

Strengthening Oklahoma Families



Family and
Consumer Sciences

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Simple Tips To Expand Your Wardrobe

How many times have you opened your closet, and despite it being packed full, you feel as if you have nothing to wear? There can be a number of reasons for this feeling, said Mary Ruppert-Stroescu, Oklahoma State University Cooperative Extension clothing specialist. “Some things may be somewhat out of style, others may not fit just right, while other pieces of clothing simply need a small repair, such as a button sewn on or a hem fixed. Oftentimes you may take something from a hanger, only to realize it’s missing a button,” she said. “Some people may not really know what all they have in the closet to begin with.” Ruppert-Stroescu suggests removing everything from your closet and sorting it into piles. Separate by any method that works for you – by season, work clothes, casual clothes, etc. From each pile, remove

and review the items you have not worn. Things that need to be repaired should be placed in a mending pile. It is not much more time consuming to sew on three buttons than it is just one. Some garments may not have been worn lately but they still hold a sentimental attachment. “You may love the fabric or the pattern, but don’t like the style. Something else that causes people to hang on to clothes could be that it was expensive,” she said. “Try to come up with a way to upcycle the item. If it’s a skirt, consider cutting off the waistband, cutting the skirt down the side and wearing it as a new wrap shirt or shawl. YouTube has some great resources for upcycling your clothing to make it more useable. A shirt or pair of pants with a small hole can be made new again by covering the hole with an applique. Repair, repurpose and redesign are great ways to stretch your wardrobe without breaking the bank.” It will not be long till it is time to break out the fall and winter clothing. If you have some favorite sweaters, but they are looking a bit worn, consider purchasing a pilling shaver. This can give an older sweater new life. “If you’ve got a sizeable investment in a piece of clothing, but some things just aren’t fitting right, consider taking those pieces to a tailor,” Ruppert-Stroescu said. “This is a much more affordable option compared to purchasing a whole new replacement.” Other things may have been long forgotten in the closet because they have some stains. Yellowing around the collar or perspiration discoloration on a white dress shirt or blouse usually can be removed by using some everyday household products, includ-

ing baking soda, hydrogen peroxide and a grease-fighting liquid dish detergent. Mix together one-part detergent to two-parts hydrogen peroxide and sprinkle in the baking soda. Scrub for about three minutes and rinse, then launder as usual.

As you sort through the clothing in your closet and discover items you have not worn in three years or more, give serious thought to having a garage sale or donating them a local thrift store. Another option is to have a clothing swap with your friends. When clothing is repaired, repurposed or redesigned, not only does it help your wardrobe, but it also helps the environment. Textile waste is a significant part of municipal solid waste. In 2012, it was estimated 14.3 million tons of textile waste was generated. “Clothing is a big investment and you want your garments to look good and fit well,” Ruppert-Stroescu said. “Taking the time to sort through your closet, getting rid of unwanted items taking up valuable real estate and making necessary repairs on garments you haven’t worn in a while is a great way for you to fully assess what you have. You’ll be surprised at how much easier it will be to manage your wardrobe, and dress every day with style.”

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Rules From the Word “UP”

1. **Wake UP!**
Decide to have a good day.
2. **Dress Up!** The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks.
3. **shhhUp!** Say nice things and learn to listen. No one likes negative day after day.
4. **Stand Up!** For what you believe in. Stand for something or you will fall for anything.
5. **Look Up!**
Remember to count your blessings naming them one by one.
6. **Reach Up!** For something higher.
7. **Lift Up!** Do not worry about anything.



Things To Be Thankful For

- ◆ *I am thankful: **for the*** wife who says it's hot dogs tonight because she is home with me and not out with someone else.
- ◆ ***For the*** husband who is on the sofa being a couch potato, because he is home with me.
- ◆ ***For the*** teenager who is complaining about doing dishes because it means she is at home with me, not on the streets.
- ◆ ***For the*** taxes I pay because it means I am employed.
- ◆ ***For the*** mess to clean after a party because it means I have been surrounded by friends.
- ◆ ***For the*** clothing that fit a little.
- ◆ ***For the*** shadow that watches me work because it means I am out in the sunshine.
- ◆ ***For a*** lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means I have a home.
- ◆ ***For all*** the complaining I hear about the government because it means we have freedom of speech.
- ◆ ***For the*** parking spot I find at the far end of the parking lot because it means I am capable of walking & having transportation.
- ◆ ***For my*** huge heating bill because it means I am warm.
- ◆ ***For the*** lady behind me in choir who sings off key because I can hear.
- ◆ ***For the*** pile of laundry & ironing because it means I have clothes to wear.
- ◆ ***For the*** alarm that goes off in the early morning hours because it means I am alive.
- ◆ ***For weariness*** and aching muscles at the end of the day because it means I have been capable of working hard.



HERE'S THE NEWS

PITTSBURG COUNTY FAIR 2016 (OHCE)



ENTRIES

- OHCE will be going paperless this year.
- Each group will be assigned a designated time to bring its entries to the EXPO center. Tags should already be filled out and attached to item. You will not be assigned a number this year.
- When arriving at the EXPO center, a designated person will work with Janice to get the individual group's items entered into the computer.
- Items will then be turned over to the people who are categorizing the items so that they will be ready for the judging on Wednesday.
- Entries will be judged on Wednesday. (No OHCE member will be judging nor working with the judges when judging the OHCE categories.)
- Frances will handle scoring sheets.
- Reports will be printed out to any club that desires one.
- Hall opened to all on Thursday.
- Demonstrations on Friday?
- EXHIBITS MAY BE PICKED UP AT 12 NOON SATURDAY. PLEASE BE AVAILABLE AT THIS TIME OR HAVE SOMEONE TO PICK YOUR THINGS UP.

EACH GROUP'S RESPONSIBILITY

- Same as in years past. A schedule has been provided for when each group is responsible to monitor the exhibit hall.
- Crowder will be working the Chili Cook-off.



Dates to Remember:

Sept 6-10 Pittsburg Co. Fair
Oct 22 Make a Difference
Day

Schedule for when each OHCE Group brings their entries to be keyed in at the

Fair September 6:

1:00 p.m.	Northtown
2:00 p.m.	Twin Communities
3:00 p.m.	Town & Country
4:00 p.m.	Crowder



*Work for a cause
not for applause
live life to express
not to impress
don't strive to make your
presence noticed
just make your absence felt.*

David Cantrell

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Potato & Double-Corn Chowder

- 1 bag (16 oz.) frozen hash brown potatoes, thawed (4 cups)
 - 1 can (15.25 oz.) whole kernel corn, undrained
 - 1 can (14.75 oz) cream-style corn
 - 1 can (12 oz) evaporated milk
 - 1/2 tsp salt
 - 1/4 tsp pepper
 - 1 medium onion, chopped
 - 1/2 tsp Worcestershire sauce
 - 8 slices bacon, crisply cooked & crumbled (1/2 cup)
 - Chopped fresh parsley, if desired
- In 3 1/2-to 6quart slow cooker, mix all ingredients except parsley. Cover and cook on Low heat setting 6 to 8 hours (or High heat setting 3 to 4 hours) to develop flavors. Sprinkle each serving with parsley.



Nutrition Info: Calories 315;
Fat 8g; Chol. 15mg; Sodium 730mg;
Carbs 55g; Protein 11g.

Lemon Bars

- 1 cup all-purpose flour*
- 1/2 cup butter or margarine, softened
- 1/4 cup powdered sugar
- 1 cup granulated sugar
- 2 tsp. grated lemon peel, if desired
- 2 TBS lemon juice
- 1/2 tsp. baking powder
- 1/4 tsp salt
- 2 large eggs

Additional powered sugar

Heat oven to 350F. Mix flour, butter & 1/4 cup powered sugar with spoon. Press in ungreased 8-inch or 9-inch square pan, building up 1/2-inch edges. Bake crust 20 minutes; remove from oven. In bowl beat remaining ingrediens except additional powered sugar with electric mixer on high speed about 3 minutes or until light and fluffy. Pour over hot crust. Bake 25 to 30 minutes or until no indentation remains when touched lightly in center. Cool completely in pan on wire rack, about 1 hour. Dust with powered sugar. For bars, cut into 5 rows by 5 rows. *Self-rising flour can be used.

Nutrition Info:
Calories 95; Fat 4g;
Chol. 25mg; Sodium 65mg;
Carbs 14g; Protein 1g.

