

# LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Kitchen Conservation Measures

With rising food costs and a need for conserving energy, homemakers face the challenge of stretching resources—energy, pennies and food, further than usual.

Here are some suggestions for kitchen energy conservation. Remember, it is important to avoid cutting corners on food safety and nutrition when you save money on electricity and gas.

— Plan to bake ahead if you have freezer space. If not, choose foods that improve over time and store satisfactorily in the refrigerator.

— To avoid separate preheating of the oven, foods baked at different temperatures may be baked in succession: For example, bake together quick breads, cakes and pies that call for about the same temperature. Then turn up the oven to

bake cookies or yeast breads that call for higher temperatures.

— Use your oven in the morning or early afternoon to do baking. Avoid the rush hours of energy use—between four and eight p.m.

— Some foods may be safely cooked ahead of time. Turkey, ham, roast beef or chicken may be cooked a day ahead, refrigerated and simply warmed up just before dinner. A simple way to warm meat—slice cold meat, wrap in aluminum foil and place in the warm oven. Meat can be heated as vegetables or rolls cook in the oven.

— Do not leave cooked or prepared meat out at room temperature for long periods of time. This can cause food spoilage, an expensive waste of time, energy and food.

— If you roast pork, chicken, turkey or ham, plan to bake potatoes, carrots, or other vegetables in the same oven. When you remove the meat ahead to make carving easier, bake biscuits or rolls in the already hot oven.

— Serve foods that require no heating such as salads and fruit compotes, cold cuts, cheeses, and raw vegetables. Your refrigerator can help keep these foods fresh, tasty, and safe to eat.

### Use of Aerosol Containers

An aerosol is a type of packaging. And today hundreds of products are available in aerosol con-

tainers—from cheese spreads, shaving creams and furniture waxes to paints. Because the design of its working parts is related to the product it dispenses, it's important that you follow directions for use as stated on the container.

Read the label and follow manufacturer's directions for the most satisfactory results with aerosol products. If the label says to shake before depressing actuator button, then do so. If the directions say to hold the aerosol upright to dispense the product, then that is the position which will give the most satisfactory results. Because of the pressure in an aerosol, it's especially important to follow the directions exactly when discarding an emptied one. Never throw them into an open fire.

All aerosols have four main working parts designed according to the product each will contain. In an aerosol, the product is mixed with a propellant whose purpose is indicated by the name—it propels the product out of the container. The

### Mayonnaise And Salad Dressing

Have you ever wondered what the difference is between mayonnaise and salad dressing? Mayonnaise is a stable emulsion of oil droplets in water and it doesn't separate because it is stabilized with egg yolk. Salad dressing contains less oil and a cooked starch paste substitutes for part of the egg

propellant and product are combined as the aerosol is filled and the container is then sealed under pressure. The type and amount of propellant in ratio to the product, plus the valve design determine the form of the product when it comes from the container.

The opening in the valve is designed to dispense the

mixture of propellant and product in the desired form. An aerosol dispenses a product from a fine mist of tiny droplets to a foam to a steady stream. While there are different kinds of propellants used, all of them are chemically inert and don't affect the product—they are non-toxic and non-corrosive.

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