

## LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Your Role in the Energy Problem

Make a commitment to being a part of the solution, not the problem, to energy demands. Develop your consumer conscience. Be vocal. Make others aware of ways they can help.

Become informed and inform others about energy demands. Ask the businesses where you shop to reduce their fuel use by reducing some night lighting and advertising lighting when possible. And compliment them when they do it.

Ask department stores to turn off elevators and escalators during particularly heavy power use time, leaving one available for the physically limited. Suggest the use of escalators on alternate floors only.

Consider packaging when buying. Excess packaging demands greater use of energy in the manufacturing process. Write a letter yourself to manufacturers suggesting they eliminate excess packaging.

Urge city officials to develop mass transportation systems in your community.

Support legislation relating to Truth-in-Energy. This would require labels on equipment giving requirements.

Encourage manufacturers to add label to cars showing the mileage per gallon and relationship of power options to gas consumption.

When buying, ask, "Do I really need this? Will it really make life easier, more pleasant? Is it necessary?"

Working in a group, your actions will have wider impact. Form a consumer organization which will serve as a clearing house for information concerning energy demands.

**Oven Meals Save Energy**  
It's easy to plan meals that conserve energy and appeal to your family as well.

Oven meals are an excellent way to save extra heating power. Ovenbags also save small amounts of energy that add up. Cooking a main dish in an oven bag eliminates pre-browning and gravy-making as the oven bags make their own gravy while the meat cooks. In addition to the heat saved, there is no dish to wash.

The following oven meals are easy and appealing energy savers:

Barbecued chicken, baked potatoes, French bread, baked custard. Add a citrus fruit salad.

Ham, baked sweet potatoes, yeast rolls, fruit cobbler. Add broccoli.

Hamburger pie, winter squash, cornsticks, lemon bisque. Add turnip greens.

Swiss steak, scalloped tomatoes and corn casserole, buttered carrots, banana nut bread. Add a fruit cup.

Remember that frozen vegetables are partially cooked and you can prepare them along with the meal in the oven by placing them in a covered casserole dish.

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### Vitamin A Foods

A balanced diet, one that includes foods for maximum good health, requires a dark green or deep yellow fruit or vegetable rich in vitamin A every other day.

Penn State Extension foods and nutrition specialists point out that usually, the darker and deeper the color, the more vitamin A there is to work for your body.

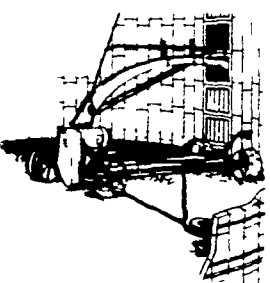
For more buying and serving information on foods rich in vitamin A and other foods necessary for good health, write to: FOOD, Trudy Dougherty, County Extension home economist, 402 North Wing, Courthouse, West Chester, Pa. 19380

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### Some Vegetables are Hardy

Some vegetables are more hardy than others. They can be planted four to six weeks before the last frost free date in your area. Among the very hardy are: cabbage, broccoli, lettuce, onions, peas, potatoes, spinach, and turnips.

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