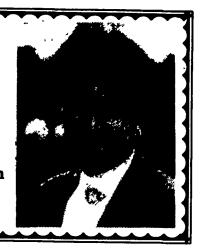
## Consuming **Thoughts**

Fay Strickler

Penn State Extension **Home Economist** For Berks Co.



Since many June brides will be combining marriage with a career, a microwave oven may be an ideal wedding gift from a parent or a group of friends.

Because the marketplace offers microwave ovens in many styles, sizes, wattages, features and prices, the purchaser must consider the advantages and disadvantages of each model and feature. It pays to shop comparatively for prices and features.

The microwave oven has been adapted in a variety of models, styles, and combinations. The countertop model is still the most common, but models are available which can be built-in above a counter or range or in a wall.

Countertop ovens require a 120-volt circuit. The controls for time and power can be dials, slide bars, push buttons, or touch pads. They can be operated mechanically or electronically.

Some models have separate controls and some have a single, multi-purpose control. The ovens with microprocessor controls offer great capabilities, such as wider range of power setting, digital readouts, precise time, temperature, power control, and humidity

sensors.

The output of power generally ranges from 525 watts to 900 watts. This is the power available in the oven for cooking food. The higher the power output, the more microwave activity and the more quickly food will cook.

Most food manufacturers write preparation instructions on food packages for microwave ovens that have 650 watts. Ovens that have 525 maximum wattage tend to be the smaller, less expensive, less elaborate, simple models. The ovens with a lower wattage will require a longer cooking time for most foods.

All ovens are available with a full power setting. Ovens with variable power levels have as many as 10 power level settings.

Some models have a temperature probe which is a device that allows microwaves to cook food a predesignated temperature rather than for a predesignated time. This device is particularly good for meats, but should not be used with baked goods, fresh vegetables, or frozen foods. The probe helps eliminate overcooking, but it does not allow for carry-over cooking or standing time.

Other microwave ovens are available with a browning element in the top of the oven. The heat from the element browns the food, but it will brown foods slower than an element in a conventional range. Microwave foods brown best and most quickly after cooking. Browned food may be important to some people, but other people find that browned foods are not essential.

Convection/microwave ovens are also very popular because they allow for more flexibility in cooking. A consumer can cook with the microwave or convection oven or use the combination cook on convection broil feature.

The wide range of purchase prices depends on the style, model, and features of the oven. The consumer should consider whether the oven is affordable for the features wanted. Special sales or promotions may be beneficial, but only if the oven is suitable for the user.

The warranty, service competence, availability, and the seller's reputation should be other major aspects of the purchasing decision. The warranty should be considered a feature of the oven.

Full or partial coverage and the length of time varies from manufacturer to manufacturer. Because there is no standard, each warranty must be evaluated on its own merits. The cost of warranty with more coverage over a longer period of time is quite often reflected in the initial purchase price.



## Lancaster County To Hold Dairy Princess Pageant On June 18

The Lancaster County Dairy Princess Pageant will be held on June 18 at the Farm and Home Center, Arcadia Road, Lancaster. The festivities begin with a reception at 7:00 p.m., pageant at 7:30 followed by an ice cream social.

Amy Esbenshade, the daughter of Harvey and Susan Esbenshade from Elizabethtown and Joy Young, the daughter of David and Carol Young from Peach Bottom will be competing for the title.

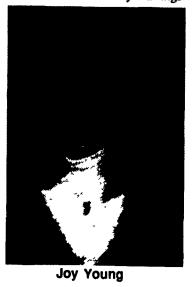
The 1994-1995 Dairy Darlings

will be announced plus the winners of a cow coloring contest.

The Dairy of Distinction awards will be presented also.

Plan to attend the pageant to honor and thank the young people who have promoted the dairy industry the past year and those who will be ptomoting the industry this year.

Admission for the evening is free. For more information contact Donna Kreider at (717) 284-4776.





Amy Esbenshade

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