

PANHANDLE PATH TO HEALTHY LIVING



TEXAS A&M
AGRILIFE

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Get Ready For Spring!

Why would some say that Spring is the most delightful season? It could be because springtime brings moderate temperatures. There is also more daylight so the days begin to last longer. Birds begin to return from migration. Leaves begin to appear on trees again. Plants begin to grow and flowers begin to bloom. Grocery stores begin to carry a larger variety of fresh fruits and vegetables.

Springtime can bring joy and hope after a cold winter. This is the perfect time to start your journey to a healthier lifestyle. As we welcome the new spring season, implement some new healthy habits for you and your family. Find the path that will lead your family to a healthier way of life. Go out and find the joy and hope that your family has been waiting for!



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Kelli Rehman

History of Linoleum Rugs

Here's what linoleum rugs and their look-alikes are all about and what to do if you find one in your old house.

Conniving one material to imitate another is a great tradition in old houses, from manipulating paint into faux wood graining, or plaster into ersatz marble, to simulating the structural joinery found in many Craftsman-style Arts & Crafts houses. Yet for sheer practicality, not to mention amusement value, can there be any finer form of fakery than the linoleum rug? Imagine, all the visual loveliness of a woven carpet without the vacuuming, shampooing, and worrying about spills—just damp-mop and you're done!

Although most of the linoleum sold up to the 1960s was probably installed wall-to-wall in kitchens, bathrooms, and public buildings, there was enough demand for rugs that every company's catalog devoted a healthy batch of pages to them. Should you wonder if make-believe rugs are tacky today, have no fear. That's what makes them so fabulous! Here's what linoleum rugs and their look-alikes are all about and what to do if you find one in your old house.

Carpets for Mass Consumption

What separates a linoleum rug from regu-

lar linoleum? Not much, beyond the fact that the typical rug is a movable rectangle with a border. Many manufacturers made the same patterns as both wall-to-wall products and rugs, but the latter would also incorporate some sort of design around the edges. In addition, they tended to sell the rugs in standard rug sizes—4'x6', 5'x7', 6'x9', 8'x9', up to 12'x 15'.

Rugs also came as mats (generally 2'x3')



With a deft promotional spin, Congoleum made a virtue of rug patterns that were only paint-deep, promising "freedom from tiresome housework" because they could be "cleaned in a wink with a few strokes of a damp mop."

for placing in front of the sink. Beyond this, linoleum rugs don't always have to look like textiles, and they don't even have to be linoleum.

The evolution of the linoleum rug begins with the invention of linoleum by the Englishman Frederick Walton in 1863. Initially, linoleum came in solid colors, although soon after Walton debuted his wonder flooring, he developed marbled, granite, and jaspé linoleum. By 1892, Walton had introduced two ways to make patterned linoleum: stencil inlaid and straight-line inlaid. Linoleum could also be decorated by hand-block printing with wood blocks—the same methods used to decorate floorcloths, the ancestors of linoleum—and this is the method primarily used to make linoleum rugs.



But a few years later they bought out the Waltona Company, another felt-base manufacturer, and began offering felt-base again in 1925. The Waltona line was renamed Quaker Rugs, and Armstrong stopped selling the real linoleum rugs after that.

In 1910 American linoleum producers suddenly faced a competing product that wasn't linoleum at all. Called Congoleum, a contraction of Congo (the country that was a major source of asphalt) and linoleum, the flooring was an asphalt-saturated felt known generically as felt-base. When printed on the surface in oil paint with a linoleum-like design, felt-base looked just like linoleum, and it was cheaper than the real thing by a third. Initially, felt-base rugs were printed by hand using wood blocks in much the same fashion as printed linoleum, an expensive process. Only felt-base rug borders (generally printed to resemble wood flooring) were printed by machine. Within a couple years, though, the Congoleum Company decided to invest in a rotary press, and its first machine-printed rug came off the production line around 1913.

When felt-base was first introduced, linoleum manufacturers fought back, urging consumers to learn how to tell genuine linoleum: look for the woven burlap back. To add to the confusion, felt-base makers coated the back of their rugs with the same red iron oxide that linoleum manufacturers used on the back of linoleum. Nonetheless, the Armstrong Company, a leading linoleum producer, experimented with

felt-base starting in 1916, producing Fiberlin rugs and flooring. In 1917 they introduced linoleum rugs, which sold so well they dropped the Fiberlin line in 1920.

Congoleum sold their rug product under the Gold Seal label. Other companies also got into the resilient rug business, both linoleum and felt-base, including Sloane, Blabon, Pabco, and Dominion (Canada). Some continued to offer both products even after the larger companies (Armstrong and Congoleum-Nairn) had stopped making linoleum rugs and only sold the felt-base merchandise. In general, by the late 1920s, most resilient flooring rugs were felt-base instead of linoleum. Felt-base rugs (and flooring) continued to be produced well into the 1950s.



The original "true" linoleum was a linseed oil product, often backed with a jute fabric. That product never contained asbestos.

Following the popularity of original linseed-oil-based linoleum sheet flooring products, a number of manufacturers produced their own sheet flooring using other backing materials that included asphalt-impregnated felt paper.

Many of those copycat sheet flooring manufacturers called their product "linoleum".

Some of those products, not all of them, used a backer that contained asbestos.

Black Residue Under a Linoleum Floor
(sfgate.com)

A Plethora of Printed Patterns

Since these products were marketed as rugs, it's no surprise they were often printed to resemble various kinds of woven or knotted carpets. Some even had printed fringe for full effect. The most amusing of these were based on traditional oriental rugs, though there were also fake braided rugs, rag rugs, and needlepoint rugs. Straw or other fiber matting was another fashionable motif—and easier to keep clean than the real thing!

Florals of all sorts were popular from the 19th century up through the 1950s. Sometimes combined with florals or on their own, patterns that might be called ferns and fronds were fashionable, trying to resemble broadloom carpeting, perhaps. In the 1950s, tropical florals similar to the patterns found on bark-cloth draperies were offered by some companies.

At least as popular as florals were all sorts of geometric patterns, from tile-like compositions to designs that were termed jigsaw, random tile, and overshot interliners. Geometrics could either be printed as an all-over pattern, or on a background that vaguely resembled marble, clouds, or a pointillist painting. Many rugs also imitated the typical marble linoleum flooring with inlaid borders of solid color or contrasting marbled colors. Patterns resembling wood were most often sold for use as rug borders, although rugs with patterns mimicking parquet were advertised for use in formal rooms (a bit of wishful thinking on the manufacturers' part, perhaps). Though wood patterns always look fake to our eyes, don't let it bother you; as with country wood-graining, embrace the fakeness.

During the 1930s and '40s, there were even a couple of full-on Art Deco/Moderne/Streamline



rug patterns, though not as many as one might have liked to see. Similarly, in the 1950s there were a few designs that really screamed mid-century Modern. Nonetheless, the 1950s wasn't really as modern as we think it was, and there were many more hokey florals and fake braided rugs than there were Space Age/boomerang/kidney-shaped patterns. More's the pity.

What are almost exclusively the province of linoleum or felt-base rugs, however, are patterns meant for kitchens or nurseries. Kitchen rugs featured vegetables and fruits, dishes, coffee and tea pots, chickens, fish, cows, and the like. Nursery rugs used motifs such as nursery rhyme characters, game boards, cute baby animals, cowboys, spaceships, maps, or the circus.

In their heyday, felt-base and linoleum rugs were most often used in bedrooms, covered porches, and attic living spaces. Sometimes they popped up in dining rooms, and you may uncover one while taking up wall-to-wall carpeting. If you're very lucky, you may discover a never-used rug, still rolled up, stashed in the attic, basement, or garage. Or you may find rug sections lining the bottom of a closet or a drawer. These are pieces of history and shouldn't just be tossed into the trash.

An old linoleum or felt-base rug is worth appreciating because it is unlikely this product will ever be made again. The few companies now producing real linoleum don't offer patterns, let alone rugs, and no one makes felt-base flooring anymore. The closest you can get is a floorcloth, a pre-linoleum technology, these are usually custom-made and not cheap. So if you have a linoleum rug, treasure it, even if your friends don't understand.

Colors for Nutrition

Different colors =
different nutrients.



BETTER LIVING
FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

Learn about the red and orange nutrients and their health benefits – may it inspire you to eat more vibrant fruits and veggies.



Nutrients present themselves as different colors in fruits and vegetables.
Different colors = different nutrients.



CAROTENOIDS LYCOPENE

Found in red & pink fruit & vegetables - potential health benefits:

- Sun protection
- Cardiovascular Health
- Pulmonary Health



BETA CRYPTOXANTHIN

Found in orange & yellow fruit & vegetables - potential health benefits:

- Obesity Prevention
- Anti-inflammatory
- Cardiovascular Health



DINNER
TONIGHT
TEXAS A&M AGRILIFE EXTENSION



Path to Randall County

Your home will be spic n' span with vinegar and baking soda!

It's time to turn your thoughts to the annual scrub-down of your home, otherwise known as spring cleaning. Here's a room-by-room rundown family-friendly DIY formulas to help you get the job done:

IN THE KITCHEN:

If your cozy cabinets are looking a little too "lived in," perk 'em up with this deodorizing **Cupboard Cleanup Formula**:

*Mix 1 cup of **ammonia**, 1 cup of **white vinegar**, ½ cup of **baking soda**, and 1 gallon of water in a bucket, then use a sturdy sponge to wash your cupboards—inside and out. Rinse your sponge with clear water between swipes, so the stuff in your bucket stays potent.*

IN THE BATHROOM:

You don't need a different cleaner for every surface in your bathroom—all you need is this **Easy All-Surface Cleaning Elixir**:

*Combine 2 cups of **rubbing alcohol**, 1 tablespoon of **ammonia**, 1 tablespoon of **dishwashing liquid**, and 2 quarts of **water** in a handheld sprayer bottle, and go to town.*

FAMILY ROOM AND BEDROOMS:

It's easy to forget that baseboards need to be spruced up along with everything else. Vacuum them with a hose attachment, then wipe them down with this **Baseboard Bonanza**:

*Measure a tablespoon of **cornstarch** into a handheld sprayer bottle, then carefully add 2 cups of **boiling water** and stir until the cornstarch has dissolved. Add ½ cup of **white vinegar** and stir. Now take aim and fire the spray on baseboards, wiping them clean with a soft cloth or damp sponge.*

FLOORS:

Perk up your carpet's high-traffic zones with a batch of this **Can-Do Carpet Shampoo** (you may never buy a bottle of the brand-name stuff again):

*Mix ½ cup of **powdered laundry detergent**, 1 teaspoon of **ammonia**, and 4 cups of **warm water** in a bucket, stirring vigorously until you get a thick froth. Dampen a large sponge with the froth only, and rub the entire carpet lightly. You'll have to stir the solution frequently to keep the froth from settling. When the carpet has been cleaned, let it dry, then vacuum accordingly.*



TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



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Path to Plate..... Apple Waldorf Salad

Ingredients

- 2 medium apples
- 1/2 cup celery chopped
- 1 tbsp orange juice
- 1/4 cup low fat vanilla Greek yogurt
- 1/2 cup raisins
- 1/4 cup pecans or walnuts chopped

Instructions

Wash, core, and dice the apples. Place the apples in a large mixing bowl with the orange juice and mix well. Add all other ingredients to the apples and toss gently¹
Note: If there is leftover salad, cover and store in the refrigerator.

Lots of crunch and fiber with ingredients such as apples, celery, raisins, and pecans. This salad serves six people for only 33 cents and 110 calories per 1/2 cup serving.



Scan QR Code to
view recipe
demonstration video.

Nutrition Facts	
servings per container	
Serving size	(113g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 248mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.