

Recycling

(Continued from Page 42)

adults, because they have a healthier outlook regarding their illness. I found it very satisfying. I never married or had children of my own, but I had a 'raft' of other children. During those years I didn't have time to do volunteer work."

A wide variety of interests keeps Verna well occupied. Her living room window at 211 North Frederick Street, Mount Joy, overflows with plants, which she inherited from her mother when she died. "Plants were my mother's hobby and the last few years of her life I helped care for them." She said she is making two crocheted afghans and enjoys knitting and playing the piano. Showing how much music means to her she sings with the Mount Joy Community chorus. She is active in the Wrisman Mennonite Church

and works with her Bishop's wife once a month on a clothing sale in Lancaster's lower income district.

A graduate of Eastern Mennonite College in Virginia and St. Joseph's Hospital's School of Nursing, Verna said she loves to travel. Last year she journeyed to Africa and had an opportunity to visit students who had attended EMC. In the Spring of this year she went to Israel.

"I enjoy being with people, which I guess dates back to being an only child. I was never shy. I started way back at my granddaddy's blacksmith shop where I met a lot of people." Verna calls herself a "Pennsylvania Dutchman of the first degree. I can speak Dutch, which stood me in good stead when I would get Amish children for patients." She was the only child of Ferris and Katy Brandt and said

her grandparents who lived with them spoke Pennsylvania German.

Although she modestly takes little credit, Verna's enthusiasm and hard work are a large part of the success of the Re-Uzit Shop. "We've come a long way in getting organized since July," she says. Now committee members take charge of different departments within the store, freeing Verna of much responsibility. The executive committee consists of Mrs. Mildred Steffy, East Petersburg, president, who also helped organize a similar shop in New Holland; Mrs. Blanche Hershey, vice-president and volunteer coordinator; Mrs. Raymond Charles, secretary; and Ruth Shenk, treasurer.

The Re-Uzit Shop is a community effort - from the donors, to the volunteers to the patrons. Donations are welcomed from anyone and can be dropped off at the store during business hours.

With Winter weather here and the holidays coming up perhaps the Re-Uzit Shop has something to offer your family.

Ladies Have You Heard?

By Doris Thomas

Lancaster Home Economist



ABOUT ENERGY SAVING IN THE LAUNDRY AND IN THE KITCHEN

Prevention is always easier than the cure. If you buy your laundry and kitchen appliances wisely you can ward-off some of the energy problems.

What to look for? A new washing machine uses 32-45 gallons of water per load... some models use less water. Some models have a "float fill" that provides a more accurate control of the amount of water used than "time" fill. Water level controls are useful to adjust the water to the type of load you are washing. Some models offer "suds saver" that saves wash water for later loads. You might consider avoiding new clothes purchases if the clothing requires special washing and handling.

Plan your menu and your meal... and also the way you'll serve it. Cut down on the number of utensils used in preparing food... and on the plates and glassware used with the meal to save on dishwashing.

Do small kitchen jobs as they occur to prevent larger jobs - for example, wipe up small spills immediately to avoid frequent mopping of floors. Vacuum carpets and rugs so you won't need to shampoo them too often. Take care to clean spots when they happen.

To get warm water (for food preparation) turn hot water on first; then add cold

water as needed. You get warm water more quickly this way and save on water.

Cook foods over low heat in pans with tightly fitted lids to reduce evaporation of liquid.

You can reduce the use of your garage disposal (which uses two gallons of water per minute). One way may be to peel vegetables, eggs and other foods on newspapers-wrap and dispose. Better yet-make a compost pile. Even little ideas can save!

PLASTIC WRAP AND MICRO-WAVE.. THE PERFECT PAIR!

Microwave ovens, in widespread use for about 10 years, are becoming the fastest selling cooking appliance in the nation. Because of the speed and convenience achieved with microwave ovens, cooking habits are also changing. Favorite family meals can be prepared in much less time and thawing of frozen food is almost instantaneous. Owners all over the country are anxious for additional information and help in ways to use their microwave ovens more effectively.

One favorite kitchen item, plastic wrap, long in use for wrapping and covering food for storage, is a natural companion to microwave cooking. All manufacturers of microwave ovens give specific instructions on techniques to follow when covering good for microwaving. Covering is necessary when cooking vegetables, dried foods, some meats and reheating other foods which need steam in order to cook or heat properly.

Because plastic wrap comes in a roll, it can be easily torn and shaped as a cover to fit any type or shape cooking container, even those odd or unusual shaped ones. It allows the microwave energy to pass through to the food, and is resistant to the heat from the

microwaved food. It expands to allow for the development of steam within the container.

These are some tips to follow when using a clear wrap as a cover for microwaving food. Place the wrapping material loosely over the food and press it lightly down the side of the container. Allow some looseness so that venting can take place. Some microwave oven manufacturers recommend folding a corner back to create a small hole for steam to escape. It should go just down the sides of the container. NOT underneath the bottom. This placement is necessary for expansion of steam around the food. After microwaving use a fork to lift the cover... simply pick up the corner of a side away from you and lift to release steam.

Remember to store cooked food in a container that can go into the microwave oven for heating later. The same plastic wrap cover works in the refrigerator and in the microwave oven.

When steaming fresh whole vegetables like zucchini, Summer squash, and corn on the cob wrap each item individually in plastic wrap. Season and butter each item and you'll enjoy one of the best tasting eating delights ever. These individual cooking containers keep the food hot longer because of the tight seal... and there are no dishes to wash.

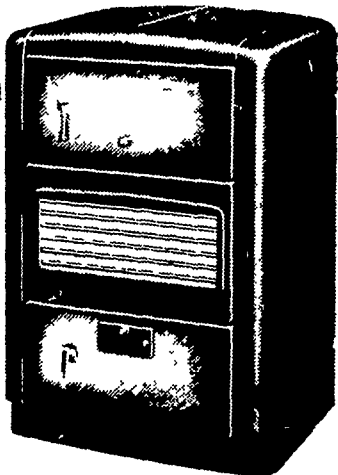
Program set

LITITZ - On November 19, the Lititz Rotary Club will present Ric Dougherty in its second program of the Travel and Adventure Series at 3 and 8 p.m. in the Warwick High School auditorium. Dougherty's subject for the evening will be Sweden, a midsummer dream. The public is invited to attend.

COAL & WOOD STOVES

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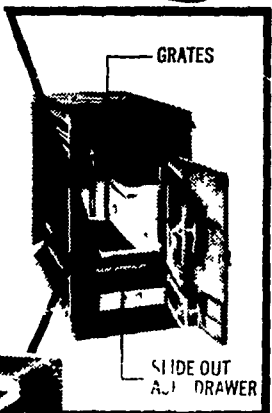
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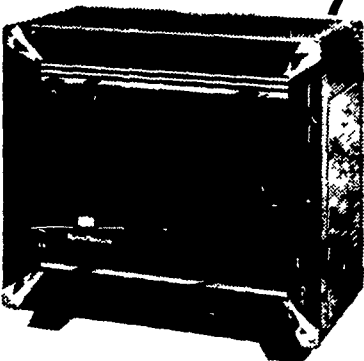
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