

LADIES HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

Small Appliances More Economical Energy Users

Using your portable electric appliances can help save energy and cut down on your electric bill. These versatile appliances are more efficient to use than the range.

A toaster, for example, is much more efficient than using the oven for making toast unless you need a large quantity at one time. Then, the broiler in the oven is more efficient.

Countertop ovens are energy savers, too, particularly for small families. They're ideal for small quantity baking or oven cooking and for reheating small quantities of food or individual frozen dinners. And these small ovens are made to order for baking a few biscuits, a small cake, pan of rolls, or one or two baked potatoes. Because they're smaller than the range oven, countertop ovens take less time to preheat and use less elec-

tricity to maintain the desired temperature.

The electric skillet or frypan is another efficient appliance. Since the heating element is thermostatically controlled and built in the utensil, the frypan uses only the amount of energy required to maintain the temperature you set.

The new, popular slow cookers are real energy misers. Similar to the deep well cookers that used to come on electric ranges, this new portable version is just as thrifty because it takes a very small amount of electricity to maintain a gentle simmer. Homemakers having full time jobs find slow cookers especially helpful in meal preparation. Because of its thermostatic control, the cooker will simmer foods all day long without attention and there's very little heat loss.

An electric percolator or coffeemaker is an energy saver, too, especially if a non-automatic coffeemaker

does not fit the range surface unit properly. Many coffee pots are smaller than the range unit and waste heat. If you like a cup of coffee for a mid-morning break or lunch, you can enjoy good coffee and save electricity by pouring what's leftover from breakfast into a vacuum bottle to keep hot.

Here's another energy-saving tip if you use a drip coffeemaker or make instant coffee. Don't heat a full teakettle of water if you need only one or two cups - that's a waste of energy.

Generally, well-designed portable appliances are very efficient and when used properly, don't waste energy. Just remember to disconnect the appliance when cooking is finished.

How To Buy Thermal-Knit Underwear

Lower temperatures in homes and long periods of cold weather have created a growing demand for thermal-knit underwear.

Thermal-knit underwear is a much warmer version of the old-fashioned "Long John." Most thermal-knits are constructed with waffle or honey-comb-like pockets that trap a layer of air in the fabric. This layer of air acts as an insulator keeping cold air out and body heat in.

Thermal-knit underwear is available in three different knits - circular, rib and Raschel. The face and back of circular - and rib-knit garments are made in a continuous process and have no side seams. Raschel knits are the strongest thermal-knits available, making them suitable for active cold-weather sports.

Here are some points to look for when buying thermal-knits:

- Taped seams in the shoulder area help stop stretching and sagging.
- A flat seam is likely to be more durable than a bulky

Farm Women Societies

Society 1

The Society of Farm Women met at the home of Mrs. J. Clayton Sangrey, Jan. 4.

Richard Warren presented a program entitled "A Covered Bridge Story."

Mrs. Leon Ulrich, new club president, presided at the meeting. Other officers are: Miss Rachel Bollinger, vice president, Mrs. Elmer Hershey, recording secretary, Mrs. Willis Bucher, corresponding secretary, Mrs. John Newcomer, treasurer; Mrs. Simon Snyder, music director and Mrs. C. Neil Clark, news reporter.

During the business meeting Mrs. Paul Kurtz and Miss Bollinger were appointed as delegates to the State Convention.

The next meeting will be held at the Twin Pine meeting room. Mrs. Ann Mae Kulp will present the devotions.

Mrs. Leon R. Ulrich will present the program "The Best of Mexico."

Hostesses will be Mrs. Ulrich and Miss Bollinger.

seam made with a single row of stitching.

- Seam ends should be reinforced for durability and strength.

- Sewn in panel inserts in the crotch area may give greater comfort than single panel construction.

- Underwear that absorbs perspiration quickly and lets it evaporate rapidly won't trap perspiration and leave you feeling cold and clammy. Cotton is now of the most absorbent fabrics available. But, keep in mind that a cotton blend, such as polyester and cotton, is significantly stronger than a 100 percent cotton material.

- Make sure you get a proper fit when buying thermal-knit underwear. A thermal-knit that doesn't fit right won't keep you properly warm. A somewhat loose fit is better than a snug fit as thermal-knits may become thinner and, thus, less warm when stretched.

Society 13

Farm Women Society 13 met Friday evening 7:30 p.m. at the home of Mrs. Irvin Leaman of Ronks with 24 members present.

The meeting was called to order by Mary Ann McClenaghan with group singing. Mrs. Linda Eberle gave devotions followed by the flag salute.

The Ways and Means committee announced a bakeless bake sale for the February meeting and a suggested Bazaar to be held in October. A birthday collection box to help support expenses for the sunshine committee was discussed.

A report of the State Farm Women's convention was given by Mrs. McClenaghan and Mrs. Hirshmann after which the meeting was given over in charge of the hostess.

Speaker for the program was Estelle Snader, R.N. who spoke on family health.

The meeting was adjourned following refreshments.

Society 14

Farm Women Society 14 met Wednesday afternoon at the home of Mrs. Larerne Mylin in Quarryville.

Twenty-two ladies attended and sewed 10 dozen cancer dressings.

A representative from the Volunteer Services, Mrs. Eleanor Barnes, gave a talk on the work of the service and articles that could be made.

Members of the Society sewed 345 pieces of sewing at the General Hospital recently and will be embroidering a quilt at the home of Mrs. Edith Metzler on January 23rd at Noon. No refreshments will be served.

The next meeting will be February 12th at 1:30 p.m. at the Ambassador for Christ

Inc. in Paradise. The movie "Queen of the Dark Chamber" will be shown.

Society 21

Farm Women Society 21 met January 9, 1975 at the home of Mrs. Wilmer Kreider, RD2, Nottingham, Pa. with Mrs. Samuel Groff and Mrs. Richard Jackson as co-hostess. President, Mrs. Frank Aument led the business meeting. Mrs. Richard Risk and Mrs. James Long led the group in a program of games.

The next meeting will be held February 13, 1975 at the home of Mrs. Howard Steinberg, RD2, Quarryville, Pa. A demonstration on making artificial fruit will be given by Mrs. Robert Bucher.

Society 22

Farm Women Society 22 met Tuesday afternoon at the home of Mrs. Harold Ranck. Mrs. Henry Hess served as co-hostess. Mrs. Vi Weller led the devotions.

Doris Thomas, Extension Home Economist spoke on "Safety in the Home."

Thank-you notes from the recipients of Christmas cookies were read. Naomi Wenger and Ann Diller reported on the State Convention in Harrisburg.

The next meeting will be held at the home of Mrs. Jay Landis. (No date given)

THE GOOD WORD from the Bible

May God be gracious to us and bless us and make his face to shine upon us.

That they may be known upon earth, thy saving power among all nations.

Psalms 67: 1,2

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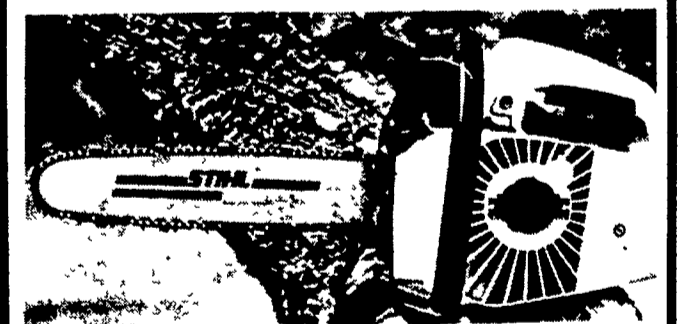
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