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Hello Homemakers! Today we interview several homemakers who are practicing thrifty ways to conserve electricity. These women suggested that we ask other users of power to be mindful of the number of switches turned on unnecessarily.

Mrs. V. M. recommends four thrifty ways to use the electric oven (1) The average oven has accommodation for at least 2 or 3 dishes at once. It is necessary, however, to select dishes which need the same temperature. A good way to do this is to list your favourite dishes—quick breads, vegetables and desserts—under the temperature at which each should be cooked.

(2) Oven companions do not necessarily have to be table companions. A dessert for next day's lunch (custard, baked fruit, etc.) or even the cereal for the next morning, may be in the oven along with tonight's dinner.

(3) Select baking dishes to fit the oven racks. Too large ones absorb more heat and stop circulation of heat.

(4) Do not place dishes on lower shelf directly under those on the top shelf, if you wish foods to brown evenly.

Mrs. G. T. points out ways to save electricity using a hot plate or range-top: (1) A skillet or chicken fryer with a cover is ideal to use for a plate meal since the utensil is shallow and cooking time is reduced.

(2) A set of three saucepans which fit together over one element is economical equipment. Cook 2 vegetables in one, pudding in another and poach fish in the third section.

(3) The double boiler is useful in this regard since food such as boiled tongue or braised hrisket may simmer in the lower part while a pudding cooks in the upper part.

(4) Quick-cooking desserts may be prepared economically on surface elements. For example steam the batter puddings or custards in individual greased custard cups. Or make milk puddings on the element turned to OFF position as soon as you have brought the milk to simmering point.

(5) Top-of-stove scones or biscuits can be baked in a heavy frying pan instead of preheating oven for a single purpose.

(6) Bavarian scones require a small amount of heat. The gelatine may be dissolved in a dipper over the tea kettle and the dessert finished at the kitchen table according to recipe.

(7) Fruit dumplings are time and fuel-saving foods. Cook fruit in a little syrup. Add 1 beaten egg, 1 tsp. sugar and enough milk to moisten 1 cup prepared biscuit mix. Drop by spoonful on top of simmering fruit and juice. Cover and let simmer, without removing lid, for 12 mins. Use wide saucepan so dumplings will not be crowded.

(8) Pancakes are quick to cook—saving electricity. Serve with fruit juice or left-over stewed fruit.

(9) Thicken cream sauce on partially cooked vegetables instead of making it in a separate saucepan.

(10) Steam left-over slices of fruit loaf over vegetables and serve with cream for an easy dessert.

In discussing the conservation of power with Mrs. T. O. M., she told us of the wise use of her refrigerator. She said, "Why don't you tell folks not to put unnecessary bottles and tins in their refrigerator." That's true, unless sauces or salad oils are

opened they keep on the shelf. Only wax paper cartons or covered refrigerator dishes are allowed for cold storage—bags absorb "cold" and space. In these days of power conservation refrain from serving too much homemade ice-cream and defrosting the refrigerator regularly reduces the operative time of the motor.

NUTRITRIFT OVEN MEALS

- Roast Beef—Brown Potatoes Stuffed Squash Peach Cobbler
- Steamed Rice Chicken Livers Scalloped Tomatoes Apple Pie
- Salmon Souffle Steamed Potatoes Buttered Beets Meringue Cake

BROILER MEAL

- Sausages, Tomato halves, Corn.
- Sliced Ham, Cereal Cakes, Apples.

PRESSURE COOKER MEAL

- Pot Roast Vegetables
- Vegetable Dinner
- Tomato—Spaghetti Kidneys

REFRIGERATOR MEAL

- Jellied Meat Loaf Fruit Cup
- Green Salad Bowl Refrigerator Cake
- Moulded Vegetables Peach Bavarian

WELL COOKER MEAL

- Vegetable Soup Fruit Roly Poly
- Veal Stew Bread Pudding
- Vegetable Dinner Baked Oustard

TAKE A TIP

- Meats should be roasted with the fat side up so melting fat bastes the meat—no need then to open the oven door and letting out heat.
- Thaw frozen meats to reduce the amount of electricity necessary to cook them.
- Roast meats or vegetables may be seasoned before cooking period. This eliminates lifting the lids or opening oven door and letting heat escape.
- Bake two pies instead of one to conserve electricity.

FRIENDS FROM SCHOOL SCHOOL SECTION NO. 4 HONOR BRIDE AND GROOM

Friends from School Section No. 4 together with relatives and neighbors held a presentation at Honey Orange Hall on Friday evening last in honor of Mr. and Mrs. Ross Brown, whose marriage took place recently.

After a short program, Mrs. Spencer Wilson read an address to the young couple and Miss Joan May presented them with a chest of silverware on behalf of their friends.

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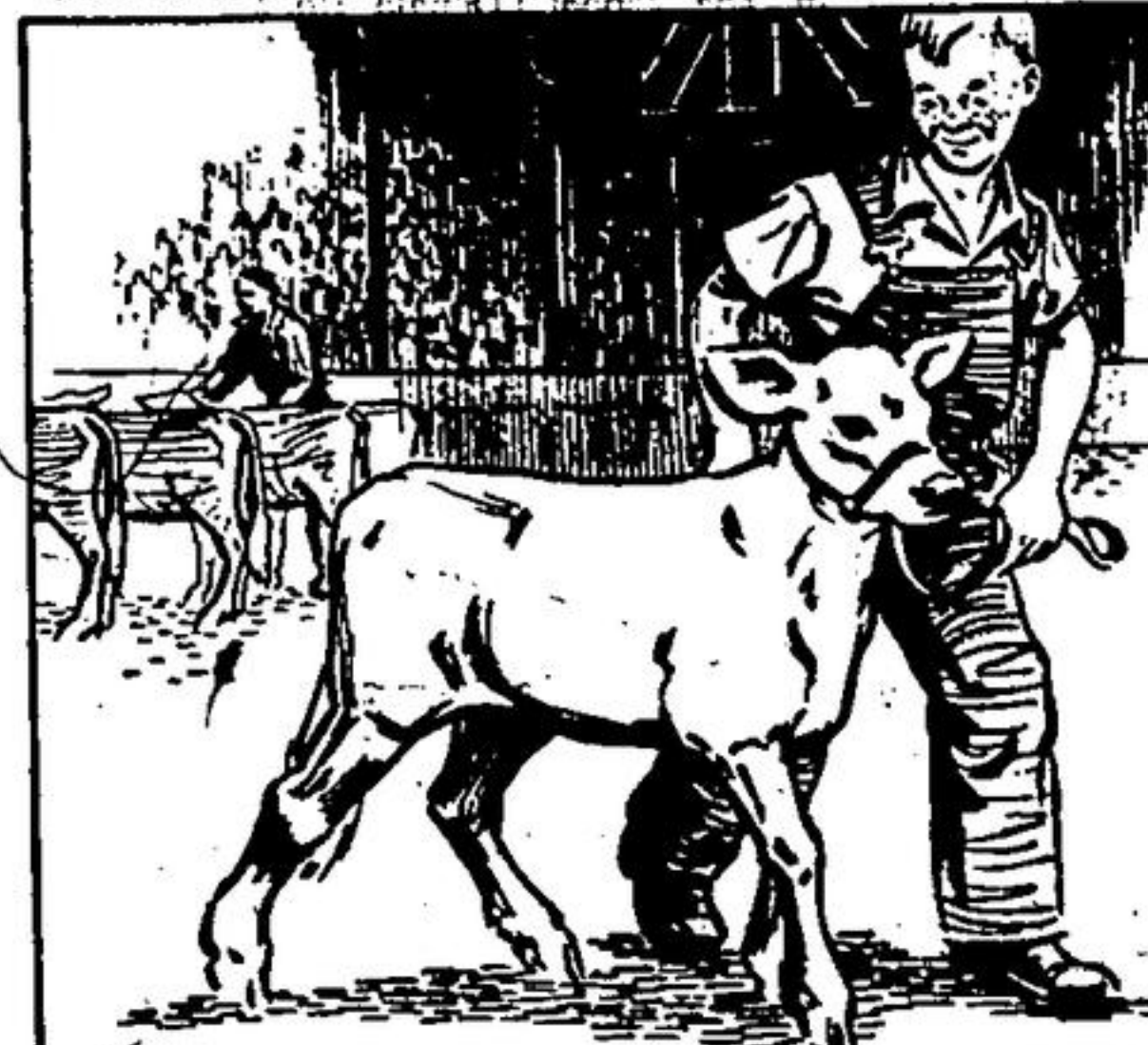
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