

# Todd County Extension Family & Consumer Sciences Newsletter

## Todd County Office

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August/September 2023

## *Silk Pillowcases: Is the Shine Just for Show?*

Pillowcases that go with our sheets may be an afterthought, but for some people, pillowcases are more important than the pillow itself. **Silk pillowcases are receiving more attention lately because of advertisements claiming they prevent frizzy, messy hair, as well as wrinkles.** Is this true? And what should we look for when buying silk pillowcases?

Independent tests confirm that many **silk pillowcases do limit the occurrence of messy hair after a night of sleep.** This is because there is less friction with silk fabrics compared to cotton fabrics. Skin may feel less dry because silk does not absorb oils or moisturizers like cotton. However, if someone sleeps on their face or hands, they may still wake up with creases in their face. But in general, pillowcases woven with silk fibers feel smooth and cool to the touch. Sleeping on them is an easy way to wake up feeling pampered.

Silk pillowcases and sheets usually include a “momme” measurement in addition to, or instead of, a thread count. Momme (abbreviated mm) defines the weight of the silk fibers based on specific dimensions. **Comfortable silk pillowcases have a momme range between 19mm and 30mm.** The higher end normally equals a better-quality product. If a thread count is given (the number of yarns interlaced within a square inch), 300 is a good place to start. As with all

sheets, the fiber quality and weave type can affect the “feel and performance” more than the thread count. And, ultimately, personal preferences should guide your decision.

Note that **“silk or satin” pillowcases may not actually be made with natural silk fibers.** Satin fabric is characterized by its weave type and is often woven with synthetic polyester, nylon, rayon, or acetate fibers. Although these pillowcases have a “silky” feel, they may not perform as well or feel as comfortable as pure silk pillowcases. Check the fiber content label to be sure. “Mulberry silk” comes from silkworms that feed on mulberry leaves. “Charmeuse” refers to the weave type and can be woven from other fibers, such as polyester.

Unless noted otherwise on the care label, **machine wash silk pillowcases weekly, inside out on a gentle cycle with mild detergent and cool water.** Air dry, or place in the dryer on the lowest heat setting and remove while still damp. Lay flat, and smooth wrinkles by hand. Iron silk pillowcases only when necessary or desired. Iron inside out (on the dull, underside of the fabric) and use a clean pressing cloth between the iron and the silk fabric. Make sure the iron and the ironing surface are also clean. Set the iron on a low temperature, or “silk” setting. For best results, iron while slightly damp, and lightly press the iron over the wrinkled areas.

### References:

<https://www.sleepfoundation.org/best-sheets/best-silk-pillowcases>

Source: Jeanne Badgett

Senior Extension Associate for Clothing, Textiles, and Household Equipment

## Cooperative Extension Service

Agriculture and Natural Resources  
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Disabilities  
accommodated  
with prior notification.

## Social Media and Kids

Talking to your kids about online use is now more important than ever. According to a study from the Centers for Disease Control and Prevention in 2023, 57% of teenage girls felt persistent sadness or hopelessness. That is nearly double the number from 2011 of 31%. And a third of girls surveyed said they have seriously considered suicide. The news on boys' mental health wasn't as bad. However, the percentages who said they had experienced persistent sadness or hopelessness or considered suicide increased among boys, too. Surgeon General Dr. Vivek Murthy also released an advisory on May 23, 2023, urging parents and governments to be more strict about their use guidelines for youths.

Here are a few suggestions on what you can do as a parent to help protect your children from the potential dangers of social media use.

**Start the conversation early.** As soon as they get a phone, start talking with your children about how and when they should use it. Use everyday stories or events as conversation starters – driving to and from school or practice, hanging out after dinner - “Hey did you hear about that story about cyberbullying?” And then have a go at it.

**Communicate expectations.** Be specific about what is off limits when it comes to social media use and what you consider to be unacceptable behavior. Discuss inappropriate content, inappropriate conduct, and inappropriate contact. Determine together the punishment for breaking the rules.

**Be patient and supportive.** Most children need to hear information repeated, in small doses, for it to sink in. Work hard to keep those lines of communication open. This can be especially important if they have messed up in the past. Remember, messing up is the way most of us learn, so be gracious with a child who is learning the ropes.

**Supervision is critical.** Checking a child's email, chat, and text messages may feel like an invasion of privacy, but children are not fully equipped to make wise decisions about their future. The part of the brain that makes

decisions, the prefrontal cortex, is still under construction. As a parent or guardian, your job is to supervise who your child is talking to and what they are talking about.

**Use parental controls.** Filtering and blocking sites is a good way to limit dangerous content, but it is not full proof. You may choose to block outgoing or incoming content from certain sites or certain people. Monitoring tools may also be a good way to be notified when your child is using certain sites, without blocking content.

**Limit use.** Research shows that using social media more than three hours in one day doubles your child's risk of experiencing poor mental health outcomes such as depression and anxiety.

### Reference

Murthy, V. (23 May 2023). Surgeon General Advisory: Social Media and Youth Mental Health. <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

**Source:** David Weisenhorn, Ph.D., specialist for parenting and child development

## Bacon Tomato Dip

We served this at our Open House in June and it was a \*big hit.\* This is a good way to use extra tomatoes. Serve with sliced vegetables, whole grain crackers, or tortilla chips.



### Bacon and Tomato Dip

- |  |  |
|--|--|
| <b>1 cup</b> fat free sour cream                     | <b>4 slices</b> bacon, cooked crisp and crumbled |
| <b>1 cup</b> low fat mayonnaise                      | <b>1 teaspoon</b> garlic powder                  |
| <b>2 large</b> tomatoes, diced, reserve excess juice |  |

- |  |   |
|--|---|
| <b>1. Combine</b> all ingredients.   | <b>Yield:</b> 16, 2 tablespoon servings.  |
| <b>2. Add</b> reserved tomato juice until dip reaches desired consistency. | <b>Nutrition Analysis:</b> 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein. |
| <b>3. Serve</b> with fresh vegetables or reduced fat crackers.             |   |

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



# Upcoming Classes & Activities

## Homemaker Council Meeting

Todd County Homemakers Council will meet **Monday, August 28, 5:00 p.m.**, in the Todd County Extension Office Meeting Room. In addition to the council meeting, we will have a dinner to “kick-off” the homemaker year. All officers are invited to attend. Please RSVP by Friday, August 25, by contacting the Todd County Extension Office at 270-265-5659.



## Homemaker Leader Training Update

Due to unforeseen circumstances, the leader training topics for September and October have been swapped. We apologize for any inconvenience this may have caused.

“Understanding Why and How You Learn” will be taught on **Wednesday, August 31, 10:00 a.m.**, at the Todd County Extension Office. The Zoom class will be offered on **August 29, 5:00 p.m.** Please contact me for the Zoom link.

“Recognizing and Coping with Trauma After a Natural Disaster” will be taught on **Tuesday, September 26, 10:00 a.m.**, at the Todd County Extension Office meeting room, and at **5:00 p.m. on Zoom.**

## Perfect Attendance

If you had perfect attendance, please let your Homemaker Club Secretary know how many years, including the Covid years. These were due June 30. Please return as soon as possible.

## Culinary Knife Skills Class

Learn how to slice, dice, mince, and more at this basic knife skills class on **Monday, September 25, 5:00 p.m.** During the class, you will learn how to hold a knife, perform basic knife cuts, understand knife safety, and more. There is no charge for the class, but you must bring your own supplies and pre-register by calling the Todd County Extension Office at 270-265-5659 or email [jill.harris@uky.edu](mailto:jill.harris@uky.edu).

(We must have at least 5 participants registered to host the class.)

## Knife Skills

Monday, September 25, 2023

5:00 p.m.

Todd County Extension Office

240 Pond River Road, Elkton, KY

Limit 20



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## **Pennryile Area Homemaker Leadership Opportunities**

Pennryile Area Homemakers are seeking applicants for the positions of President Elect and Public Information & Marketing Chair.

If you are interested in serving in one of these leadership positions, please contact Donna Settle, Pennryile Area Homemaker President.

## **Save the Date: Pennryile Area Homemaker Annual Meeting**

The Pennryile Area Annual Meeting will be held on **Friday, October 27, 2023, 10:30 a.m.**, at Marion Baptist Church, Marion, KY (Crittenden County). The theme will be *Old Kentucky Hayride Musical* and the program will be provided by the musical group, Classy and Grassy. Lunch will be catered by Marion Pit BBQ. The registration fee is \$15.00/person and is due to the Todd County Extension Office by October 13.



**OLD KENTUCKY HAYRIDE MUSICAL**

HOMEMAKERS FALL ANNUAL AREA MEETING

October 27th  
Marion Baptist Church  
131 E. Depot Street, Marion, KY 42064

Live Performance by:  
**Classy & Grassy**

Food  
MARION  
PIT BBQ

Cost: \$15 due by October 16

## **Welcome!**

Welcome to everyone receiving this newsletter for the first time. I offer programming in Family & Consumer Sciences and work with the Todd County Extension Homemakers Association. All of our classes are open to anyone who would like to attend. If you are interested in joining a Homemaker group, give me a call!

## **Community Baby Shower**

The Todd County Community Baby shower will be held **Thursday, September 21, 5:00 p.m.** at Elkton Baptist Church Gym. New and expectant mothers are invited to attend to learn



NEW & EXPECTANT MOTHERS ARE INVITED TO THE  
*Todd County*  
**COMMUNITY BABY SHOWER**

ELKTON BAPTIST CHURCH GYM  
THURSDAY 301 EAST MAIN STREET  
SEPTEMBER 21, 2023 ELKTON, KY 42220 5:00 TO 7:45 PM  
DOORS OPEN AT 5:00 PM

FREE AWESOME DOOR PRIZES FOR EVERYONE!

SPONSORED BY  
TODD COUNTY HEALTH DEPARTMENT  
TODD COUNTY EXTENSION SERVICE  
TODD COUNTY FAMILY RESOURCE & YOUTH SERVICE CENTERS

REGISTER NOW!  
CALL THE TODD COUNTY EXTENSION OFFICE @ 270-265-5659  
LINK: <https://bit.ly/3E2jwpe>

SCAN ME

-EXHIBITS & REFRESHMENTS (5:00 TO 6:00 P.M.)  
-PRENATAL & NEWBORN CARE TIPS  
-GUEST SPEAKERS  
-MOTHERS MAY BRING ONE GUEST  
-NO CHILDCARE PROVIDED

prenatal and newborn tips, visit with vendors, and win door prizes. There are 3 different ways to register—call the Todd County Extension Office at 270-265-5659, scan the QR code on the flyer, or fill out the on-line survey at <https://bit.ly/3E2jwpe>. If you would like to donate a door prize, please contact the Extension Office at 270-265-5659.

September

Sincerely,

*Jill B. Harris*

Extension Agent for Family & Consumer Sciences Education