

Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist



GET THE MOST FROM YOUR ELECTRICAL APPLIANCES

How many electrical appliances do you have in your home? The average American has five major and 13 portable appliances to help out with the daily chores.

Proper wiring is essential for all this equipment. You should have enough outlets, conveniently placed so that

you don't need octopus arrangements and tangling cords.

Equally important are enough wiring circuits. Your appliances won't operate with maximum efficiency and economy without circuits to supply them with adequate electricity—no matter how many outlets you have.

Check the wattage rating stamped on each appliance

and never overload any electrical circuit with more than one heavy duty appliance.

* Keep extra fuses of proper size on hand. If a fuse should blow never replace it with a larger one.

* If you must use extension cords for small appliances, use heavy duty cords rated for 15 amperes. Ordinary light cords will overheat.

* Consult your appliance use and care manual before using any new appliance. Keep manual handy and refer to it as needed.

* Be sure that all cords from electrical entertaining appliances are out of guests' pathway to avoid accidents.

* Never immerse an appliance in water unless it is specifically labeled "immersion" by the manufacturer.

* Always unplug heating appliances and let them cool before cleaning and storing. Clean appliances after each use. Check use and care book for accurate care instructions.

* When using electrical appliances with detachable cords or temperature controls, plug cordset into appliance first, then into wall outlet. To disconnect, remove plug first from outlet then from appliance.

"When disconnecting cordset or power cord from an electrical outlet, always grasp the plug, not the cord itself.

PREPARE TO SAVE THE NUTRIENTS

Suppose you are preparing a well-balanced evening meal—roast beef, tossed green salad, mashed potatoes, and mixed vegetables.

To save time, you peeled and sliced all the salad vegetables in the morning before leaving for work. You removed the outer leaves on the lettuce and soaked the remaining leaves in ice water to retain crispness. You also took the roast out of the freezer in the morning and put it in on the counter to thaw.

That evening you peeled and boiled the potatoes. After thawing the frozen mixed vegetables, you boiled and drained them in preparation for serving.

The scenario is complete. Just as your family was clamoring for dinner, you got everything on the table—everything, that is, except all the important nutrients that were washed, peeled, soaked, thawed, the boiled away as you prepared dinner.

To serve your family truly well-balanced meals, consider making a few changes in food preparation techniques. You'll retain vital nutrients, vitamins and minerals by:

- scrubbing (not peeling) vegetables
- slicing vegetables just before serving
- not soaking vegetables in water
- cooking potatoes in the skin; just scrubbing them prior to boiling

-steaming vegetables (not boiling) taken directly from the freezer

-saving vegetable water and using it as a stock in soups and gravies

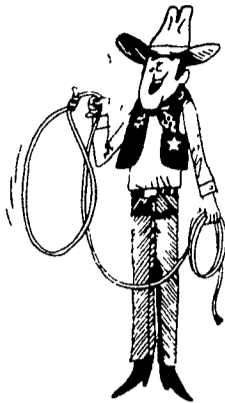
-cooking meats from the

freezer, not thawed
-reusing meat drippings
Include these methods in your meal preparation routine and guarantee your family well-balanced meals from start to finish.

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Home on the range

(Continued from Page C6)

SPLIT PEA SOUP WITH FRANKS

- 1 1/2 cups dry split peas
- 1/2 cup onion, chopped
- 1 tsp. salt
- 1/8 tsp. pepper
- 5 cups water
- 1/2 lb. frankfurters, finely chopped
- 1 T. butter or margarine

Simmer peas, onion, salt, and pepper in water 20 to 30 minutes until peas are tender.

Lightly brown the frankfurters in fat in a frypan; add to soup.

Simmer 5 minutes longer to blend flavors.

Makes 6 servings, 1 cup each.

Susan Russell, Hopewell

CREAM OF ZUCCHINI SOUP

- 1 lb. zucchini, sliced and unpeeled (4 cups)
- 1/2 cup water
- 1/2 tsp. salt
- 1/2 tsp. sugar

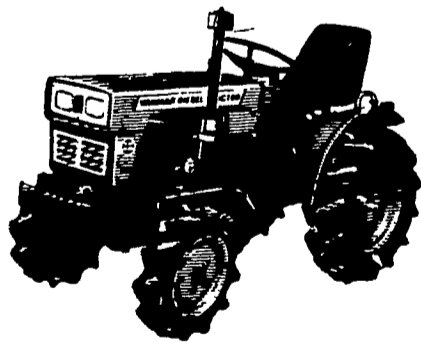
Combine in saucepan and cook until tender about 12 minutes. Meanwhile saute 2 T. chopped onion and 2 T. margarine.

Put both mixtures in blender on whiz a little at a time. Return to saucepan. Whiz next mixture in blender: 2 cups milk, 2 T. flour and 1 packet Herb-or onion seasoning powder. Place in saucepan with other mixtures. Cook over medium heat until mixture thickens and gently boils. Soup will be a light green color.

Marilyn Kerkoff, Benton

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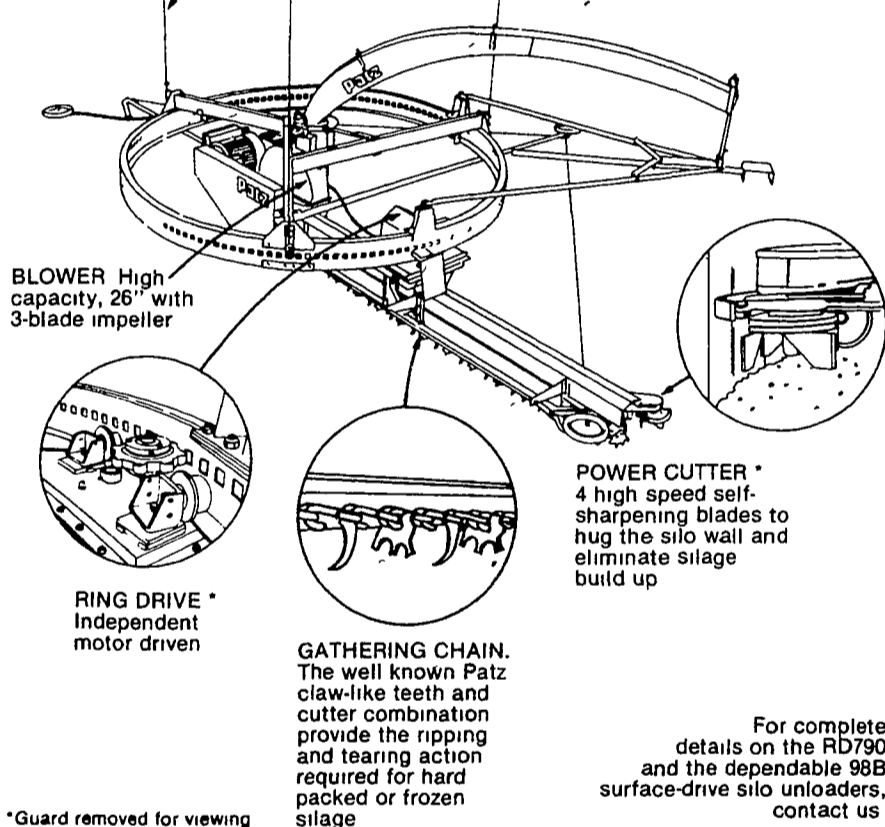
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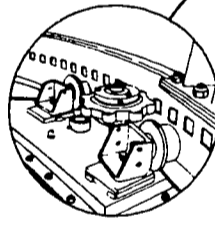
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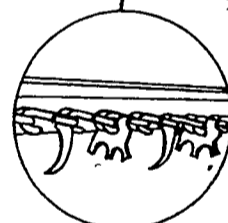
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