skinned. Almost every hunter has a special way to pick duck. Follow your own system, but be sure to remove all the pin feathers.

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FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 7, 1955

Shooting Duck Only Starts Your Job - 2

When you draw the duck, first cut the head and then feet and wings from the body. Slit the abdomen and remove all internal organs. Save the heart, gizzard and liver; they are not only good for you, but they taste good, too.

Instead of washing, wipe the drawn duck with a damp cloth. Washing removes much of the flavor.

Place the giblets in abdominal cavity. Wrap the duck loosely in waxed paper and refrigerate until needed. Expert game cooks prefer birds that have been refrigerated for two or three days. They say this storage time improves flavor and texture.

For prolonged freezer storage, wrap the bird tightly in freezing paper or place it in a cellophane or polyethylene freezer bag and seal.

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MVB:sl
10/4/55

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 7, 1955

Note to Editors: This is the second in a series of four articles on breakfast to be released weekly for four weeks.

Breakfast Patterns As Changeable As Dress Patterns

URBANA--Dress patterns often are altered to fit you, and this same thing is true with breakfast patterns. They are basically the same but should fit individual needs.

A good basic breakfast includes fruit, cereal and/or eggs, milk, bread and butter or fortified margarine, says Harriet Barto, associate professor of dietetics at the University of Illinois.

Citrus fruits, such as oranges, grapefruit and tomatoes, are natural breakfast foods. Half a glass--about 4 ounces--of orange or grapefruit juice meets a good deal of the daily vitamin C requirement. Although tomatoes contain vitamin C, it takes about twice as much tomato juice as orange juice to yield the same amount of vitamin C.

Today's breakfast cereals are whole grain, shredded, flaked, puffed, ground or enriched. You'll find all the common grains grown in this country on the cereal shelves.

Eggs ought to be served for breakfast at least three or four times a week. They are good for lunch or dinner, too, but somehow it's more natural to prepare them for breakfast.

Too often milk is omitted from the daily menu, and it's the best source of calcium. Nutritionists recommend a quart a day for children and at least a pint a day for adults. Milk is a food, but coffee is a pleasant-tasting beverage that can never replace milk. However, you can drink both at the same meal if you wish.

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FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 7, 1955

Breakfast Patterns As Changeable As Dress Patterns -.2

Alternate whole wheat, enriched white and rye bread for variety on your breakfast table. Serve them plain, with jelly or cinnamon, fruit butters, or as French toast.

Besides adding flavor and vitamin A, butter or fortified margarine makes the meal stick to your ribs.

Just as you add different collars to basic dress patterns, you can add extra touches to breakfasts too. How about blending cranberry or loganberry juice with a citrus fruit juice? Or a pinch of herbs, chopped chives or crumbled bits of bacon or sausage to perk up scrambled eggs?

Check your breakfasts for three points: Do they supply you with protein, minerals and vitamins to keep you healthy? Do they give you fuel for body energy? Do they taste good?

The effect of omitting breakfast will be taken up in the third of this series of breakfast articles.

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MVB:sl
10/4/55

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 7, 1955

1956 4-H Clothing Leaders' Training Program

URBANA--New and improved clothing construction methods will be taught at the 1956 4-H clothing leaders' training program the first two weeks in November, says Mrs. Irma Hays, state 4-H staff member at the University of Illinois.

Mrs. Hays and Florence Kimmelshue, also a state 4-H staff member, will conduct this training program in districts throughout the state.

Two leaders skilled in clothing construction will attend from each county. They will in turn conduct training schools in their home counties for local clothing club leaders.

These representatives will bring their own sewing machines and practice the sewing methods given by the state specialists. According to Mrs. Hays, this method of instructing 4-H clothing leaders will help them better understand the position of a 4-H clothing club member as she learns clothing construction.

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MAP:sl
10/4/55

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 7, 1955

Young Children Are Helpless in Fire

URBANA--Don't leave young children alone at home. In case of fire or some other emergency, young children are usually helpless by themselves, says O. L. Hogsett, University of Illinois safety specialist.

If you must leave your children, have a baby sitter or someone else stay with them. Be sure the person knows what to do in an emergency--and how to do it. Show her where the phone is, and leave the numbers of the fire and police departments and the number where she can reach you.

About 12,000 Americans die needlessly in fires each year, and more than twice that number are severely burned or disfigured for life. Preschool children and elderly people are the main victims of fire.

Observe National Fire Prevention Week October 9-15.

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OLH:sl
10/4/55

for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 14, 1955

Frozen Fried Chicken

URBANA--Crisp, tender fried chicken that goes from the freezer into the deep-fat fryer or oven and out in a few minutes will be a boon to homemakers.

The U. S. Department of Agriculture's Western Regional Laboratory, in an effort to boost the frozen fried chicken market, is studying cooked poultry during freezing and frozen storage. They're especially interested in solving problems of flavor, tenderness and juiciness.

A "fish" flavor has developed in some lots of frozen fried chicken. Results show that the way to avoid it is to keep the birds at temperatures above freezing for as short a time as possible. The laboratory is conducting other tests to see whether variations in commercial feeds have any effect on "fishiness."

Current findings show that birds either completely fried in deep fat or steamed before freezing should not be kept at 0° F. for more than six months. However, chickens frozen after frying for one minute keep much longer. Cooking seemingly speeds up a flavor change in the meat.

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FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 14, 1955

Frozen Fried Chicken - 2

For home use, birds either completely fried in deep fat or fried one minute before freezing are handy because they can be reheated in an oven. However, it's quicker to reheat chickens in fat. You can reheat thawed halves in 15 minutes in a 450° F. oven and in three minutes at 365° F. in deep fat. It takes about three times as long to reheat unthawed birds.

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MVB:sl
10/11/55

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 14, 1955

Note to Editors: This is the third in a series of four articles on breakfast released weekly for four weeks.

You Can't Make Up Breakfast

URBANA--When you miss a train you can catch the next one. But you can't do that with breakfast.

You can make up the calories you miss in other meals, but you can't make up the other nutrients, says Harriet Barto, associate professor of dietetics at the University of Illinois.

According to research studies, breakfast-skippers do themselves more harm than good when they catch a few extra winks of sleep instead of a good breakfast. They are less alert and efficient than people who've had a balanced breakfast.

Mid-morning snacks may satisfy you until lunch time, but they don't make up for a poor breakfast. They fill you for a short time but offer little nutritional value.

Women are slower in their work and reactions and tend to have unsteady nerves when skipping or eating a skimpy breakfast. Drinking only coffee has the same effect as no breakfast.

The reactions of men studied for their breakfast-eating habits were even more marked than the women's. Where women could "last" through the morning hours, men complained more often of being hungry, and some were dizzy and nauseated after a lot of exercise. These men did more and better work after eating an adequate breakfast.

Skipping breakfast slows your mind and body. So eat a good breakfast every day.

The idea of losing weight by skipping breakfast will be taken up in the last of the series of articles on breakfast.

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MVB:sl
10/11/55

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 14, 1955

Egg Law Enforcement Helpful to Homemakers

URBANA--The increasing effort to enforce the Illinois egg law helps homemakers buy eggs in retail stores, says J. R. Roush, University of Illinois farm economist.

The law requires that all eggs sold in retail stores be labeled for size and quality or marked "ungraded." In this way you know exactly what you're getting when you buy a dozen eggs.

The quality designation shows what the egg will look like when broken from the shell. Grade AA or Grade A eggs are excellent for all cooking purposes. The whites of these eggs are rather firm and hold their shape well when broken out of the shell.

Grades B and C are good edible eggs but are lower in quality than either Grade AA or A. You can use them for different types of cooking, but they are best for scrambling, baking, making salad dressings or similar uses. The whites of these eggs are less firm than those of the Grade A eggs and tend to run when broken from the shells.

Size refers to the net weight per dozen. Jumbo eggs must weigh at least 30 ounces per dozen; Extra Large, 27; Large, 24; Medium, 21; Small, 18; and Peewee, 15. Compare prices of different-sized eggs of the same quality to see which is the best buy.

Buying ungraded eggs is like buying a pig in a poke. Although the eggs are all edible, you don't know their exact quality and size.

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MVB:sl
10/11/55

FOR RELEASE ON OR AFTER FRIDAY, OCTOBER 14, 1955

Fall Leaves Good for Child's Collection

URBANA--Bright fall leaves are a real collector's item for the younger generation.

Children like to collect things, so this fall direct your child's attention to the colorful leaves in both city and country, says Margueritte Briggs, University of Illinois child development specialist.

Encourage the child to find and collect various leaves, and then help him identify them. In this way he can learn something from his collection instead of merely wasting time and space for lack of something better to do.

Let him help you press the leaves in books soon after he brings them in. They will roll around the edges if left very long without a weight on them.

Children like to play in leaves and build things with them, so let your child help as you rake leaves. See how many different leaves he can identify.

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MVB:sl
10/11/55

FOR RELEASE SUNDAY, OCTOBER 16, 1955

Pet Birds Need Good Care

URBANA--Correct diet and protection from drafts are necessary to keep the pep in parakeets and the warble in canaries, says Dr. L. E. Hanson of the University of Illinois College of Veterinary Medicine.

If you own a pet bird, supplement its seed feed with green vegetables and fruits. Keep the bird out of drafts and cold temperatures.

Respiratory diseases, often caused by exposure, are by far the most frequent ailment of pet birds. Symptoms are a huddled, depressed appearance, ruffled feathers and gasping.

If these conditions appear, place the bird in a draft-free room with a temperature of 80 to 85 degrees. A vaporizer may be useful, but don't let it overheat.

Continued sickness may indicate psittacosis, a virus pneumonia. Avoid handling a bird with chronic respiratory disease symptoms. Psittacosis affects turkeys, ducks, pigeons and pheasants, and human beings are also susceptible.

Mild cases of psittacosis will respond to extensive antibiotic treatment but, if the disease is well advanced, the bird should be destroyed.

Digestive upsets often occur in pet birds due to sudden changes in feeding or overexcitement.

If any of these conditions are serious in your pet bird, it's a good idea to take the bird to a veterinarian for more extensive treatment.

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RSJ:sl
10/11/55

FOR RELEASE FRIDAY, OCTOBER 21, 1955

Cheese Trays Complement Halloween Open Houses

URBANA--Join in the younger generation's Halloween fun by staging an open house for them and their parents and featuring a cheese variety tray.

A cheese tray is simple to arrange. The idea is to provide an assortment of cheeses and let your guests choose their favorite or try a variety of flavors, says Dorthy Figge, University of Illinois, foods specialist.

Combine the cheese with fresh fruit. If you can get plums, use them in the center of the tray and surround them with cream cheese and chive wedges and some thin slices of buttered rye bread. Or substitute Concord grapes for the plums and add smoked cheese and crisp, flaky crackers.

If Tokay grapes are plentiful, use them with assorted cheese spreads, such as pimiento, pineapple and relish, and thin slices of buttered nut bread.

To fit in with the fall atmosphere, serve an assortment of unpeeled red apple slices, blue cheese portions and whole wheat crackers. For a nippy taste change, dip the apple slices in orange juice shortly before serving.

For another colorful tray, surround fresh whole pears with red American Gouda cheese wedges and assorted crackers.

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MVB:sl
10/18/55

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 22, 1955

Treat Costumes With Fire-Retarding Solution

URBANA--The Halloween spirit catches on like wildfire, but don't let your child's costume catch fire.

You can make your own preparation to retard fire in costumes and other garments, says Florence King, textile specialist at the University of Illinois.

Mix 7 ounces of borax, 3 ounces or boric acid and 2 quarts of water. You can either spray this solution on or dip the material in it. It washes right out, so you can use it on sheets or pillowcases as well as costume material like cheese-cloth and low-count outing flannel.

You can also treat crepe paper with it, but you must spray it on. Salt crystals from the solution will probably form, but they will glisten and can add interest to the costume.

You needn't confine use of this solution only to Halloween. Make up some of it each time you think there's chance of fire around costumes or other garments.

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MVB:sl
10/18/55

FOR RELEASE TUESDAY, OCTOBER 25, 1955

Share Halloween Through UNICEF This Year

URBANA--Save your community from vandalism and "Share Halloween With Children of the World Through UNICEF," United Nations International Children's Emergency Fund, says E. H. (Duke) Regnier, University of Illinois rural recreation specialist.

Ministers, group leaders and teachers give program aid and enlist Halloween trick or treaters to canvass from door to door for contributions to this UN organization.

The administrators of the fund, begun in 1946, estimate that 100 million infants and children in underdeveloped areas have received food and medical care.

Other suggested community activities to curb destructive Halloween pranks are costume parades ending with a bonfire program and refreshments, or song, play or game programs in community centers and schools. When costumes are involved in the evening's activities, be sure to treat them with a fire-retarding solution.

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MVB:sl
10/18/55

FOR RELEASE WEDNESDAY, OCTOBER 26, 1955

Note to Editors: This is the last in a series of four articles on breakfast.

You Can't Lose Weight by Skipping Breakfast

URBANA--Skipping breakfast won't help you lose weight.

This mistaken idea of losing weight by omitting breakfast causes many women and girls to feel sluggish and cross and to slow down, says Harriet Barto, associate professor of dietetics at the University of Illinois.

By skipping breakfast, you only cheat your body of its nutritional needs. It's been a long time since last night's dinner, so your body needs a good breakfast to function properly until noontime.

If you cut down or omit breakfast, you'll probably either snack before lunch or eat more than you need at the regular noon meal. You'll be better off to eat a moderate breakfast.

Include some protein in every breakfast. It gives a "staying power" that takes you through the morning without feeling so hungry. In this way you won't be inclined to eat so much when the noon whistle blows, and you can follow a planned diet much better.

The best way to control body weight is to decide the daily amount of food you need and to eat just that much--no more, no less. A homemaker may need from 1,600 to 2,300 calories a day, depending on her size and kind of activities.

Sound dieting means cutting down on calories by eating simple lunches and omitting between-meal nibbles. Never skimp on breakfast. There are about 200 calories in a breakfast of 1/2 cup citrus fruit juice, one egg, lightly buttered toast and unsweetened coffee, compared with at least 350 calories in that gooey luncheon dessert you think you can eat because you skipped breakfast.

You owe it to your body to eat a good breakfast whether you want to lose, gain or keep the same weight.

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MVB:sl
10/18/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 28, 1955

IHEA Convention Features Family Court Judge

URBANA--Judge Paul Alexander of the Family Court Center in Toledo, Ohio, is a principal speaker at the 34th Illinois Home Economics Association Convention in Chicago November 4 and 5.

In addition to home economics specialists in teaching, research and extension, the convention is open to anyone else who is interested. Convention headquarters are the Sherman Hotel.

Judge Alexander's topic at the Friday night banquet will be "The Importance of Interpersonal Relationships on Life Adjustment Patterns." At present he is judge of the Division of Domestic Relations and Juvenile Court in Toledo and vice chairman of the National Juvenile Court Foundation. He is also an advisory board member of the National Council on Family Relations and chairman of the American Bar Association's committee on divorce and marriage laws and family courts.

Setting the stage for the entire convention will be Dr. Pauline Park Wilson Knapp, director of the Merrill-Palmer School in Detroit. Dr. Knapp will address the group Friday afternoon on "Behavior Has Early Beginnings." She is active in the National Council of Family Relations, the National Association of Nursery Education and the

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FOR RELEASE FRIDAY, OCTOBER 28, 1955

IHEA Convention Features Family Court Judge - 2

Association of Childhood Education. She is also co-author of "Women After College" and "Education for Continuity of Care."

Frank L. Teuton of the Agricultural Research Service of the U.S. Department of Agriculture will address the group on "Research Programs Affecting Family Living" Saturday morning at the eye-opener session.

A fashion show featuring colors in the home will be presented Saturday afternoon by Jane Kissel, head of the consumer color research department of the Martin-Senour Paint Company.

MVB:sl -30-

Check Thrifty Pork Cuts Before Buying

URBANA--Even in these days of plentiful pork it pays you to include less-demanded cuts in your menus, says Dorthy Figge, University of Illinois foods specialist.

If your family prefers fresh pork, you'll find that arm and blade shoulder chops, Boston butt, fresh picnic shoulder, cushion-style shoulder, blade loin roast, sirloin roast and ham hocks are all easy on the budget.

Or if you want to try smoked pork, then smoked shoulder butt, smoked jowl bacon, smoked picnic shoulder and butt and shank portions of a smoked ham are all good buys.

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MVB:sl
10/25/55

FOR RELEASE SATURDAY, OCTOBER 29, 1955

Usual Vegetables Make Unusual Table Arrangements

URBANA--Jolly pumpkins, knobby cauliflower, snappy turnips, irregular branches, slender grasses--you can make an attractive fall table arrangement with any of these.

Displays are most effective if you use only one vegetable or only one fruit as the center of interest, says Dorothy Iwig, University of Illinois home furnishings specialist. Combine it with secondary items like nuts, greens, pine cones or milkweed pods, which change the texture.

Elaborate containers aren't necessary for an effective arrangement. In fact, heavy pottery, metal or wooden trays, or chopping boards are used in some of the best displays. If you use a board, remember to put suction cups on the bottom so that the wood won't sweat and damage the table top.

Low dishes, platters and trays make good containers because this type of arrangement needs no water. Oil clay or needle holders will keep parts of the display in place.

Light branches and grasses can reach out from the arrangement, but the heavier ones and the fruits and vegetables must be kept low.

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MVB:sl
10/25/55

FOR RELEASE SUNDAY, OCTOBER 30, 1955

Note to Editors: This is the first in a series of three articles on glass curtains released weekly for three weeks.

Mentally Check Glass Curtains Before Buying

URBANA--Take a mental check list along when you buy glass curtains, the curtains you hang next to windows, says Florence King, University of Illinois textile specialist. Then you won't have to worry about future wear and appearance.

How will the fabric look at your window? It's a good idea to try a sample of the material in your home. Then you can see how the design, color and texture fit in with other room furnishings.

Does the curtain let outside light come in? Sheer fabrics let in much light, while semisheer materials soften the glare from outside light.

Does the label give specific information about care of the fabric? Many curtains carry a mildew, moth and shrink-proof guarantee. Others are backed to stop deterioration and fading from the sun.

Sunlight usually fades nylon easily, but it doesn't harm orlon and dacron so much. Fiberglass completely resists sunlight.

Labels should give laundering and pressing instructions. Directions for care of material with special finishes should also be included.

Are the curtains or draperies made well? Straight and secure stitching with no loose threads is a must. Hems should hang evenly and not pucker.

Will the curtain drape well? A fabric like nylon, orlon or dacron drapes into soft folds. Nylon is the most sheer and dacron is second. Orlon is not especially sheer but drapes well. A heavier fabric like fiberglass hangs in long, even folds.

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MAP:sl
10/25/55

for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 4, 1955

Note to Editor: This is the second in a series of three articles on glass curtains released weekly for three weeks.

Consider Glare When Buying Glass Curtains

URBANA--Before you buy glass curtains to put next to window glass, consider light exposure in the room where you'll use them.

Glass curtains soften the glare of light coming in windows, says Florence King, University of Illinois textile specialist.

If a great deal of light comes in your windows, you may select a semisheer curtain, such as permanent-finish organdy, fiberglass or brocaded nylon. Semisheer fabrics will screen an unattractive view or give privacy from the street.

Where outside glare is not so strong, use a sheer fabric like nylon, dacron, orlon or dotted Swiss. Any of these materials will drape well and soften the effect of straight lines of woodwork around windows.

To pick up interest at windows, glass curtains used with a heavier drapery material offer interesting texture contrast.

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MAP:sl
11/1/55

FOR RELEASE SATURDAY, NOVEMBER 5, 1955

Masquerade Picnic Hams in Your Kitchen

URBANA--There's no reason why you can't join your children in masquerading--with foods in your kitchen.

Smoked picnic hams look quite a bit like hams (in fact, they're often called "little hams") and are as easy to prepare, says Dorthy Figge, University of Illinois foods specialist. Weighing from 5 to 8 pounds, they are ideal for small families.

Glaze a smoked picnic just as you would a larger ham. Remove it from the oven half an hour before it's done, and score it with a knife in the usual diamond-shaped pattern. Cover with a glaze mixture of one-half cup of brown sugar, one-half teaspoon of dry mustard and one or two tablespoons of vinegar. Then stick in whole cloves and return to a 350° F. oven for 20 to 30 minutes, or long enough to set the glaze.

At this time of year you might use a cranberry glaze. Crush one pound of cranberry sauce and mix it with one-half cup of sugar and pour over the picnic ham.

One cup of applesauce or pureed apricots sweetened with brown sugar will also add a slightly different touch. Or, for a snappy sauce, you can blend one-third cup of orange marmalade and three tablespoons of mustard with horseradish and fold it into one-half cup of whipped heavy cream just before serving.

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MVB:sl
11/1/55

FOR RELEASE SUNDAY, NOVEMBER 6, 1955

Fur-Like Material Tricky to Sew

URBANA--Think twice before buying fur-like material to make yourself a coat.

Only the methods furriers use in making fur coats are suitable for this material, says Virgene Griffin, graduate student in textiles at the University of Illinois.

Selecting the pattern raises the first problem. It must be simple, with as few pieces and seams as possible. The best closings for these coats are those used in fur coats--frogs or loops. Pockets made into the linings are more satisfactory than those sewn into the coat fabric.

The material, which is 65 percent Orlon and 35 percent Dynel, is so thick and the pile so long that the pile is likely to be caught in the seams or flattened. If very much pile lies down this way, the garment will look matted or worn at the seams.

If you decide to tackle this material, cutting is the next item to consider. Because of the thickness, you should place the pattern on the wrong side of the fabric and cut from there. This fabric cannot be cut so successfully with dressmaking shears as with a razor blade.

When sewing this fabric, loosen the tension and lengthen the stitch until you adjust them to the fabric. Lift the presser bar to its highest point before you start to sew. You'll have to use a sharp needle or you can't stitch the fabric at all.

Don't press or steam the seams. You'll only damage the fabric because moisture applied with heat damages this material. Also, in high-pile fabrics like this, pressing seams is often unnecessary because sharp, flat seams are not desirable.

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MVB:sl
11/1/55

FOR RELEASE MONDAY, NOVEMBER 7, 1955

Take Care of Copper and Brass

URBANA--Warm-colored copper and brass cooking utensils are about as common a sight today as colorful fall leaves. But they need care to stay this way, says Mrs. Dorothy Twardock, home furnishings specialist at the University of Illinois.

They will tarnish rapidly and need cleaning and polishing often unless you give them a protective coat of clear lacquer.

For a bright finish on plain articles, apply a good-quality metal polish with a soft cloth. For embossed or carved designs, use a soft brush so that the polish will reach all parts. Let the polish dry completely and then rub with a soft cloth until a deep luster appears.

If you prefer a soft, dull finish, add linseed oil to rottenstone until the mixture looks like heavy cream. Apply it with a soft cloth and rub until the tarnish disappears. Remember to use a soft brush for elaborate designs here too. Wipe the mixture off with a soft cloth dipped in linseed oil. Wipe off the excess with another soft cloth, and then rub with a flannel polishing cloth.

Or you may like a warm finish, which is especially good for antique brass. In that case rub the article with lemon oil or furniture polish. Then remove the excess oil or polish with a soft, dry cloth.

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MVB:sl
11/1/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 11, 1955

Frozen Cake Batter Saves Holiday Time

URBANA--Frozen cake batter will keep for two or three months, so you can make some today and save time during the busy holidays, says Mary McAuley, University of Illinois foods instructor.

Prepare the same recipe for freezing as you would for baking a cake today. Use double-acting baking powder; it reacts at a much higher temperature than other types and has good leavening action. Other baking powders react at room temperature and have little leavening action at baking time.

Experiments show that some synthetic vanillas cause flavor and color changes in baked products,so it's best to use pure vanilla.

It's easy to package cake batter, and the batter takes less storage space than baked cakes. Your frozen cake will taste about the same at a holiday dinner as one that you bake and eat the same day.

When you're ready to bake, defrost the cake batter in a refrigerator overnight or at room temperature for about five hours. Pour the batter into a greased loaf pan or layer pans lined with waxed paper. Let stand at room temperature for 10 to 20 minutes before baking.

If you keep frozen batter longer than three months, your cakes are likely to be coarse-grained and heavy.

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SEB:sl
11/8/55

FOR RELEASE SATURDAY, NOVEMBER 12, 1955

Note to Editors: This article is the last in a series of articles on glass curtains.

Make Glass Curtains for Your Home

URBANA--Glass curtains, the ones next to the window glass, are easy to make if you have the time and the know-how.

Homemade glass curtains have certain advantages over ready-made ones, says Florence King, University of Illinois textiles specialist. You can cut the fabric on the grain, causing the curtains to hang evenly. By cutting the fabric to fit each window, you can save material and at the same time allow an extra amount for shrinkage.

Perhaps you'll want straight panels to use with draperies, or ruffled tie-back or criss-cross curtains. Tiered curtains also are popular.

Many glass-curtain fabrics, especially the synthetic ones, have 3/4- to 1 1/2-inch selvage hems sewn in when you buy them. You only have to sew the heading and casing at the top and hem the bottom of glass panel curtains.

Fabric departments and mail-order houses offer many glass-curtain fabrics. Orlon, nylon, dacron, rayon and chromspun are synthetic fabrics you might use. Included in the cotton fabrics are permanent-finish organdy, dotted Swiss, lace and theatrical gauze. Other glass-curtain fabrics are marquisette, scrim and combination fabrics like rayon and nylon blend.

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MAP:sl
11/8/55

FOR RELEASE SUNDAY, NOVEMBER 13, 1955

4-H Room Project to Be Year-Round

URBANA--Many 4-H Clubs are planning 1956 room improvement projects to begin this winter and carry through next summer, says Mary McKee, University of Illinois 4-H staff member.

Room improvement projects are planned in a series. A 10-year-old can take one of them as her first project. As she does more 4-H work, she can take the more advanced projects.

Projects are set up for two age groups. Members up to high school age may enroll in Beginning Flower Arrangements, Beginning Dining-Table Covers, and Pictures. Projects for members of high school age or above are Draped Dressing Tables, Advanced Flower Arrangement, Dining-Table Covers, Pictures for Pleasure and the Five-Year Room Plan.

Each year in training schools girls learn home decorating and furnishing methods. In county and district tours they see examples of today's decorations and furnishings.

Through the room improvement project the girls also learn to recognize and appreciate quality and workmanship and to strive for a goal of "Better Homes in Illinois."

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MAP:sl
11/8/55

FOR RELEASE MONDAY, NOVEMBER 14, 1955

Pheasant Feather Hats Easy to Make

URBANA--Make a perky feather hat from a pheasant your hunter bags this season.

It's easy to make and also easy on the pocketbook. The only materials you need are a buckram frame, adhesive, sheet wadding, an old nylon stocking, binding and the feathers, says Mrs. Lorraine Trebilcock, University of Illinois clothing andtextiles specialist.

You must first skin the pheasant, although the skin itself isn't used on the hat. Skinning is necessary because you must put the feathers on the hat the same way they were on the bird. Just snip them off the cured skin when you're ready to make the hat.

Some hunters say the roasted bird loses much of its flavor when skinned. However, experienced game cooks say the flavor increases when the pheasant has been skinned.

To cook a skinned pheasant, either put strips of bacon across it and roast in a covered pan, or cover the entire bird with cooking oil or butter, cover tightly with a double thickness of aluminum foil and roast in an open pan.

For full information on removing and curing pheasant skins and making the hats, write to the College of Agriculture, Mumford Hall, University of Illinois, Urbana, Illinois.

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MVB:sl
11/8/55

Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Foil Cuts Cooking Time for Turkeys

URBANA--Old Tom Turkey speeds up his trip to the holiday table when he's cooked in aluminum foil.

Research findings show that roasting turkeys at 450° F. in aluminum foil saves up to half the time required by the low temperature (325° F.) method, says Geraldine Acker, University of Illinois foods specialist. And the meat will be moist, flavorful and tender.

When you cook turkey in foil, you don't have to struggle with stuffing, lacing and trussing because you bake the stuffing separately. The bird is self-basting too.

For this type of cookery you need the turkey, unsalted shortening, salt, soft string and heavy-duty aluminum foil.

If the turkey is frozen, defrost it in the refrigerator in its wrappings. Rinse it inside and out with cool water. Drain and pat dry with paper towels or a soft cloth. Sprinkle salt on the inside, and rub soft, unsalted shortening on the outside. Tie legs to tail with soft string. Leave only enough neck skin to fold neatly under the bird. Lay wings flat against sides.

-more-

FOR IMMEDIATE RELEASE

Foil Cuts Cooking Time for Turkeys - 2

Wrap turkey carefully. If you use 12-inch foil, you'll need two long strips. Lay them flat on a table and splice with a lock fold (double or drug-store fold). Open and press the fold flat and tight to prevent leaks.

Place the turkey on its back in the middle of the foil. Wrap small pieces of foil over leg and wing tips to prevent puncturing the outside foil. Bring foil from one side up and over the turkey's breast. Bring the other side up and place over the first piece, overlapping it at least three inches. Don't seal the edges with a lock fold.

Fold the foil down over the breast at both ends of the turkey, pressing it close to the body. Fold the open ends of the package up toward the breast. Be sure to use enough foil to prevent drippings from leaking out.

Place the turkey in a shallow, flat pan. Roast at 450° F. according to the following chart:

Ready-to-cook-weight (pounds, unstuffed)	Total cooking time (approximate hours)
8-10	2 1/4 to 2 1/2
10-12	2 3/4 to 3
14-16	3 to 3 1/4
18-20	3 1/4 to 3 1/2
22-24	3 1/4 to 3 3/4

If you want an attractive brown color and pleasant aroma, fold the foil back around the edges of the pan about 20 minutes before the end of the cooking time. Insert a thermometer at this time in the center of the thigh or breast, and continue cooking until the thermometer registers 190° F.

MVB:sl
11/15/55

FOR RELEASE SUNDAY, NOVEMBER 20, 1955

Home First-Aid Kits Often Neglected

URBANA--Many people today are taking first-aid courses because of the threat of atomic warfare but are forgetting to take stock of their home safety measures, says O. L. Hogsett, University of Illinois safety specialist.

Check your medicine chest now and throw away old, stale or out-dated medicines. Clearly label each jar, bottle and box. If your medicine chest isn't in a handy location, fix up a first-aid kit to keep close at hand.

A good first-aid kit need not be expensive or difficult to make. A unit-type kit, like a tight metal box, serves the purpose. Use a Red Cross first-aid book as reference for necessary articles to be included in the kit.

Include sterile gauze and cotton, rolls of adhesive, a good antiseptic, sterile applicators and a remedy for burns in your kit.

Keep first-aid kits in your house, barn and farm shop, on the tractor and on other pieces of farm equipment.

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OLH:sl
11/15/55

FOR RELEASE MONDAY, NOVEMBER 21, 1955

Illinois Sends 29 to 4-H Club Congress

URBANA--Twenty-nine Illinois 4-H Club members and two county extension workers are attending the 34th National 4-H Club Congress next week at the Conrad Hilton Hotel in Chicago. The program begins on November 27.

Club Congress, planned and conducted by the Extension Service and the National Committee on Boys and Girls Club Work, recognizes and highlights contributions of 4-H Club work to better living. Top 4-H members and leaders meet to cite accomplishments, exchange helpful experiences and set new goals.

Theme of this year's Congress is "Improving Family and Community Living." The more than 1,700 expected to attend include guests and observers from several foreign countries.

During the week more than 50 organizations will sponsor educational tours, meal events and entertainment. In addition, there will be group discussions, addresses by prominent speakers, exchange of ideas with youth from other countries and other features.

All 4-H Congress delegates are educational award winners in programs conducted by the state and federal extension services. Various business firms, foundations and public-spirited individuals sponsor award programs as an incentive for 4-H accomplishment. These are administered through the National Committee on Boys and Girls Club Work, a citizens' group that lends support to the 4-H program.

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FOR RELEASE MONDAY, NOVEMBER 21, 1955

Illinois Sends 29 to 4-H Club Congress - 2

The 4-H member delegates from Illinois attending Club Congress are:

Mary Lee Arntzen, Macomb; Larry Berlage, Elizabeth; Loren Boppart, Woodstock; Frances Davis, Jerseyville; Delbert Denby, Girard; Joyce Douglas, Karnak; Alice Dozier, Divernon; Jim Etherton, Carbondale; Tom Fassler, Goreville; Kaye Greenwood, Kinmundy; Judith Hage, Yorkville; Mary Linn Hogan, Ringwood; Phil Jones, Richview; Carolyn Konneker, Carlinville.

Larry Lewis, Ursa; Franklin S. Hyford, Jr., Belvidere; Robert Marshall, Cuba; Mary Ann Mattingly, Paris; Frances Nelson, Wataga; Ralph Pool, Eureka; Eldon Rebhorn, Oswego; Jim Short, Petersburg; Eugene Schick, Elgin; Frederick Trulson, Milan; Verna Vogt, Metropolis; Allen Wagner, Marissa; Elaine Werkheiser, Kewanee; Shirley Willis, Stockton; and Eleanor Yordy, Morton.

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MVB:sl
11/15/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 25, 1955

Observe Safe Driving Day December 1

URBANA--Last year's S-D Day reduced traffic deaths 15 percent below those on the same date of the previous year, according to a report by the traffic safety committee.

President Eisenhower proclaimed the first S-D Day last year in the hope of discovering whether the traffic problem could be solved by total effort on all fronts, says O. L. Hogsett, University of Illinois safety specialist.

This year President Eisenhower has named December 1 as S-D Day for the nation. On that day a second effort will be made to minimize traffic accidents for 24 hours--to prove that individual and community action can prevent traffic accidents.

The basic principles of safe driving and safe walking are simple enough. The important thing is for you to practice them every day. They aren't an on-again, off-again thing.

Remember S-D Day December 1.

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OLH:sl
11/22/55

FOR RELEASE SATURDAY, NOVEMBER 26, 1955

Reward Your Hunter With Game Meal

URBANA--Reward the successful hunter with a dinner to display his prize catch. You can either keep it a family affair or, if the hunt was good, invite some neighbors.

In planning the meal, choose foods to accent the game meat, not hide it, says Geraldine Acker, University of Illinois foods specialist. For example, wild rice or fried hominy and a tart jelly are good companions for a duck dinner.

The conversation limelight will probably fall on the hunt, so feature it at the table too. Season the meat carefully, and have it ready to carve when you bring it to the table. Crisp celery and carrot curls and radish roses will play a dual role as garnish and relish.

Color and texture contrasts add interest to any meal. So serve green or yellow vegetables, or both, and crisp relishes or salad greens with this game meal.

In arranging the meat platter, remember that too many garnishes or too small a platter makes carving harder than it need be.

To carve duck easily, use duck shears or sturdy kitchen shears. If the bird is large, first split it along the breast and backbone and serve it in halves or quarters. Then slice the breast meat with a small carving knife. Serve small birds whole.

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MVB:sl
11/22/55

FOR RELEASE SUNDAY, NOVEMBER 27, 1955

Aluminum Foil Now Appears in Yarns

URBANA--Aluminum foil is fast resembling a chameleon in its ability to adapt itself to its surroundings, be it kitchen or fabric.

Women have always wanted metallic yarns but not until recently have yarns been made that weren't heavy or brittle or that would tarnish, says Florence King, University of Illinois textile specialist.

This new yarn is made by laminating a sheet of plastic film to each side of a sheet of aluminum foil and then cutting the resulting product into narrow yarn widths.

These yarns have all the glitter and glamour of the real metal ones. They won't tarnish and you can wear the fabric against your skin without irritation.

You'll find them in both woven and knitted garments because they are pliable and washable. Since the film covering the aluminum is plastic, the material is as washable as other plastics like acetate and nylon.

Use moderately hot water when you wash these metallic fabrics, and press with a warm iron. You can ruin laminated yarns easily with too hot an iron, especially when the material combines a plastic with cotton. A temperature that's hot enough to take the wrinkles out of cotton melts the plastic film of the laminated yarn.

The plastic film is soluble in alcohol, acetone or ether. So be sure not to use a spotting solution containing any of them on the material.

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FOR RELEASE SUNDAY, NOVEMBER 27, 1955

Aluminum Foil Now Appears in Yarns - 2

These metallic yarn fabrics keep their fashion-keyed colors because the color is sealed between the film and the foil. They're fast to light, laundering and dry cleaning.

The aluminum foil yarn is as versatile as the foil itself. You'll find it giving sparkle and eye appeal to upholstery and drapery fabrics, lace and velvet. It's also woven with saran for automobile seat covers.

MVB:sl -30-

FOR RELEASE SUNDAY, NOVEMBER 27, 1955

Fix Easy Oven Meal With Spareribs

URBANA--Prepare an easy oven meal tonight with spareribs as the main feature, says Dorthy Figge, University of Illinois foods specialist.

Place them on a rack in an open roasting pan. Cook at 350° F. for one and one-half hours. Complete your oven meal with baked sweet potatoes and corn muffins, and top it off with baked apples for dessert.

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MVB:sl
11/22/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 2, 1955

Old Scraps Make Interesting Toys

URBANA--Those old metal milk bottle caps, the empty spool you just threw away, that old inner tube in the garage, those odd screws and bolts--and many other "useless" articles make some of the most valuable toys your child can have, says Mrs. Millicent Martin, University of Illinois child development specialist.

When mashed flat, metal bottle caps make fine "silver dollars" or "tickets," and they also promote dramatic play. Spools, either colored or plain, can be anything from beads to people in a child's creative play.

Children love to "fish" for rubber fish cut from old inner tubes. Screws and bolts fascinate them too. Or they'll have fun with a fireman's hose made from an old garden hose. They develop muscular coordination by playing with such things.

You can make modeling clay from flour, salt and water, and add a little vegetable coloring for interest.

A simple toy with a purpose is as interesting and more educational than an elaborate, expensive one, says Mrs. Martin.

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BSB:mi
11/29/55

FOR RELEASE SATURDAY, DECEMBER 3, 1955

Acrilan's Moth Resistance Boosts Selling Points

URBANA--Since Acrilan sweaters don't interest moths, they will especially interest you.

Like Orlon, this synthetic fiber is soft and drapes well, and yet it doesn't tend to "pill," or mat into small balls, as Orlon does, says Dr. Jane Werden, University of Illinois textile specialist. This is one of the fiber's outstanding advantages.

Busy homemakers, school and career girls find that Acrilan requires little extra care. It's easily washed and because it's heat set you don't have to worry about its shrinking.

The color selection of Acrilan sweaters covers the whole color chart. This fiber takes dye easily--this was once a problem with synthetic fibers.

The difference between qualities of Acrilan sweaters, or any synthetic fiber sweaters, is usually not in the yarn, because almost all yarn of one fiber is made by the same company. The difference is usually in the amount of yarn used. If a manufacturer skimps on yarn, the sweater will probably be inferior in quality.

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MAP:mi
11/29/55

FOR RELEASE SUNDAY, DECEMBER 4, 1955

Some Frozen Foods Cost 1 1/2 Times More

URBANA--Ready-to-serve frozen foods may cost one and one-half times as much as homemade products.

You can make an apple pie for about 44 cents, while a frozen one costs about 69 cents, says Mrs. Glenna Lamkin, University of Illinois home economist.

Not only does the frozen product cost more, but you don't gain the same satisfaction from opening and heating a frozen pie as you do from making your own.

In addition to their higher price, ready-to-serve frozen foods often lack the flavor of fresh products. Texture and appearance often fail to meet good quality standards too.

Frozen mashed potatoes, for example, cost twice as much as those you mash. They lack flavor and have a gummy texture and a gray color. Frozen fried chicken often tastes stale and dry.

However, these foods are easy to prepare and save time. They are useful as "emergency dishes" when unexpected guests arrive. They add variety to the menu too. How many people in the Midwest ate seafood before frozen seafood came on the market?

Research on ready-to-serve frozen foods is continuing to produce more desirable and less expensive products.

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MLM:mi
11/29/55

FOR RELEASE MONDAY DECEMBER 5, 1955

Clean Up Cluttered Stairs, Prevent Accidents

URBANA--You may think stairways only help you go places. But they will send you places, too, if you let stumbling blocks clutter them.

O. L. Hogsett, University of Illinois safety specialist, suggests this plan to help you keep your stairs clean. Pick your worst offender (usually one of the younger family members) and appoint him or her chief in charge of keeping the stairs clean. The chief turns his job over to the first "stairway clutterer" he catches.

While you're on the stairway problem, try to learn why things are placed on the steps. If you provide a handier and safer place for overshoes, brooms, mops and other articles, no one will be tempted to use the stairs for storage.

Good lights, controlled from both top and bottom of the stairway, and white paint on top and bottom steps will make your stairway safer. A hand rail may prevent an accident too.

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OLH:mi
11/29/55

for dailies

Homemaking news

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Holiday Kitchen Safety

URBANA--With the preparation of a bounteous Christmas day feast, the kitchen becomes a busy place. But a busy kitchen is sometimes a hazardous one too, warns O. L. Hogsett, University of Illinois safety specialist.

Whether you're preparing meals for a hungry household or fixing a tempting Christmas dinner for guests, kitchen safety is always important.

Avoiding an accident in the kitchen means being safety conscious at all times. Plan and prepare as much of your meal as possible the day before so that you won't have so many last-minute things to do. Do not rush--take time to be careful.

Turn handles of cooking utensils to the back of the range. Keep knives and other sharp insturments out of reach of children. Use a safe stepladder to reach high shelves and other difficult storage places. Organize small kitchen equipment. Make sure all electric cords, switches and plugs are in good condition.

Invest a little time and money in safety. The hospital bills you save by planning for safety will more than cover the investment.

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OLH:sl
12/6/55

FOR IMMEDIATE RELEASE

Select Turkey to Fit Your Plans

URBANA--You can find a turkey tailor-made to fit your family's holiday appetites and plans.

At this time of the year, most stores are stocked with birds ranging from 6-pound hens to 27-pound toms, says D. J. Bray, University of Illinois poultry specialist.

If your family is small, you may choose a young turkey weighing between 4 and 6 pounds. Or if you're serving a slightly larger number, you may find that a young hen or tom will fit your needs. They're less than eight months old and weigh from 10 to 25 pounds.

Allow at least one pound of uncooked bird per serving. Toms are less expensive per pound than lighter hens because fewer people want the heavier birds.

If you plan two dinner parties, you may find a large bird economical. You can cut it in half and store half in a locker or your home freezer.

The best turkey has moderate depth and a well-fleshed breast carrying well back between the legs. A broad back and short drumsticks also mean more meat per pound.

A well-fleshed bird has a broad, flat breast and enough fleshing over the back, legs and thighs to make all parts of the dressed bird blend together, with no prominent bones.

A tender, juicy bird will result from plenty of finish, or fat. Although fat is most noticeable in the feather tracts, it should cover the entire bird with a creamy-white layer.

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VB:sl
2/6/55

FOR IMMEDIATE RELEASE

Choose Tree Lights Carefully, Insure Safety

URBANA--Your home and family safety during the holidays can depend on your choice of Christmas tree lights.

For maximum safety, select lights carrying the Underwriters' Laboratory label, says Frank Andrew, assistant professor of agricultural engineering at the University of Illinois. The U.L. label means that the lights have passed certain tests and are safe to use in your home.

If finding burned-out tree lights is a problem for you, you'll want lights connected in parallel instead of in series. In a parallel connection only the burned-out bulb goes off. In a series connection, all lights are on one circuit and one burned-out bulb turns off all the lights.

Be sure fiber washers surround each light socket. These washers keep tinsel, needles and other inflammable materials out of the sockets where they might start a fire. Don't leave sockets uncovered while you look for bulb replacements. Washers can't keep things from falling into an open socket.

If you use your old Christmas tree lights, see that the wires are covered, the connections are tight and a fiber washer surrounds each light socket.

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LAW:sl
12/6/55

FOR IMMEDIATE RELEASE

Personalize Holidays With Gifts From Kitchen

URBANA--Busy holidays find you dashing between store and kitchen for last-minute gifts and meals. So combine the two and give gifts from your kitchen, says Geraldine Acker, University of Illinois foods specialist.

When you have all the makings out for mincemeat, pumpkin or some other holiday pie, prepare an extra recipe or two. Make individual pies in small aluminum foil pans and freeze. You can either buy the pans separately or save them from fozen meat pies you buy.

Children like "Frosty" whether he's a regular snowman or a snowman cupcake. Place a cupcake on its side on top of another cupcake and fasten it with several toothpicks. Be sure to take the toothpicks out before the children eat the cakes.

Frost the cupcakes generously with any white frosting. Use various colored gumdrops for eyes, ears, nose and shovel. Dip a marshmallow in some melted semisweet chocolate for the hat. Drain, set on a thin cookie and set the cookie on the snowman's head. Harden in a cool place.

While you're filling the cookie jar, fill some empty containers you've saved with cookies. Dress up tin cans with paint or decals. Bright scraps of wallpaper will flatter otherwise drab cardboard boxes.

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MVB:sl
12/6/55

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Many Home Falls Can Be Prevented

URBANA--More than 500 Illinois people will die from falls this year. And more than 400 of them will be over 56 years old, says O. L. Hogsett, University of Illinois safety specialist.

Stairways and steps are major danger points for falls.

You can prevent accidents on stairs by installing protective handrails low enough for children, by putting rubber treads on the steps and by lighting stairways adequately. Hogsett recommends a two-way switch at the top and bottom of the stairs. Fasten carpeting firmly on each step and repair it when needed so you won't catch your heels on it.

Disorder causes many falls. When mops, brooms, children's toys and boxes find their home base on stairways, broken bones and severe bruises are almost a sure result.

Personal habits frequently cause falls, too. When moving objects, carry them so you can see where you are going. By slowing down, you'll go far toward preventing accidents.

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OLH:sl
12/13/55

FOR IMMEDIATE RELEASE

(Note to the Editor: The following are New Year's party suggestions from E. H. (Duke) Regnier, University of Illinois rural recreationist.)

Party Ideas Ring in New Year

Greet '56 in Your Kitchen

URBANA--Greet 1956 in your kitchen. Give each guest a holiday menu decorated with a sprig of holly or mistletoe, listing the evening's refreshments. Divide the guests into groups and give each a recipe and utensils and ingredients they'll need. Allow them two hours to prepare the food. Then you and volunteer guests judge the products and award prizes for the best--chefs' aprons or menu makers.

****

Sadie Hawkins Party Heralds Leap Year

Bring in the 1956 leap year with a Sadie Hawkins party. Ask the women to dress as Daisy Mae and the men as Li'l Abner. Give corncob pipes to the Daisy Maes and ball and chains to the Li'l Abners. You can attach a small Christmas tree ornament to a key chain for the ball and chain. Assign the fellows to one team and the girls to another. Then start an evening of races such as a gunnysack race or games such as charades. You can climax the evening with a word game. Let each team see how many words they can derive from the word "matrimony."

****

Baby Picture Contest Welcomes New Year

Welcome the new-born year with a baby picture contest. Ask everyone to being a baby picture of himself. Give all guests paper and pencil and ask them to identify the pictures as you pass them around. Awards for the best guesses could be a calendar, a diary or a yearly

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expense book. Or you could give awards for the prettiest boy baby, prettiest girl baby or person who has changed the most.

****

Pass Time With 'Beat the Clock'

While you wait for the new year, play Beat the Clock. Set a time limit for your guests to blow up two or three balloons or let them find a burned-out bulb you've placed on your Chiistmas tree. Or you could have them throw confetti, one piece at a time, into a cup two or three feet in front of them.

****

Guess Authors of New Year's Resolutions

Have each guest write a New Year's resolution on a piece of paper. Collect them and have the guests try to guess the author of the resolutions as you read them.

****

Pantomime This Year's Resolutions

Have your guests give pantomimes to represent a New Year's resolution while the other guests guess what the resolution is.

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LAW:sl
12/13/55

FOR IMMEDIATE RELEASE

Check Furniture Inside and Out Before Buying

URBANA--What do you look for in furniture...color and ornamentation, or permanency, comfort and utility?

Don't be afraid to turn a chair upside down to see what it's made of or ask questions about its construction, care and wearability, says Mrs. Lorraine Trebilcock, University of Illinois home furnishings instructor.

See if the carving is clean and clear-cut. And of course you want furniture with good scale and proportion. Ask if the pillows are made of down or feathers rather than springs. See that the corners are firmly nailed and glued. Check to see that the inside and back are finished securely.

Avoid gaudy, clumsy and poorly-scaled furniture. Keep away from imitation stain and grains, and from very shiny surfaces.

Ask the salesman about the things you can't see from the outside and check the springs and filling of upholstered furniture. Be sure you buy a good quality fabric so it will withstand the daily wear and tear it will receive.

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LAW:sl
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Don't be afraid to turn a chair upside down to see what it's made of or ask questions about its construction, care and wearability, says Mrs. Lorraine Trebilcock, University of Illinois home furnishings instructor.

See if the carving is clean and clear-cut. And of course you want furniture with good scale and proportion. Ask if the pillows are made of down or feathers rather than springs. See that the corners are firmly nailed and glued. Check to see that the inside and back are finished securely.

Avoid gaudy, clumsy and poorly-scaled furniture. Keep away from imitation stain and grains, and from very shiny surfaces.

Ask the salesman about the things you can't see from the outside and check the springs and filling of upholstered furniture. Be sure you buy a good quality fabric so it will withstand the daily wear and tear it will receive.

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LAW:sl
12/13/55

for dailies

Homemaking news

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Lard Makes Pies "Like Mother Made"

URBANA--For a pie "like Mother used to make," use lard.

Lard has higher shortening properties and makes a more flaky, tender pastry then other types of shortening, says Geraldine Acker, University of Illinois foods specialist.

A standard pie crust recipe made by conventional mixing calls for one-fourth cup lard for each cup flour. You'll need to use one-third cup of any other shortening for a crust of equal quality in the same recipe.

To make a flaky crust, cut or mix the lard into the flour to form small lumps about the size of peas.

For a shorter, flaky crust, thoroughly mix half the lard with the flour. Add the other half of the lard, and mix only until small lumps form.

For a mealy crust, mix all the flour and all the lard thoroughly at one time.

Any of these methods gives you a standard crust. Use the one that will make the kind of crust your family prefers.

-30-

MVB:sl
12/20/55

FOR IMMEDIATE RELEASE

Study Conditions Affect Child's Study Habits

URBANA--Good study habits are easiest to maintain when you provide good study conditions, says Dorothy Iwig, University of Illinois home furnishings specialist.

It's best to have a special room for your child's studying. But if you can't, make the most of available space.

You can place a desk flat against a wall, but never in front of a window. The glare, as well as outside attractions, will hinder studying.

If your walls are dark or heavily patterned, put a light-colored bulletin board in front of the desk. The light surface will reflect light toward the working area and cut down the contrast of lighted lamps against the wall. A framed tack board about 42 inches wide and 36 inches high is good. Your child can either hang souvenirs or mount a pair of pin-to-wall lamps on it.

A dull-finished desk is best because light doesn't reflect from it. However, if the desk has a shiny finish, cover it with a light-colored blotter. The lighter color reduces the contrast between the dark desk and the light pages of the book or paper.

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MVB:sl
12/20/55

FOR IMMEDIATE RELEASE

Supplement Vitamin A With Doctor's Help

URBANA--If you need vitamin A supplements, take only the amount your doctor prescribes.

Although everyone needs minimum daily amounts of vitamin A, children especially may become irritable, lose their appetites and become limited in their arm and leg action if they get too much, says Beula McKey, University of Illinois foods and nutrition specialist.

You probably won't need vitamin A supplements if you carefully select and eat common foods every day in a well-balanced diet.

Yellow and leafy green vegetables and some yellow fruits contain carotene, a substance the body changes to vitamin A. Liver and whole milk contain carotene before it's changed to vitamin A. Animals form vitamin A from carotene and store it in the liver.

Whole milk, dairy products that are rich in butterfat and fortified margarine are other sources of this vitamin.

A serving of carrots contributes almost a day's requirement of vitamin A, and a serving of liver gives more than the daily recommended allowance for adults.

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MAP:sl
12/20/55

FOR IMMEDIATE RELEASE

Careful Handling of Material Aids Success

URBANA--If you stretch fabric even a fourth of an inch, you may alter the finished garment by one size at that point, says Ellen Hansen, University of Illinois clothing and textiles instructor.

Careful handling helps to eliminate stretching. Hold the fabric down when you cut an unfinished piece. For best results, sew the outside edges by machine before handling the material. The stitching won't show on the finished garment if you sew the edges just outside the seam stitching line.

You can speed sewing by taking slightly longer stitches than you use in the finished garment, but taking too long stitches can make the material pucker. Pulling the material as it goes through the machine puckers it, too.

Always stitch from the widest to the narrowest part of the pattern shape. On the curves you may have to stop in the middle and finish the stitching by starting at the other end or the material may pucker.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 30, 1955

Check Wool Sweater Treatments Before Buying

URBANA--When you buy a sweater, look at the label to see that it is shrinkproof and mothproof, says Jane Werden, textiles specialist at the University of Illinois. A good label gives information on special treatments, fiber content and care.

Softness and resilience, or elasticity, of wool are not altered by the shrinkproof process.

Mothproofing helps to increase the life of wool fabrics. Some wool garments are treated for life-long protection against moths. One process claims to be odorless, colorless and non-toxic to humans and pets. This process has little effect on the softness of the wool fabric, and the treated garment requires no special storage.

Common terms used on labels of wool sweaters are "durable" and "will not shrink out of fit." This means that the garment will shrink only a small percent after you wash it.

It's hardly practical to say that wool can be made completely shrinkproof, like cotton. Usually the amount of shrinkage depends on the fiber, yarn construction and weave.

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MAP:sl
12/23/55

FOR RELEASE SATURDAY, DECEMBER 31, 1955

Arrange Living Room for Many Activities

URBANA--Try rearranging your living room so that you can use it for several activities.

Draw a detailed diagram of the room to scale, and study it for the best arrangement of all activities, says Ellen Hansen, University of Illinois textiles and clothing specialist.

If your room is large, you can section it into areas for reading, music or radio and conversation by grouping the furniture. If it is small, begin your grouping around the room's center of interest--a window or fireplace.

First decide where to place your large pieces, and always keep them parallel to the wall. Don't be afraid to put furniture against the wall if it saves space or emphasizes a grouping.

It's not hard to keep the room balanced, and each section of the room too. If there's a fireplace at one end, you'll need something at the other end to balance it. Your arrangement will be more interesting if you vary the height of articles in a grouping.

Finished pieces in the center of the room provide an additional center of interest. Or a long, low piece acts as a divider or gives the appearance of a hall, if there is none.

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LAW:sl
12/23/55

FOR RELEASE SUNDAY, JANUARY 1, 1956

Kitchen Knives Aid Homemakers Day, Night

URBANA--Kitchen knives are on the job from early breakfast through the midnight snack.

A few well chosen, good-quality knives are a better buy than many poor ones, says Dorthy Figge, University of Illinois foods specialist.

Blades do the actual work, so they ought to be made of a hard, durable metal, The metal should take and hold a sharp edge but not stain or rust. High-carbon steel, called hard steel, is best. The marking on the blade should tell what metal is used.

If the quality of the metal is good, blade construction is likely to be good too. But, if the blade is cheaply made, it can't be very good. The best made knives have forged blades. They are sharpened by heating and hammering, which makes them taper in thickness from the back to the cutting edge. The blade marking should tell whether the blade has been forged.

Every blade must be ground. The grind on the back edge must be fairly thick for strength, but the cutting edge should be thin for sharpness.

Knife handles should feel comfortable and not slip or turn easily in your hand. The metal of the blade should go into the handle far enough to fasten the blade well with two or three rivets. In the best made handles, the metal extends the full length of the blade.

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FOR RELEASE SUNDAY, JANUARY 1, 1956

Kitchen Knives - 2

The handle finish should be smooth and non-absorbent so that the water in dishwashing won't harm it. Fine-grade woods do not split or stain and need no finish other than smoothing and polishing. Painted wood handles chip or peel, and stained handles sometimes discolor dish towels.

No kitchen tool helps cooking go more smoothly than a good knife; nothing hinders it more than a poor one.

MVB:sl -30-

Apple Sauce Perks Up Lunchbox Menu

URBANA--Apple sauce often appears on the dinner table, but don't forget that it perks up lunchbox menus too.

The usual meat sandwich takes on a new air when spicy apple sauce joins it, says Geraldine Acker, foods specialist at the University of Illinois.

Today's paper cups with covers and wooden spoons are ideal for this lunch treat, for you can throw them away after use. Plastic cups and spoons are also handy and can become permanent items in your outdoor eating utensils.

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