

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

About Sugar Substitutes
The increasing cost of sugar is causing many homemakers to look for ways to conserve sugar and to compare costs with other sweeteners. The use of sweeteners other than sugar does not guarantee a savings in money. But a knowledge of both weight and volume measures will help you compare costs.
For quick calculation: 1 pound of granulated white sugar contains 2 cups (actually averages close to 2-1/4 cups)

1 pound of corn syrup measures 2 cups
1 pound of honey measures about 1-one third cups
1 pound of molasses measures about 1-1/2 cups
If you want to use honey, molasses or corn syrup in baking, you will get best results from especially developed recipes. If, however, you wish to try substitutions in your favorite recipes for baked goods, here are some guidelines.
- Molasses, honey or corn syrup can be substituted for all the sugar in any recipe

that calls for a small ratio of sugar to other ingredients. This includes most breads, rolls and muffins.

- In recipes that call for a high ratio of sugar to other ingredients such as cakes and cookies, you need to reduce the amount of liquid in the recipe if you substitute molasses, honey or corn syrup.

- Reduce the liquid ingredients one-fourth cup for each cup of molasses, honey or corn syrup used. For example, if you substitute 1/2 cup of honey for 1/2 cup of sugar, reduce the liquid in the recipe by two tablespoons.

- You are more likely to have a successful product if you substitute only half the sugar in the recipe. Sweetening ingredients vary in sweetening power and have distinct flavors which may affect other flavoring ingredients in the product and differ from sugar in their effect or browning.

Here are some suggestions for cutting down sugar consumption in your home:

- Use canned fruit juices for sweetening fruits and for making gelatin desserts, puddings and beverages.

- Use fresh and dried fruits without adding sugar.

- Always use a little salt to help bring out the sweetness of a food.

- Use fruit instead of rich sweets for desserts. Or use milk-based desserts such as custards and puddings. Although they require sugar, the amounts are generally less than those needed for rich cakes and pies.

Care Of Flame Retardant Fabric
Homemakers rejoice! Manufacturers of fire

Fabric Notes

Greater Versatility
Wool is a unique natural fiber offering excellent insulation and resiliency, the ability to return to original shape after being stretched. Elasticity and moisture absorption make wool comfortable.

Modern civilization and technology have improved wool and added other desirable characteristics to its natural qualities. Among the developments of recent years are permanent creasing, shrinkproof wools,

resistant fabrics have developed a new process which enables fire-resistant garments to be laundered.

Until recently washing instructions read "Do not use soap or bleach, low or non-phosphate detergent. Do not send to commercial laundry. Dry at low temperature. Do not tumble dry." But, now due to a new finishing process, washing instructions will read "Fully washable. Do not use soap or chlorine bleach."

Why no soap or chlorine bleach?

Soaps leave a lime deposit, curd, in hard water, on the fabric which covers the flame-resistant finish, thus making it ineffective. While chlorine bleaches chemically attacks the finish, making it ineffective.

Fabric with this new fire-retardant process should be in the market by December.

Homemakers, you no longer need to handle flame-resistant fabrics with special care for they are now "fully washable."

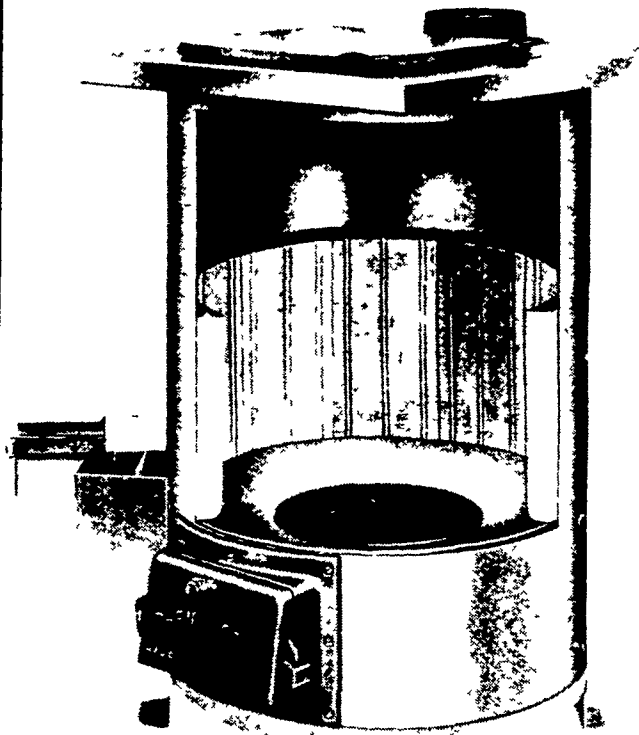
Shrinkage in wool garments comes about because the fibers move closer together during the agitation of the fabric in machine washing. The individual wool fibers never really shrink or change in size but rather become entangled with one another. This is known as felting or matting. The unique felting ability of wool creates its soft, luxurious and bulky feel. However, once the desired effect is obtained, it is necessary to arrest the felting process to achieve washability. Superwash garments are treated to do this.

Woolen garments that are washable require the same basic laundering procedures of other items. Check for the Superwash mark and read labels for washing recommendations.

How Velvet Is Made

Velvet is a popular fabric to use for holiday party dresses. But have you ever wondered how velvet is made? With the exception of uncut velvet, all velvets are made as two layers of fabric, woven at the same time on a double-shuttle loom. An extra set of yarns is interwoven between the two layers of fabric. The extra yarns are then cut, making two separate fabrics. The surface of each layer of fabric can then be treated in a variety of ways to create uncrushed velvet, cut velvet and Panne velvet.

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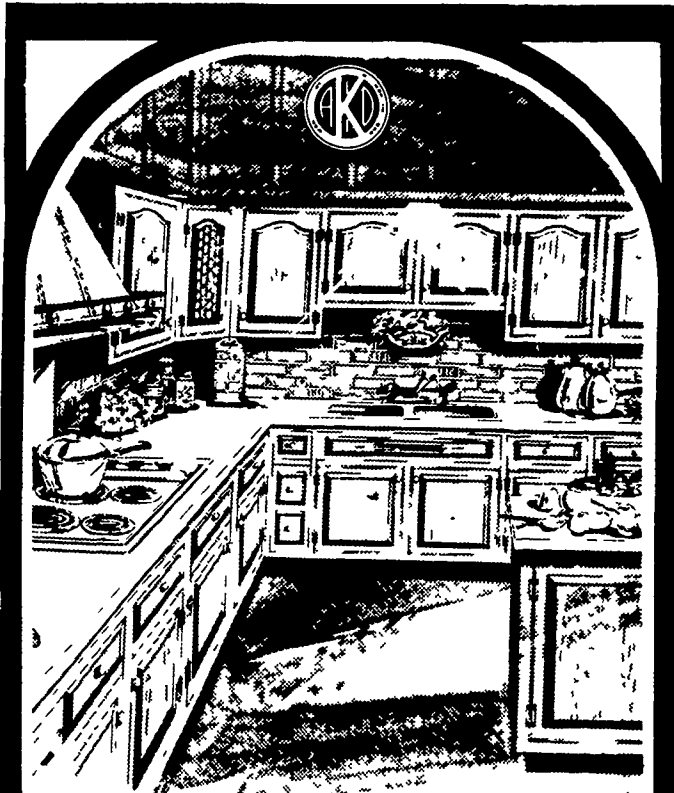
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