

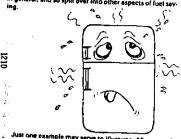
# Cosy Udys to Economy in the Kitchen Sove Energy!

in many sepects of our living, our delly functioning is made possible by habits we follow. If we had to think above to brush our teeth, how to lie our shoes, how to put on a jacket—we wouldn't get started in the morning. We can do all those things almost sufformatically—without hinking—so they get done smoothly and quickly.

how to put on a jecker—the control of the morning. We can do all those things almost auto-matically—without hunking—so they get done amouthly and quickly.

Those same habits, though, can be ruinous when the monthly fuel bills arrive because the inexpensive fuels of the past have led us into very wasteful habits, particularly in the kitchen. To achieve important economies doesn't in the kitchen. To achieve important economies doesn't in the ceasarity mean drastic change in the style of living, but it certainly does mean programming yourself with a new self habit patterns.

Another truth: Because using the kitchen is an every-day event for all the members of the household—and the kitchen may be the place where much of the shared life takes place—the development of new habits in the kitchen may rate the family consciousness about energy uses an may rate the family consciousness about energy uses in general, and so split over into other sepects of fuel saving.



Just one example may serve to illustrate. After a meal, we all know it is sensible to put leftover foods in the refrigerator. We all know if they are left out on the hittchen counter overnight, or even for several hours, they ill turn bed and need to be thrown away. There are two ways to use the refrigerator, though.

One way is to take the foods from the table and the pass from the stove and—probably in several tripp—stack them in the refrigerator for later use. This way your refrigerator will be gasping for breath and laboling hard to keep its cool, what with hot foods, hot pans and hot dishes to chilf, and the door opening and closing several times.

Another way is to put the followers in storage containers and let them sit on the counter for a half-hour or so until they cool a little. Then, all in one operation, they can be placed in the refrigerator for storage and letanus.

There isn't much difference between those two

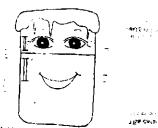
use. There isn't much difference between those two methods. It's really no more than exchanging an old set of habits for a new set. Considering, though, that the process takes place in your kitchen several hundred

times a year, if it saved you no more than a penny a meat (and it will save more than that), you're looking at a saving of almost \$1 ! a year just in the way the refrigerator is used after mealtime. Eleven dollars here, 75 cents there, three dollars the other place; they all add up to making a significent difference, just by changing habits.

Cool Cash Savings

Cool Cash Sevings

There's money to be saved in your refrigerator. You may be spending more than you need to just by running your refrigerator at a cooler setting than is required, but an ordinary household thermometer in the refrigerator for a haif-hour or so. If it registers colder than \*\*E\_change to a warmer setting and check it again. While you're at it, check the door gaskets all the way around by closing the door on a dollar bill. If the bill slips out easily at any place, you're wasting money. You may be able to correct the problem by putting paper strips or thin cardboard behind the gasket where you spot the leak, or by adjusting the latch, if those don't do it, a new feat.



gesket is a good investment and isn't hard to install.

Opening and cloning the refrigerator door is what makes extra dividends for the electric power company.

Here are some thoughts:

When you stand with the refrigerator door open, thinking about what you'd like to have, you're running up the cost of that snack. Do your best to imagine what's inside before you open the door, and then go directly to it. Try to teach your children this habit, too.

Help yourself and your family by putting a checklist on the refrigerator door, rostering what's inside and also crossing off what's been eaten. That's the snack menu, and it can save many a door opening.

Get organized before meals so that everything needed can be taken out and placed at the ready on the katchen counter with just one opening of the refrigerator door.

On'l lorget the catsup.

After coming home from the store, empty all the shop ping bags on the counter, put all the items that need refrigeration in one place, then open the refrigerator door.

After dinner, think about storing the lettovers in thir way outlined at the beginning of this chapter, with particular attention to the business of covered containers. This is particularly important with frost-free models, where moisture is drawn from the loods to condense on the refrigerating coils causing the defrost cycle to operate more often. If you don't have covered retrigerator containers, put the feltovers in cereal bowls and cover with a plate.

Convenient plastic containers can be bought in many stores, but you can also save peanut butter jers, cottage cheese containers, and similar packages with lids that can be cleaned to use for storage.

That frost-free feature certainly is a convenience, but a standard refrigerator that must be defrosted by hand a few times a year will use 36 percent less electricity. Also remember when you're buying your next refrigerator that if you really do went the frost free convenience, took for a model with a power saver switch. It turns off the defrost heater when humidity is low in the winter and may cut operating costs by as much as 15 percent.

When choosing where your refrigerator is placed, keep it away from heat-producers like ovens and dishwashers. An outside wall is a fair idea, particularly if it's a north wall that will tend to be cool both summer and winter.

And try for four inches of air space around the refrigerator, to let the motor heat escape readity. If it's been running hot, you could save as much as \$3.34 a month.

After baking in the winter, leave the oven door open until the oven is cool. No sense waiting that heat Coversely, in the summer ley to schedule same of the baking for the cool of the evening, with abvious advantages.

## Heat in the Kitchen

Heat In the Kitchen

The heating units in electric appliances continue to radiate after being turned off. With a little practice you can learn to turn off the heat a few minutes early and finish with the leftover heat.

A pressure cooker uses much less fuel than a conventional pan. When preparing boiled potatoes, for instance, a pressure cooker will use 30 percent less energy doing the job in half the time.

Check the electrical appliances used in your kitchen. In dividually the electric carving kinife, electric can opener, electric mater, electric walful the word with the don't use a lot of power, but taken together they're a considerabile drain over the year. There are ress, handy alternative all its electric will it will be a lot of power things that use less power, or no power at all It's Dish-Washing Time.

Yes, It's necessary to talk about washing dishes. The ex-

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And try for four inches of air space around the refrigerator, to let the motor heat excepe readily. If it's been running hot, you could save as much as 33.4.4 a month. A refrigerator operates most efficiently when it's month. A refrigerator operates most efficiently when it's full,

Freezers Can Be Expensive

For openers, a freezer will likely be one of your most aspensive electrical appliances to operate.

Keep your freezer as full as possible. The bulk of the foods will retain the cold better than empty air, making for more economical operation.

Transfer big litems like harms, rossts, and turkeys from the freezer or frozen food compartment to the refrigerator a day in advance. That way they will think gradually and help to cool the refrigerator while think gradually and help to cool the refrigerator while think gradually and help to cool the refrigerator while think gradually and help to cool the refrigerator while think gradually and help to cool the refrigerator while then treated to make the temperature for frozen foods in the way they will think gradually and help to cool the refrigerator while then treated to the coolea gradually and help to cool the refrigerator while then treated to the coolea gradually and help to cool the refrigerator while then treated to the coolea gradually and help to cool the refrigerator while then treated to the refrigerator while then treated to the refrigeration and therefore mean less time that the door is open while cooleans the strength of the refrigeration while the refrigeration and check again.

Aftereer inventory is a good idea, it can be a sheet or small notebook on the wall or on a shell near the appliance. Menu planning can be done from the inventor while the provide the provide and therefore mean less time that the door is open while to

Yesterday's Ideas for Today

-courteay 1547 EASY UAYS TO SAVE ENERGY\*

Here are some of the old-timers ideas for keeping warm
if you find you're stready using some of them, don't feel

you're an old-timer instead, look upon yourself as more
modern than the rest.

- A cousin to the main's necktie and the woman's
fashionable scall—both relatively useless tlems of ap-

- Consider the humble footstool, its real purpose was to tell your feet up off the floor where the coolest drafts were swirling around. Place a footstool at each comfort-ble chair in the living room and you might be able to urn down the thermostot by several degrees.
- Keeping your ankles warm contributes greatly to keeping your whole self comfortable. That was the klea behind gatters, spats, and other ankle-warmers. Try heavy socks for each member of the family to weer in the evening. The kind with leather feet will fast longer. Just those warm socks may let you notch down the ther-mostat a degree or two.





- Maybe you don't need ceiling lights at all. Lighting the dividual places where people are reading or working it be less expensive than lighting a whole room.
- In former times, folks carried their lights with them as sey traveled from room to room in the evening, instead in having the whole house lighted. The traveling light as most often a candle in a holder with a handle, or erhaps an oil lump.
- When your back is warm, you're likely to feel warmer it over. That's probably why the yest and the steeveless weater were invented. If you buy or make one of these, e sure it's long enough in back to keep you covered then you bend over or lift your arms.
- Another traditional body-warmer is the friendly algham. Originally this was a small rug from Afghanistan, and later the term came to be applied to many different designs of arrail blankets knited or crocheted at home. Each well-equipped home had at least one alghan draped over the end of the coulch in the living poom. It was not just a decoration. It was used for keeping the legs.

- filled comforter to keep them warm, it's a winner.

  A cousin to the man's necktile and the woman's tashionable scarl—both relatively useless items of apparel—is that snuggly old item, the shawl. Ciris knilled them for their beaux, grandmathers crocheted them for grandchildren, almost everybody were them, both indoors and out. They were a most handy way to put on a little earts awarmh around the neck and shoulders: less cumbersome than a jacket, less likely to muss the helf than a sweater. They were often made of light wool yarrs in neutral colors such as grey, tan, and light blue that would harmonize with almost anything. A favoritie shawt was a lifetime treasure. Usually wider and lighter in weight than what we would call a scarf, the shawl deserves a revival.
- Another old-time favorite was the bed-warmer—a covered, shallow brass pen with a long handle. Hot costs from the fire were put in the pan, then it was passed between the sheets just before bedtime. Delightful. The brass bed-warmer also worked for roasting chestnuts, and later generations have used it for making popcorn.

### GRANDMA UNDERSTOOD SED-WARMERS

GRANDMA UNDERSTOOD

All grandmother's house had two was given and the hadded on each window one in a power lines for white when less light nony color and the other's goung, as winter wernin was care green. Each had neighbory achieved of-clargie. Each of us modesty as the primary function. It had in add a good-stred round in suppose, but the hight interest stone as a particular possession, were pulsed in the summer to typic could use a brick! Each reflect out unwaised heat in high our stones were hested in ratis shades in winter to let in the owen of the litteries range of the stone that soft in soil fraunds and put it is may not have known the softwist. The lost of the bed Nothing quits recard principles of soil of soil fraunds and put it is not in the bed not the bed Nothing quits recard principles of soil of the twenty and representations one in soil fraunds and put it is not in the bed Nothing quits recard principles of soil of the twenty and the post down through the soil sheets.



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Using the Bathroom —courtesy '587 EASY
The invention of the single-action mixer faucet was a convenience breakthrough, but also a serious economy sheard. With that single-spout faucet you can get just the water temperature you want and 'et it run. Terrible, it would be better if you still had iwn separate faucets award and into the right temperature in the bowl. Do it shik and mix the right temperature in the bowl. Do it shik and mix the right temperature in the bowl. Do it shik and mix the right temperature in the bowl. Do it shik and mix the right temperature in the bowl. Do it shik instead of letting to get the sleep out of your eyes, but also the male shaving chores, every time through on hand washing, rinsing out lingerie, and every bathroom use. With four folks in the bowse, each one using the bathroom sink, say, live times aday, lust filling the sink instead of letting the water in the same to be that sure armthin. Sumshine is not only a source of warmth, but also, of the quick shower takes about half as much had the washing machine, or three quick showers.

That quick shower takes about half as much hot water, as tub bath. Call banking in the teler the that on ceasional lux as tub bath. Call banking in the teler the that or repaper a room, as tub bath. Call banking in the clark in the daytime may be a habit you can be light to the quick shower takes about half as much hot water, as tub bath. Call banking in the teler the sum and the proper to the proper your grandmother did. Then you'd need to stopper the sink and mix the right temperature in the bowl. Do it. You'll seve money.

That not only applies to that first face-washing to get the sleep out of your eyes, but also the male shaving chores, every time through on hand washing, rinsing out lingerie, and every bathroom use. Wish four folks in the house, each one using the bathroom sink, say, five times a day, just filling the sink instead of letting the water run night save as much as forty gallons a day in hot water. That's enough for two full loads through the washing machine, or three quick showers.

That quick shower takes about half as much hot water so tub bath. Call loading in the tub an occasional loaury, and the quick shower lefeas about half as much hot water so tub bath. Call soaking in the tub an occasional loaury, and the quick shower lefeas about half as much not water so tub bath, don't drain the water when you're through. Let the heat from the water radies into the room until the water is cool. This, incidentally, is the basic principle of some of the solar heating systems. You might even stopper the tub when you take a shower, and tet that hot water radies its heat belore it goes down the drain.

Be sure you turn off the faucet all the way when you're finished using sink or tub. It is still dirps, ouch! One drop per second I nom a hot water faucet is goed down the drain.

Be sure you turn off the faucet all the way when you're finished using sink or tub. It is still dirps, ouch! One drop yet second I nom a hot water faucet is goed gallons a month. 2:400 gallons is year. An average water heater holds 40 gallons, so you can fligure how much extra you're spending with the dripping faucet. Fix it.

Cold Water for Your Laundry?

Cold Water for Your Laundry?

It's time to tackle the laundry.

Consider the cold water detergents. Only clothes that are very greasy need water as warm as 27°C , to get clean. Your washing machine probably has settings for cold, warm, and hot water. Use the cold for ordinary washing, the warm for very dury clothes, the hot not at all. Your wash-and-wear clothes made with synthetic libers will be just as clean and considerably less winkled if you use cold water to washing. And by using cold water washing techniques you'll save 15-410 a month in holf water costs. With today's detergents, cold water rinsing is fully effective, and the rinse cycles are probably half of the water you use in washing.

Running your washing machine for just a few items? Wastelul. Perhaps it's because some of the necessary items in the household are in short supply, so you're washing more often then you need to? Stock up at least a week's supply of the commonplace, most-used Items like socks and underwear. It's cheaper to have enough for each person so use of the washing machine can be less frequent.

A larger supply of the frequently washed clothes will also allow better use of the different washing cycles with life loads. Lightweight letters such as underclothes, hand-kerchiefs, blouses, and pillowcases can take a shorter cy-

- Mext time you're ready to repaint or repaper a room, think about how the room is used before you choose the colors. Light colors in a room will bounce the daylight around, making it a pleasant and cheerful place without extra Illumistion. This is a much less important factor in bedrooms, which are used primarily at night.
- In fact, in rooms used solely for sleeping the only advantage windows have is for a little ventilation. Winter time solar heat just isn't available when the room is in use, so let the windows be small, or heavily draped.
- Window light in the kitchen is a tough problem because you want a hot of storage, rather than windows, on those outside walls. Even more important, then, are the light colors for those kitchen walls.
- the light colors for those filtener waits.

  One of the concepts in use in complete solar energy systems is the heat collector. This is often a bed of sand or rocks under a house, or a large mass of water, in which sun heat can be stored. You can take advantage of this concept by having solid objects standing in the sunlight to store warmth that will be radiated after the sun goes down.
- One good heat collector is a windowall row of flower-pots, or an indoor windowbox. The earth in pots or box will store warmth during the day with the double advan-tage of helping the plants to grow and warming the room at night.
- at hight.

  Daytime reading and working areas can be placed where window light will be sufficient on all but the darkest, overcast days. Specifically, consider the location of the sewing machine, the chair with the magazine rack, the playtable for the children, the workbench, as well as more obvious items like the artist's easel and the author's typewriter.
- A light mist of water sprayed on the ashes in stove or Irreplace before you remove them will minimize the "ity ash" spreading around the room. Recycle one of the "spritt" bottles to turn the trick, after it is emptied of its window cleaner, deodorant, or kitchen apray.

