

Ladies Have You Heard?

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Home Economist



PROPER CARE OF POTS AND PANS CAN SAVE ENERGY

Playing with mother's pots and pans has kept many generations of babies happy—but it has not made the best use of cooking energy.

The finest electric or gas range, equipped with all the latest features, won't perform well if you use warped or dented pots and pans. Utensils with scratched and scoured surfaces, inner surface which you can't get completely clean, warped bottoms, dented sides, loose handles or badly fitting lids will give unsatisfactory results both in cooking and in clean-up.

For the best cooking results and wise use of energy, check your utensils for these points:

- * Straight sides. They help distribute heat evenly and make stirring easier.

- * A flat bottom for even heating and preventing hot spots. This also keeps fats and liquids from collecting at low points.

- * Rounded joints between sides and bottom for easy cleaning.

- * A well-fitting cover to help hold in moisture, flavor, and nutrients.

- * A heat-resistant, tightly-fitting handle or a well-balanced utensil which isn't likely to slip or tip even when the hands are wet.

- * Heavy material which won't easily dent, crack, or warp with normal use.

- * A variety of sizes in order to match the range burner size with the utensil's bottom. This saves energy and allows for the best distribution of heat over the bottom of the pot or pan.

RECYCLE SEWING PATTERNS TO FIGHT INFLATION

When you choose a pattern for a new skirt, shirt, or dress, do you visualize the myriad variations you'll make with that one investment, or do you go out and buy a new pattern for each garment you make?

Pattern costs are climbing along with all other costs and you can save money by using old patterns wisely. Start by sorting through all your old patterns.

Look at the illustration on the pattern envelope and check over the guide sheet,

HARRISBURG — Milk production in Pennsylvania during May 1980 totaled 751 million pounds, up four percent from a year earlier, according to the Pennsylvania Crop Reporting Service.

The number of milk cows in the Commonwealth during May was 705,000 head, up 8000 head from a year ago

Milk production per cow averaged 1,065 pounds in May, up 25 pounds from a year ago.

United States milk production during May totaled 11.61 billion pounds, three percent above May 1979. Milk production per cow averaged 1075 pounds,

31 pounds more than a year earlier and 43 pounds above May 1978. Milk cows on farms totaled 10.8 million, slightly above last year

State milk output rises

asking yourself the following questions:

- * How often did I wear the previous item I made from this pattern?

- * Is the style still in fashion?

- * Is it suitable to my present lifestyle?

- * Are details such as pockets, belt and trummings up-to-date?

- * Is the skirt length appropriate? If not, can it be adjusted?

- * Is pattern size still correct?

- * Is the pattern difficult or time-consuming to sew?

Make sure the patterns you decide to keep are in good repair. Patterns that don't fit easily into the original pattern envelop can be packed into clear plastic bags. Tape the illustration to the bag.

While you are making your old pattern inventory, take time to set up a simple filing system. Try arranging patterns according to season or in groups for each family member.

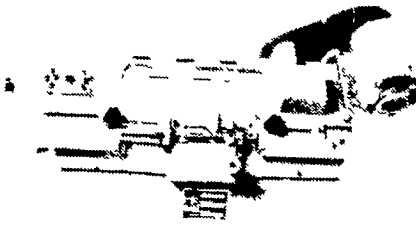
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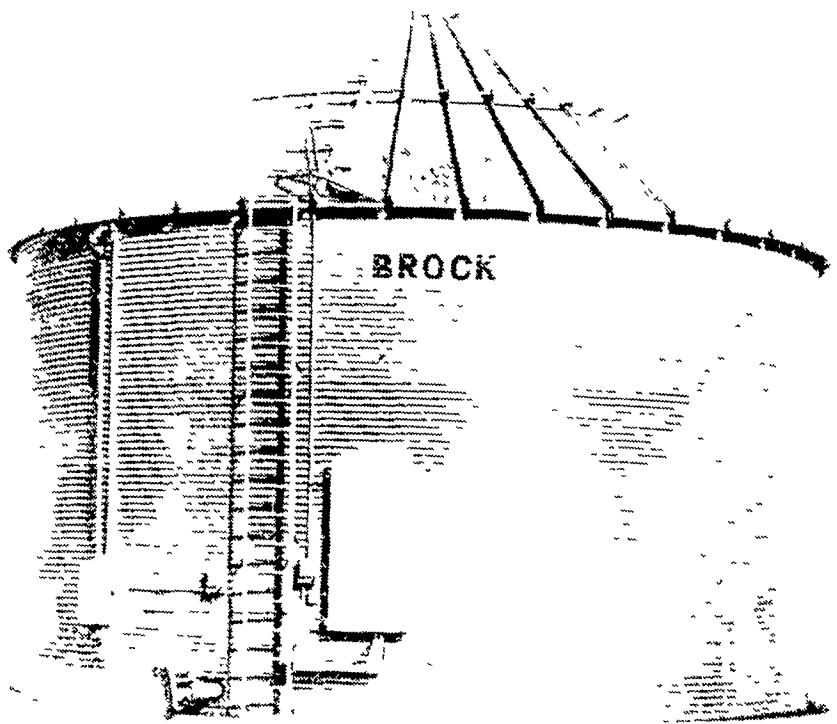
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