



Extension - Health and Human Sciences

TIPPECANOE COUNTY EXTENSION HOMEMAKERS

Home Echoes

<https://extension.purdue.edu/county/tippecanoe/Tippecanoe-County-Extension-Homemakers.html>



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Tippecanoe County Extension Homemakers



Volume 23, Issue 6

Nov – Dec 2023

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Articles for the
Jan - Feb
Issue due by
Dec 1, 2023 to
Holly Sietsma

“Life’s A Safari - Explore Mind, Body and Spirit” TCEH theme for 2023-24

Along our “safari” journey, there will be twists and turns, problems and challenges, and new scenery to explore; but this caravan of Extension Homemakers and friends will keep on moving toward the goal of a successful, but fun year of educational opportunities.

My Co-President Linda is spending valuable time with her ill mother right now and is sorry she had to get a late start on this “leg of the journey”.

Explore Your:

Mind - Your outlook and mental attitude.

Body - Healthy eating and exercise

Spirit - Your highest priority is to be loving to yourself and others.

Along the way, we will find beautiful scenery (moments) and, at times, not so beautiful moments. That is simply part of life. Always keep learning, reading, wanting to be and do better. Reaching out to others along the way, including those members in our clubs as we share our friendships and hearts. Keep making the #Scatter Kindness hearts and scatter them wherever you go.



**Scatter Kindness
The #IEHA Way**

*This little heart was made just for you.
Slip it into your pocket, purse, or
wherever you choose.
Use it as a reminder that you will
always have a friend who cares.
Wherever you are, wherever you go,
Wherever life leads you,
There’s always someone out there
thinking of you.*



Spread the word about Extension Homemakers as we

Celebrate IEHA week (October 22-28)

By Connecting with others that may not have heard about us.

At Home and Family Conference we had one evening where we just enjoyed some fellowship time by playing games, making new friends and enjoyed a nice relaxing time together. So, we thought, why not have something different and special for **OUR** members?

Plus, let's invite guests to join us!

TUESDAY, OCTOBER 24TH

We have a Fun, Festive evening planned for everyone and guests. It will be held at the Tipp. Co. Office Building, in the basement of the new Extension Office. If you are unable to do steps to the basement, carpool and park in the lower lot of the north side of the building for the Handicapped accessible entrance with NO steps. (It will be lighted). If you need help, please ask for help.

And **BRING GUESTS** - as many as you want. There will be finger food, cider, and water to enjoy as you arrive at 5:30 pm. A photographer will take pictures in our Blue and Gold Photo area.

We'll be playing **BINGO** and have lots of prizes to give away.

Find a **HAT** and decorate it for our **HAT CONTEST** in any of these categories:

1. Fall Decorations
2. Blue and Gold
3. Homemaker theme

To earn a Special Gift Package!

Plans are to finish by 8 pm.

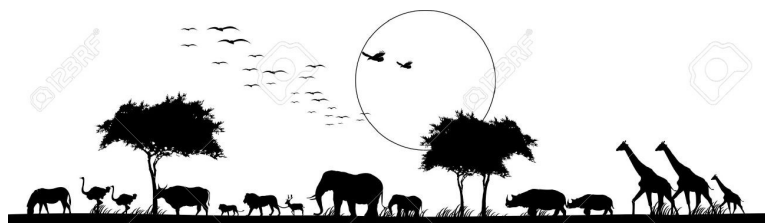
Each member will receive a postcard invitation in the mail.

Club Presidents, at the October 18th Fall Education Program please let us know about how many persons from your club will be attending this event.

Summer is winding down; the Fall, crisp air is headed our way and before we know it the Christmas Holidays will be upon us with all the lights, gifts, festivities and family memories. May we all enjoy the adventures of these upcoming months!

By Kathy Delaney, Co-President

What is a Homemaker? One definition is: "One who manages a household". We all do that, don't we? We manage our "space"; wherever it may be.



From your county Vice-President, Dottie Warner

My history with TCEH goes back to my Mom, (Rowena Dickerson) and Immanuel Club: babysitting at their Summer gatherings & helping prep craft projects, eventually being their sponsored 4-H queen candidate; Coxs renting their first Lafayette home from my parents, and Martha advising me on my 4-H nut bread.

My connection to IEHA is broader: There's a photo of me doing exercises up on a foot stool after attending 'club' with my grandmother when I was about 1 year old, in Clay County. (They won't let me claim joining in 1956.) I graduated from Purdue in 1977 with a BS in Ag (horticulture) married and moved away, raising 5 daughters. My husband worked for USDA (then) Soil Conservation Service, and we were transferred several times around Indiana. I always knew, when we lit long enough to settle in, that I could find a compatible home-ec club. In Washington County I joined what I thought of as a traditional club: age range from 25-95 with some daughters, in-laws, and grands, about 30 members, meeting in homes and going on tours; I started a Moms' Morning Out program there. In Hendricks County I was in the 'younger' Lizton club with all but 2 mothers who worked days (it became a mailbox club after a few years due to all county lesson days and events being during the work day). I also served on the Extension Board. In 1999 our tree nursery hosted a stop on their annual Farm tour.

When I returned to Lafayette in 2016 to help Mom with Dad, we couldn't both be gone at the same time, so I didn't join Immanuel club. I really didn't have time anyway. A young co-worker of mine, whom I had guided towards EH, had signed up at the fair and connected with Kathy Delaney. To thank me she invited me to their Christmas dinner. And here I am!

A warning up front: I am terrible with names, always have been and age hasn't helped, but I do try. I intend to visit all the clubs before next Spring; hopefully before December. I'm in Laughing Ls and Book club, and have visited Quilt club and gone to Thorntown with Lamplighters, so far. So, please, let me know when and where; I look forward to it!

Purdue Extension - Health & Human Science Educator Update

Hello everyone! I hope you are all doing well. As for HHS education, things are busy for the rest of 2023. I'm already looking into planning programs for 2024. We are full for our Matter of Balance class in October, but if you want to be on a contact waiting list for future offerings, please let me know. I am offering *Where Does Your Money Go?* at the West Lafayette Library on October 26th and November 30th at 6pm. This is a great opportunity to review spending habits and our budgets as inflation and the cost-of-living climbs. This is a two-part class, if you have any questions, please let me know.

I want to share information on how to access the Purdue Lessons on the Indiana Extension Homemakers Association website.

- Access the current lessons at this website www.join.ieha-families.org/page/
- Read the description of the lessons available
- Click the download button to download and print the relevant lesson materials. If you need items printed, or help, please contact me.
- Share with your groups or contact me to help guide a session!

I have one final interesting program I have been introduced to from the University of Wisconsin called *Planning AHEAD*. This is an end-of-life planning class for all ages that is 7 sessions to help participants understand how to prepare for the end of life for themselves or a loved one, and why it is important to have a plan in place. At this time, I only have access to the workbook that may be printed, but if you feel this would be a class you are interested in attending, please let me know and I will start to investigate providing this class in the future. Please contact me if you are interested in the workbook now.

If you are interested in content on other health related topics, please let me know. I hope you stay happy and healthy!

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Officer Roundtable – Nina Morgan and Nancella Dobbins

August 10, 2023 was our annual Officer Roundtable (training) for all officers of all Clubs. We did have 37 members there to receive the current year forms. The Leadership Focus Group is responsible for this event: the gals prepared a really pretty table of meats, cheeses, fruits, and desserts (thank you Wanda and your team). Linda and Kathy led us off with some fun games and sharing. Brock and Amanda shared what their plans are for the year. Nina prepared the updated forms needed; and Nancella explained the forms and the importance of each officer using those forms to enable a smooth 'safari' as we navigate 2023-24. Thank you to all who attended; and for sharing this information with your officers who were not able to attend.

-Nancella



Tippi Choral Club



Tippi had its first rehearsal of the year on Monday, September 11. It was wonderful to get back into the groove of singing and harmonizing, and catching up with one another. In other great news, we had two members who had been on absentia for a while return and two new members join. What a wonderful evening of sharing, fellowship and singing. We are always accepting new members and welcome anyone who wishes to come and join us. Contact Jane Massey, director, at 765 532 3822, Shari Mooney, president, at 426 0454; or Nancella Dobbins, 426 7579.

Submitted by Nancella Dobbins

HOUSEHOLD TIPS comment from the last Home Echoes Newsletter

THANKS, Vicki Schmidt, for sharing this information.

Ladies,

I just read the newsletter and this tip does bother me.

My two cents on household tips for the DISHWASHER

One should never use vinegar in their dishwasher. It breaks down any plastic parts that you have. I had started using vinegar to clean the scummy look from my glasswork. It works BUT it breaks down the plastic in the dishwasher.

"White vinegar can destroy your dishwasher"

White vinegar is great for your everyday cleaning, from unclogging your kitchen sink to cleaning your showerhead. It's also great at removing hard water spots on your dishes. But there are some places it just doesn't belong, and your dishwasher rinse aid compartment is one of them.

White distilled vinegar is an acid with a pH of around 2 to 3. In comparison, sulfuric acid -- which destroys many substances it comes in contact with; has a pH of around 1.

So, be aware that vinegar can break down the rubber gaskets and hoses in your dishwasher, leading to costly damage. On top of that, if vinegar mixes with salt that's been left on your dishes, it can discolor metal pans, flatware and mixing bowls."

Reference:

<https://www.cnet.com/home/kitchen-and-household/you-really-shouldnt-use-vinegar-to-clean-your-dishwasher/>

Article submitted by Kathy Delaney

Volunteer Community Support Project

We are thinking ahead to the Winter Education Workshop. We would like to Support Cary Home. While Tippecanoe County Government pays for expenses of running the home, the "extras" that are needed for the children come from donations. Some of these items are: Hygiene products like shampoo, deodorant, combs, brushes, toothpaste and toothbrushes.

Art supplies, games, cards, and books. Keep in mind that these items are for children ages 12-19.

We are also collecting CLEAN plastic lids and caps. Here is a list of acceptable

CAPS

Medicine bottle caps
Milk jug caps
Detergent caps
Hairspray caps
Toothpaste caps
Deodorant caps
Drink bottle caps
Spray can caps
Ointment caps
Caps with recycle # of (2), (4), (5)

LIDS

Cottage cheese
Mayonnaise Jar
Yogurt
Peanut butter
Ice cream bucket
Cool whip
Coffee can
Cream cheese container
Butter

Never acceptable is metal of any kind, plastic zip lock bags, fast food drink lids and plastic grocery bags.

It requires 400lbs of plastic to make a bench! We will collect them and take to the American Legion Post 11 on South 9th Street to be recycled.

Bring them to the Winter Workshop to be collected.

Also continue to collect pop tabs and bring to any Education Workshop.

Thanks, Jan Wallace and Cathy Case - Volunteer Community Support Chairs

EXTENSION HOMEMAKERS

H O U A X O C X 4 O S 4 H L E A D E R S H I P L
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4-H FAIR

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VOLUNTEER

A friend to many of us who has delighted us with her humorous readings and adventures from her several books, Sara Jane (AKA Sally) Coffman has shared this story which we can all relate to. Enjoy!

I Just Wanted a Chair
True story by Sara Jane Coffman

I'm always looking for ways to improve my writing. I've wondered - do other authors have tricks or secrets I could borrow? Then I heard an interview with an author who said she had a special chair she sat in when she wrote. "I should have a special chair," I thought.

At the big furniture store, I found a chair right off the bat. It was a little "platform" rocker that rocked straight forward and straight backward. It came with a separate footstool that also rocked straight forward and straight backward. The blue-flowered cushions made it cottage-y, so it would fit in with the other cottage-style furniture in my house.

On my way to find a salesman, I tried sitting in one of their big recliners. It, too, rocked, but it also had large, padded arms where I could lay my notes while I was writing. There was a bar on the side of the chair I could push to make a footrest come up. Oh. That was nice. Very nice. So I started looking at recliners.

Then I saw it. Across the room. A gold velvet throne. It had piping around the seat cushion, ten delicate little pleats in the back of the chair, and an elegant arch across the back. The perfect chair to write a book in. It was delivered later that week and fit perfectly in the space at the foot of my bed upstairs where I was going to have my special writing corner. But the minute I sat in the chair, I noticed how faded and threadbare the old cotton quilt on my bed was. I was either going to have to return the chair or buy a new bedspread.

That weekend, I went to look at bedspreads at a major department store. The minute I walked in, I saw it - it was reversible with black, brown, and gold stripes on one side, and black, brown, and gold swirls on the other. The problem was, it was a "bed in a bag" so it came with a comforter, a top sheet, a fitted sheet, a dust ruffle, two pillowcases, and two pillow shams. I didn't need all that, but I was anxious to finish decorating my bedroom so I could get back to my writing, so I bought it. Not only did my bed look great, but the bed

Cont'd to page 10

now matched the fancy, gold velvet chair. I could sit in my chair and write. Except I needed a lamp. Actually, I needed three lamps—one for beside the chair and two for either side of the bed. It was time to replace the huge rooster lamp my mother once gave me (that I never liked) and the lamp made of seashells my mother once gave to my sister-in-law (who never liked it) who then gave it to me. Bought three matching lamps.

As I was setting them up, it hit me how old and dilapidated my nightstands were. One was a table with rickety legs I'd bought in a garage sale. The other was a small wicker chest with rusted hinges that I'd had since I was four. So I needed to buy some nightstands. Refusing to pay the prices they were asking at the furniture stores, and not finding anything at Goodwill, I ended up with two modest black tables at the super discount store which I had to ask my friend Kevin to assemble.

So, there I was with my new chair, my new bedspread, my three new lamps, and my two new nightstands. I sat down to write. Still, something was missing. A rug. There needed to be a rug to connect the fancy gold velvet chair to the fancy bedspread. Once again I grabbed my credit card, made a trip to the store, and found an elegant silk shag rug. NOW the room was done.

The next morning when the alarm went off, I jumped out of bed onto the new rug. It took off, with me on it, and I slid across the hardwood floor from one end of the upstairs to the other. My cats watched, fascinated, as I flew by. That must have been why the salesman had encouraged me to purchase a mat to go underneath the rug. Bought a mat. As I was placing the mat under the rug, I noticed the cats had been enjoying the rug as well. It was covered with cat hairs. I then had to purchase a vacuum. NOW the room was done. NOW I could sit in my fancy gold velvet chair and write. In fact, I must write. A lot. To pay for everything I bought for my special writing corner.

Because she realized her skill at writing humor far exceeded her homemaking skills, Sara Jane never joined a Homemakers group. (Note: I've invited her to our club meeting. Perhaps she may become an Extension Homemaker too!)

Kathy Delaney



Door County Cranberry-Almond Biscotti

2 cups cake flour
1 2/3 cups all-purpose flour
½ teaspoon salt
½ teaspoon baking powder
½ teaspoon baking soda
3 large eggs
1 cup plus 3 tablespoons sugar
1-1/2 teaspoons grated orange peel
½ teaspoon almond extract
½ cup margarine or butter melted
1 cup whole blanched almonds toasted
¾ cup dried cranberries

8 ounces semisweet chocolate
3 ounces white chocolate, Swiss confectionary bar, or white baking bar

Preheat oven to 350 F. Grease large cookie sheet. Into large bowl, measure cake flour, all-purpose flour, salt, baking powder, and baking soda.

In another large bowl, place 2 eggs and 1 egg yolk; reserve remaining egg white in cup. With wire whisk or fork, beat eggs in bowl with 1 cup plus 2 tablespoons sugar. Reserve remaining sugar in another cup.

Beat orange peel and almond extract into egg mixture. Beat in melted margarine or butter until blended. With wooden spoon, stir egg mixture into flour mixture. With hand, knead in almonds and cranberries until combined.

On floured surface, with floured hands, divide dough in half. Shape each half into a 12" by 3" log and place each log about 3 inches apart on cookie sheet. With pastry brush, brush tops of logs with reserved egg white. Sprinkle logs with remaining 1 tablespoon sugar. Bake logs for 30 minutes. Cool logs on cookie sheet on wire rack 10 minutes or until easy to handle.

Place 1 log on cutting board. With serrated knife, cut log crosswise into 1/2-inch-thick diagonal slices. Repeat with remaining log. Place slices, cut side down, on same cookie sheet. Bake slices 20 to 25 minutes to allow biscotti to dry out. Remove biscotti to wire racks to cool completely. (Biscotti will harden as they cool.)

In heavy small saucepan, melt semisweet chocolate over low heat, stirring frequently, until smooth. Holding biscotti over saucepan, spoon some melted chocolate over 1 end of each cookie, allowing excess to drip back into saucepan. Return biscotti to wire rack to allow chocolate to set.

When semisweet chocolate is set, in another heavy small saucepan, melt white chocolate over very low heat stirring frequently, until smooth. Using spoon, drizzle white chocolate over semisweet chocolate on biscotti. Allow drizzle to set, refrigerating if necessary.

Store biscotti in tightly covered container with waxed paper between the layers. Makes about 4 dozen biscotti

*Each biscotti about 125 calories
*Recipe found in June 1998 Good Housekeeping Magazine

Kelly Warner 1998
4-H Foods Year 10

This recipe was submitted by Dottie Warner. Kelly is her daughter who graduated from Purdue with a RHIT Degree.

Microwave Hints submitted by Kathy Delaney
Taken from the Helpful Hints Almanac
Tippecanoe Extension Homemakers Association

Microwave ovens are not only amazingly quick, they're amazingly versatile. Here are some favorite tips to help you make the most of your oven. (Times given are approximate.)

1. Have fresh coffee all day by brewing a pot, then refrigerating coffee in container. Want coffee? Pour cupful and heat for 1 to 1 1/2 minutes. It will taste just perked.
2. Warm baby bottles or jars of baby food. Loosen cap on bottle or remove metal lid from jar; heat about 15 to 20 seconds or until warm.
3. Heat brandy for flaming desserts in a glass measuring cup for 10 to 15 seconds. Pour over dessert; light.
4. Soften hard ice cream in a few seconds. This will make it easier for you to serve.
5. For better barbecues, microwave-cook chicken pieces until partially done, then finish on grill. They'll be moist, have charcoal flavor.
6. Reheat cold fruit pie for a few seconds for "fresh from the oven" flavor.
7. Dry fresh bread when you need croutons or crumbs. One quart of Cubes in a rectangular dish will dry in 6 to 7 minutes. Stir a few times.
8. For warm, damp towels - after eating finger foods - wet washcloths with water/lemon solution, wring out, fold or roll, heat in wicker basket.
9. In seconds, soften butter, cheese spread, cream cheese to be spreadable.
10. Quick-cook chicken parts you need for salads, sandwiches, main dishes; cook in covered casserole.
11. Reheat leftover cooked waffles, pancakes. Two refrigerated pancakes on a plate heat in about 35 seconds; two waffles in about 25 seconds.
12. Toast almonds in a glass dish with butter, heating them until nuts are lightly browned. Stir occasionally.

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13. Dry herbs the fast way in the oven. Place a few sprigs of 1/2 cup leaves between paper towels and heat for about 2 minutes, until dry and crumbly. Exact timing depends on the herb.

14. To separate slices of cold bacon easily, heat the package for a few seconds.

15. Warm cheese before serving - it's better at room temperature. One ounce will take about 15 seconds; then allow to stand one minute.

16. Reheat leftovers - a microwave oven does it beautifully. Even cold toast warms in seconds.

17. To shell pecans or California walnuts easily and with less breakage, place about 2 cups nuts and 1 cup water in covered glass dish. Heat 1 to 2 minutes.

18. Soften too-dry dried fruit by sprinkling with 1/2 to 1 teaspoon of water. Cover; heat for 15 to 30 seconds.

19. To soften hard brown sugar, place in a glass dish, add a slice of white bread or apple wedge; cover. A cup takes 30 to 45 seconds.

20. For warm syrup, heat for 30 to 45 seconds in glass bottle or pitcher (remove the metal cap).

21. Take the chill off refrigerated dog or cat food by heating for a few seconds right in the dish (non-metallic).

22. Warm citrus fruit for a few seconds first. It'll be easier to squeeze and will give off more juice.

23. Dry herbs the fast way in the oven. Place a few sprigs of 1/2 cup leaves between paper towels and heat for about 2 minutes, until dry and crumbly. Exact timing depends on the herb.

24. To mix frozen concentrated fruit juice quickly, remove from the can, place in pitcher and heat for 30 to 45 seconds until soft; add water.

25. Quick-dry fresh flowers, to preserve colors. Place in silica gel in a shoe box, heat a few minutes.

Tour of St. Franciscan Chapel submitted by Mary Hancock

On Sept. 18, 2023, Officers and Focus Chairs toured the St. Franciscan Chapel (formerly known as St. Elizabeth Chapel). Sister Lenore gave a presentation on how the sisters arrived in Lafayette from Germany in 1875.

Back in the 1800's, Lafayette had many German immigrants living in Lafayette. The sisters started building a school, small hospital and a chapel in 1879. As the population grew so did the need for a larger hospital. In 1943 the hospital began to add on an expansion of the facility. They also established St Franciscan HIGH School, and St. Franciscan college. Their Motherhouse is in Mishawaka, Minnesota.

The chapel went through a major million-dollar renovation between 2021 and 2022. It's a Beautiful ornate chapel filled with marble statues, communion rail, and a marble altar.



APPLE WALNUT CAKE

Country Kitchen Anniversary Recipe Book
Submitted by Connie Brown – L...bugs Club

Mix together in a bowl, 1 2/3 cups sugar

Add 2 eggs

Add 1/2 cup vegetable oil

2 tsp vanilla

Combine: 2 cups flour

2 tsp baking soda

1 1/2 tsp cinnamon

1 tsp salt

1/2 tsp ground nutmeg

Gradually add to sugar mixture mixing well.

Stir in: 4 cups chopped, unpeeled apples

1 cup chopped walnuts

Pour into greased and floured 13 x 9 pan. Bake at 350 for 50-55 minutes

FROSTING:

Mix together: 6 oz. softened cream cheese

3 T. softened butter

1 tsp vanilla

1 1/2 cups confectioners' sugar

Makes 20 servings

COCONUT PIE

Country Kitchen Anniversary Recipe Book

Lightly beat together until mixture is lemon colored.

2 eggs

1 1/2 cups sugar

1/2 tsp salt

Add 1/2 cups soft butter

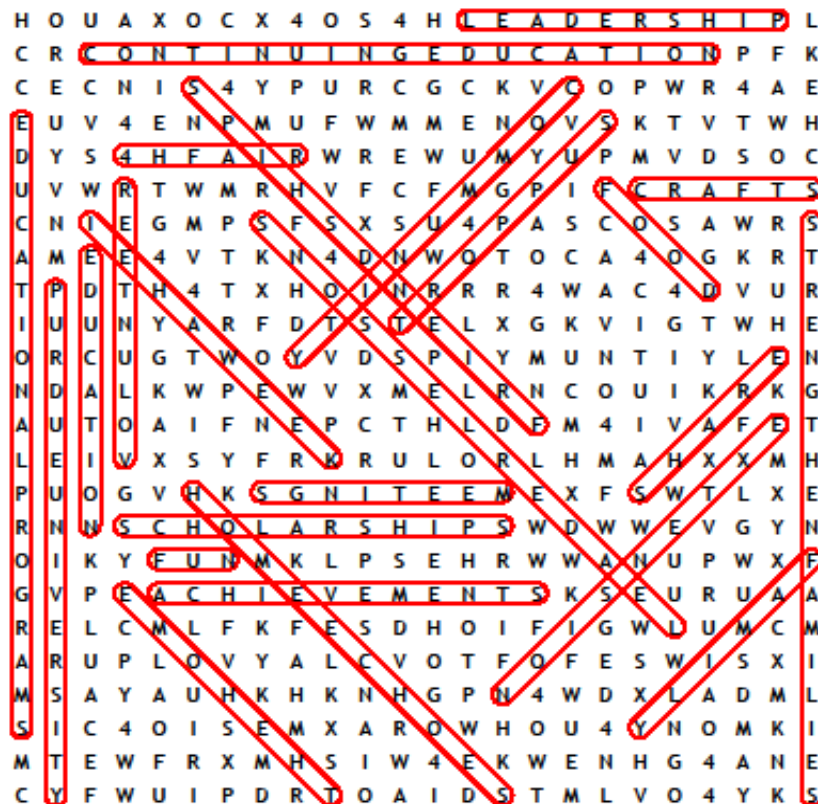
1/4 cup flour

Blend well and add 1/2 cup milk

1 cup coconut.

Pour into an unbaked pie shell and add 1/2 cup coconut. Bake 325 for 50 minutes

EXTENSION HOMEMAKERS



4-H FAIR

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**News Articles for
Jan/Feb Issue due
Dec 1, 2023 to
hoover47@purdue.edu**



Tippecanoe County Extension Office Closed:

- ⇒ **Friday - November 10**
- ⇒ **Thursday & Friday - November 23 & 24**
- ⇒ **Monday & Tuesday - December 25 & 26**
- ⇒ **Monday - January 1, 2024**

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