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## Ladies Have You Heard?

By Susan Doyle

Lancaster

Home Economist

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#### PRACTICE DRIVING TO **USE LESS GASOLINE**

The hard reality that gasoline has been less available and everyone will have to pay more for it is evident.

Under these cumstances, long distance vacation trips may have to take a back seat to the "close at home" vacation trip.

Whether in an automobile, towing a trailer, or driving a motor home, it makes sense to adopt fuel-conserving driving habits. The Federal Energy Administration has compiled some facts on ways we can save fuel while driving. While based on passenger car driving, the ideas apply equally well to motor homes or when towing an RV. According to the FEA, the following suggestions should help conserve fuel:

\* Drive slower. The faster you drive, the more the wind resistance boosts fuel consumption. A five-mph slow-down produces a seven percent increase in fuel economy over the 55 mph driver. This saving should be even better for an RV because the frontal area, and consequent wind resistance is much greater.

\* Accelerate gently. Flooring the pedal after a stop increases fuel consumption by as much as two miles a gallon.

\* Maintain a steady speed. A five mph variation can reduce your milage by 1.3 miles per gallon. If you have cruise control, use it for all highway driving.

Avoid idling your motor. If stuck in traffic, shut off the motor The average American car consumes a cupful of gasoline every six minutes when idling. It takes

less gasoline to restart the

motor than to idle it. Don't carry unnecessary weight. For each additional 100 pounds of weight you carry, fuel consumption increases by 0.2 miles per gallon. Avoid carrying extra clothes, food, and equipment.

\* Make sure your wheels are properly aligned. An improper front-wheel toe-in alignment can increase fuel consumption by 0.3 miles per gallon.

\* Check tire pressure monthly. If you drive underinflated tires, it can cost as much as one mile per gallon. Radial tires can improve fuel economy as much as one mile per gallon, but do not switch unless you put radials on all wheels. Mixing is dangerous.

\* Adopt a good maintenance program. This means haing a major tuneup every 10,000 miles. You should also have the plugs cleaned, and the points and timing adjusted every 5000 miles. If your brakes start dragging, or are not releasing properly, have them adjusted. A good maintenance program includes changing oil and filters. And be sure to use good quality multi grade oil.

Avoid unnecessary use of the air conditioner. Air conditioning decreases your gas mileage by as much as 2.5 miles per gallon

Vacation, but don't "waste fuel" doing it. ABOUT CONDENSED

MILK One of the earliest convenience foods still in use today is evaporated milk. This milk is made with fresh, fluid whole milk. First, the whole milk is pasteurized. Then, through a vacuum process, over half of the

# LEESPORT - Com-

modity Credit Corporation purchased 281,349 bushels of corn in response to an invitation issued January 22, on a national basis.

Successful bidders were those who offered corn at a national average price of \$2.40 per bushel or less, having been adjusted for location.

This corn will not be sold again until the market price

water content is removed. This concentrated milk is then homogenized, and vitamin D is added. Finally the milk is sealed in cans and sterilized by heat.

Another product available today is evaporated skim milk. It has less milk fat and therefore has less calories then the standard product.

You can use evaporated milk undiluted, partially diluted, or reconstituted. Basically, this form of milk is whole milk of double strength. If you add one part water to one part evaporated milk, you essentially have whole milk again. You can use a combination of dry milk and reconstituted evaporated milk in place of fluid whole milk, to save money on your milk bill. This combination tastes very like fluid whole milk. Used at full strength, evaporated milk lends extra body and creaminess to sauces and desserts.

You'll also see sweetened condensed milk at your store. This is condensed milk to which sugar is added before the evaporation process. The end product is yellowish in color and thicker and sweeter than evaporated milk. It has a caramel-like flavor and is used mainly in making candy or other rich desserts. Its 40 percent sugar content acts as a preservative and, stored under like conditions, this product has a longer shelf life than evaporated mılk.

Store unopened cans of evaporated or sweetened condensed milk in a cool place, preferably not above 70 degrees nor below freezing. Before opening the can, wipe off the top with a damp cloth. Store the opened can in the original container and keep the top covered. Use within four or five days.

# CCC buys nearly 300,000 bushels of corn

according to Mark S. purchase corn at a later date Balthaser, chairperson of Berks County the Agricultural Stabilization and Conservation Committee. This strategy is aimed to keep the market

price from falling. There were 140,762 bushels purchased in Iowa, 50,000 in Indiana, 33,587 in Minnesota, 30,000 in Missouri, 17,000 in Nebraska, and 10,000 in Illinois.

The decision to purchase corn was announced January 19. Its purpose was to help stabilize prices and to relieve congestion in the transportation chain caused by the decision of the longshoremen to not load ships bound for Russia.

Bids were received for 53,387,364 bushels from about 5,000 bidders in 19 states. Unsuccessful bids were those which offered sales at higher than the market price.

"The U.S. Department of Agriculture will continue to monitor prices and congestion problems caused by the suspension of exports



reaches \$3.15 per bushel, to Russia and may offer to

if conditions warrant," Balthaser said.

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