

Window shades cut energy costs

NORRISTOWN - Many homeowners are frittering away dollars every year by letting much of the heat they pay for literally go out the window. After poorly insulated ceilings, roofs or attics, windows account for the typical home's biggest winter heat loss, says specialists at the Pennsylvania State University Cooperative Extension Service.

Now, however, data shows

that inexpensive window shades cut down on this heat loss and the costly energy needed to replace it. By lowering or raising window shades during the day, furnace-generated heat loss may be lowered by as much as 31 per cent. Glass windows are an excellent conductor of heat and as such, they are poor insulators. That's why indoor heat will pass out through glass, and why heat intended

for the inside of your home is lost to the great outdoors. To prevent this heat loss: keep shades drawn in the evening, at night, and throughout the early morning when outside air is cold. Shades act as barriers to block the loss of heat through the windows. Much of the heat that normally seeps through windows "bounces" off the shades and is trapped where you want it—inside the house. Pull shades up during

sunny, daylight hours to help warm the interior.

These simple shade-pulling exercises can result in savings of up to 8 cents per heating dollar for Pennsylvania homeowners. Good news for people who have watched their heating bills skyrocket in just a few years.

 **have a nice weekend...**

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Recipe Swap

Answering recent requests, today's Recipe Swap carries two recipes, one for oatmeal buttermilk pancakes and the other for a white potato pie. Both can be found below.

We also want to pass on a request for a mud pie recipe, which according to our reader, is a dessert made of chocolate and mocha.

Any requests and recipes can be sent to Recipe Swap, Lancaster Farming, Box 366, Lititz, Pa. 17543.

OATMEAL BUTTERMILK PANCAKES

1½ cups rolled oats
2 cups buttermilk
½ cup flour
1 teaspoon granulated sugar
1 teaspoon salt
1 teaspoon baking soda
2 beaten eggs

Mix the rolled oats and buttermilk. Beat in the flour, sugar, salt, baking soda, and eggs. This will give you a thin batter.

Mary S. Martin
Annville, Pa.

BAKED SAUSAGE PIE

1 pound fresh sausage
4 cups diced cooked white potatoes
1½ teaspoons salt
1/8 teaspoon pepper
2 onions, minced (optional)
½ cup diced celery (optional)
1 tablespoon chopped parsley (optional)
milk to cover mixture

Brown the sausage. Line the bottom and sides of a baking dish with pastry. Fill the dish with alternate layers of sausage and potatoes. If desired, add onion, celery, and seasoning. Cover the mixture with hot milk if desired. Add a top crust and bake at 350 Degrees F. for one hour. Serves six to eight.

Mrs. Marla Stauffer
Ephrata, Pa.

The staff of the New Danville Family Health Center cordially invites the local community to an

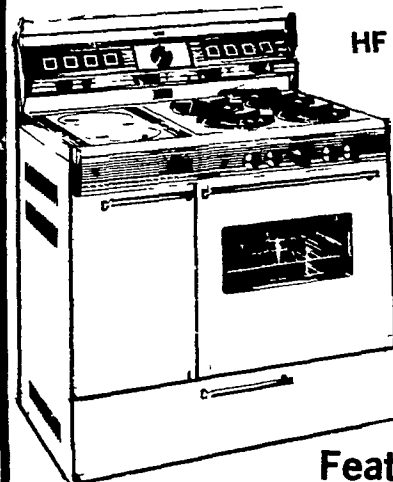
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