

# Watch your kilowatts this Winter when cooking



Mrs. Nancy Wenrich

By JOANNE SPAHR

**LEBANON** — What's a kilowattcher? A kilowattcher is a homemaker who carefully watches how electricity is used. And, during these slowly shortening, quickly cooling days, kilowattching will become ever more important.

So, for those homemakers who are conscious of energy saving as well as fuel bill saving, Mrs. Nancy Wenrich, director of home economics at Metropolitan Edison, Lebanon, offered a few tips and recipes at a recent homemakers meeting.

First of all, she said, avoid opening the doors of the refrigerator and freezer very often. Instead, know what you want before opening the refrigerator or freezer door.

Also, defrost the freezer regularly and never allow more than ¼ inch of frost to build up. Generally, the rule of thumb when freezing is to freeze no more than two or three pounds of food to each cubic foot of capacity.

Some general household hints include operating a self-cleaning oven after 8 p.m. whenever possible, since the greatest energy load is taken between 8 a.m. and 8 p.m. daily.

Set most water heaters to 140 degrees F. Under most conditions, this is hot enough for household hot water needs.

When it comes to laundry, Metropolitan Edison suggests waiting until 8 p.m. to do the wash that requires hot water, and if the laundry must be done during the daytime power rush, it could be washed in warm or cool water. Always rinse with cold water.

Cooking can also be energy saving.

For those cooks who want to try some new recipes and would like them to require small amounts of energy, Mrs. Wenrich suggests the following:

## SESAME CRISPS

1¾ cups flour  
1 teaspoon salt  
¾ cup shortening  
4 tablespoons cold water (approx.)

1 egg yolk  
3 tablespoons sesame seeds

Stir flour and salt together in a medium-size bowl; cut in shortening with a pastry blender until mixture is crumbly. Sprinkle with approximately 3 tablespoons of the water, one tablespoon at a time. Mix lightly just until pastry holds together and leaves sides of bowl clean. Roll out to an 18 x 12 rectangle on a lightly floured pastry cloth or board. Beat egg yolk with remaining 1 tablespoon water in a cup; brush over pastry; sprinkle with sesame seeds. Cut out fancy shapes with a floured 1½ inch cutter; place on ungreased cookie sheet. Place trimmings on same cookie sheets and bake for family nibbles. Bake at 400 degrees F. for 10 minutes, or until golden. Remove to wire racks. Cool completely. Store in a container with a tight cover. Makes five dozen.

## TOMATO BOUILLON

1 cup tomato juice  
1 cup water  
1 bouillon cube - beef

Combine ingredients and heat to boiling point. Serves 2 or 3. A simple recipe to increase.

According to Mrs. Wenrich, the above two recipes are good "to warm up cold bodies after an ice hockey game or caroling." The "Sesame Crisps" are really just pastry with sesame seeds on top, and these crisps go well with the tomato bouillon.

To make the tomato bouillon party-sized, Mrs. Wenrich suggested a 30-cup percolator.

The next three recipes Mrs. Wenrich offered are three seasoned products that have no cooking involved, so they are "definitely energy savers."

## ONE, TWO, THREE — DIP! Seasoning Mix

¼ cup grated Parmesan cheese  
2 tablespoons toasted sesame seeds  
2 teaspoons salt  
1 teaspoon paprika  
1 teaspoon celery seed  
¼ teaspoon pepper  
½ teaspoon garlic powder

Combine all ingredients. Store in a screw-top jar. To

make dip, stir one tablespoon into a cup of sour cream or yogurt.

## MAKE AHEAD SALAD SEASONING MIX

2 tablespoons salt  
1 tablespoon paprika  
1 tablespoon dry mustard  
½ teaspoon black pepper

Combine all ingredients and store in a screw-top jar. To make dressing, add one tablespoon mix to ¼ cup vinegar or lemon juice and ¾ cup vegetable oil. For variety add 1 clove crushed garlic OR 1 tablespoon minced fresh herbs OR 1 teaspoon dried herbs (parsley, dill or basil).

## SEASONED SALT Last forever and a day

6 Tb salt  
½ tsp. dried thyme leaves  
½ tsp. marjoram  
½ tsp. garlic salt  
½ tsp. curry powder  
1 tsp. dry mustard  
½ tsp. celery salt  
¼ tsp. onion powder  
1/8 tsp. dill seed  
2¼ tsp. paprika

Put all ingredients into blender container. Process on low until blended. Yield: ½ cup.

And, for holiday gift-giving, Mrs. Wenrich gave out a "Honey Tea Ring" which any friend would be pleased to receive.

## HONEY TEA RING

1 8-oz. pkg. cream cheese  
½ cup sugar  
½ teaspoon vanilla  
2 cups Master Baking Mix

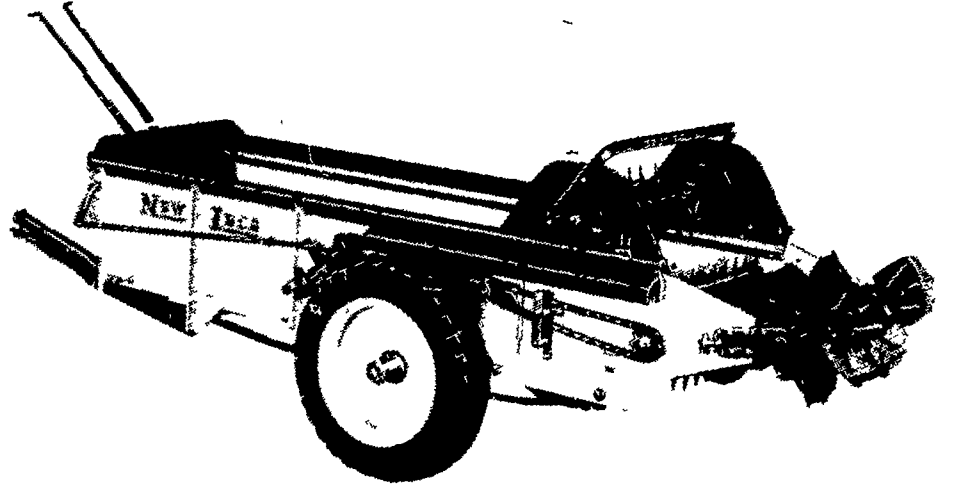
⅓ cup chopped nuts  
⅓ cup raisins  
honey

Combine softened cream cheese, sugar and vanilla, mixing until well blended. Prepare biscuit mix according to directions for biscuit dough. Roll to 12 x 18-

inch rectangle on lightly floured surface. Spread with cream cheese mixture; sprinkle with nuts and raisins. Roll up, starting on long side; seal long edge. Place on greased cookie sheet; join ends to form ring. With scissors, cut three-

quarters of the way through ring at 1-inch intervals; turn each section on its side. Bake at 425 degrees F. for 15 minutes. Glaze with honey; continue baking 5 to 7 minutes or until golden brown. Glaze with honey, if desired.

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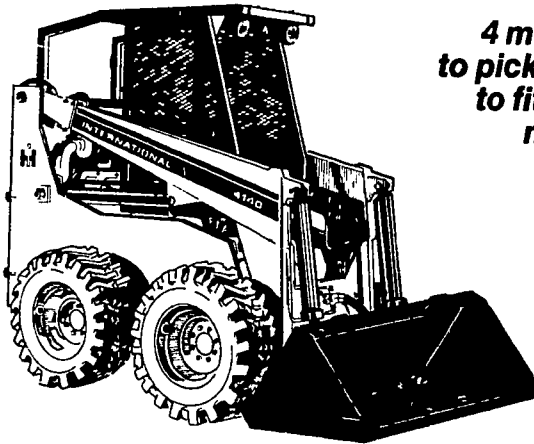
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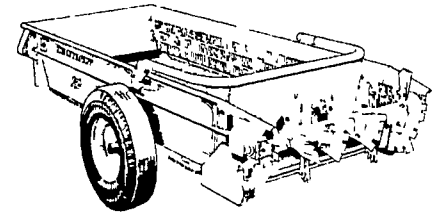


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