

CONSUMER UPDATE

Rural Organizations and
Services Branch

Making Light of Energy Conservation

Lighting accounts for about 10 per cent of the energy used in the average home. During the months when we have few daylight hours, and must use artificial light for long periods, we look for ways to save energy and money when it comes to lighting.

One thing that we can all do easily, is to turn off lights when leaving a room. To be more specific, switch off incandescent or ordinary light bulbs if you are leaving a room for three minutes or more. Fluorescent lights should be turned off if you are leaving for fifteen minutes or more.

Fluorescent light bulbs are about three times more efficient and last about ten times longer than incandescent bulbs. A twenty-five watt fluorescent bulb gives off as much light as a one hundred watt in-

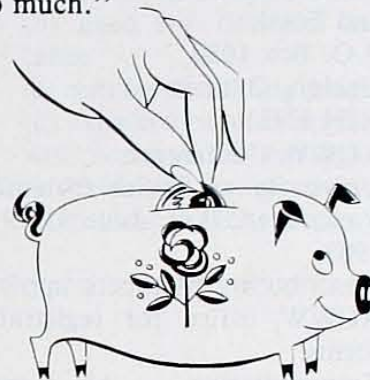
candescent bulb, and costs only about one-quarter as much to operate. So it's a good idea to install fluorescent lights where you can.

It makes good sense, and saves dollars to use lower wattage bulbs in places where you don't need a lot of light. Concentrate the light where you need it. For close work, and reading, use good lighting from well-placed lamps or wall-fixtures. Keep light bulbs and fixtures as free from dust and dirt as possible. Even a thin film can reduce the light output. Choose white and light colours for lamp shades and ceiling or wall colours. Darker colours tend to absorb light, while white or light pastels diffuse and reflect it.

Light dimmers are a good energy-saving idea. If you are a romantic at heart you can turn the lights down

low for dining more often. There are other products in the form of special sockets, or thin wafers or rings, that fit into the existing socket under the bulb, which lower the amount of electricity the bulb uses and reduce the amount of light also.

Perhaps a good phrase to keep in mind for conserving energy would be, "Let there be light ... but not too much."



Eggs for Dinner

Eggs, because of their excellent nutritional value and their wide use in cookery have always appeared as a common item on the grocery list. But now that other sources of protein are becoming higher priced, we're encouraging people to try eggs in main course dishes, says Foods and Nutrition specialists, Ontario Ministry of Agriculture and Food.

Eggs are a source of high quality protein. Because of this, they may be used in place of meat. Two eggs are recommended as a serving in the Meat and Alternates group of Canada's Food Guide. Eggs are also a source of iron, vitamin A, and riboflavin, and are one of the few foods that contain vitamin D, the sunshine vitamin. A large egg has only 80 calories making it particularly useful to those counting calories. They're good, and should be featured as the main dish at the dinner meal, once a week.

When buying eggs remember that the quality of an egg is not determined by its size. For example, all eggs sold as Grade A must meet the same standards of quality whether they are small, medium, large or extra large. The colour of the shell has no effect on the food value, the quality or the flavour of the egg. It's dependent on the breed of the hen.

Eggs are a perishable product. To maintain their freshness they should be stored in the refrigerator. Because the shells are porous and can absorb odours, it is advisable to

leave the eggs in their original carton, but away from strong smelling foods.

In addition to using eggs in baking, in sauces, for breakfast or lunch, serve them once a week on their own. You'll not only get the same high quality nutrition as found in a serving of meat, you'll save quite a bit of money. With all of us trying to stretch our food dollars, it's time to get out the cookbooks and search out main course egg dishes. And to get you started, here are a couple of ideas.

PIZZA-IN-A-DISH

- 10 slices cubed French bread
- 2 cups (500 mL) salami, coarsely chopped
- 1/2 cup (125 mL) mushrooms diced
- 2 cups (500 mL) shredded mozzarella cheese
- 6 eggs
- 2 1/2 cups (625 mL) milk

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