

# The Energy Savers

by Richard Charles

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## Meet old watts-his-name

You know the old joke: Who goes there? Watt, I said, who goes there? Watt, etc. Another story goes like this: we switch on our home appliances, and even trust some to switch themselves on, and we are hardly aware of the watts quietly pouring into our homes until the next hydro bill arrives. So, who goes there? Money, that's watt.

The people at the power station see it from another angle. When we switch on a small 1,000-watt appliance for an hour, we use 1 kilowatt-hour (kWh) of energy, which takes the equivalent of 10 ounces of oil or 13 ounces of coal to produce. That doesn't sound like much. But an ordinary Canadian home can easily use 12,000 kWh a year for appliances alone, not counting heating and lighting. That's close to 4 tons of oil or 5 tons of coal for each of the millions of homes in Canada. We could surely save some of that by finding out whether watts are our friends or foes before we let them in.

Three of the biggest energy users in the home are the refrigerator, freezer and stove, and all can be run more economically without making them less useful.

An electric stove uses an average of 1,200 kWh per year at a cost of about \$30. Make some savings by using the oven to cook larger quantities at one time (freeze some if you don't need it all). There's no need to preheat an oven if the cooking takes more than an hour, and you can switch off 30 minutes before a roast is done and let the existing heat complete it.

On the top of the stove, use the right size of pan for each element, don't drown vegetables in too much water and, once it boils, use less heat to keep it boiling. Again, turn off the heat two or three minutes early and let the heat in the element finish the job.

Glass or glass-ceramic dishes need less heat than metal for baking in the oven. The best-performing pots and pans on top of the stove are bright and shiny, with straight sides, flat bottoms and tight lids. Double-broilers, pressure cookers and vegetable steamers (baskets) also save energy.

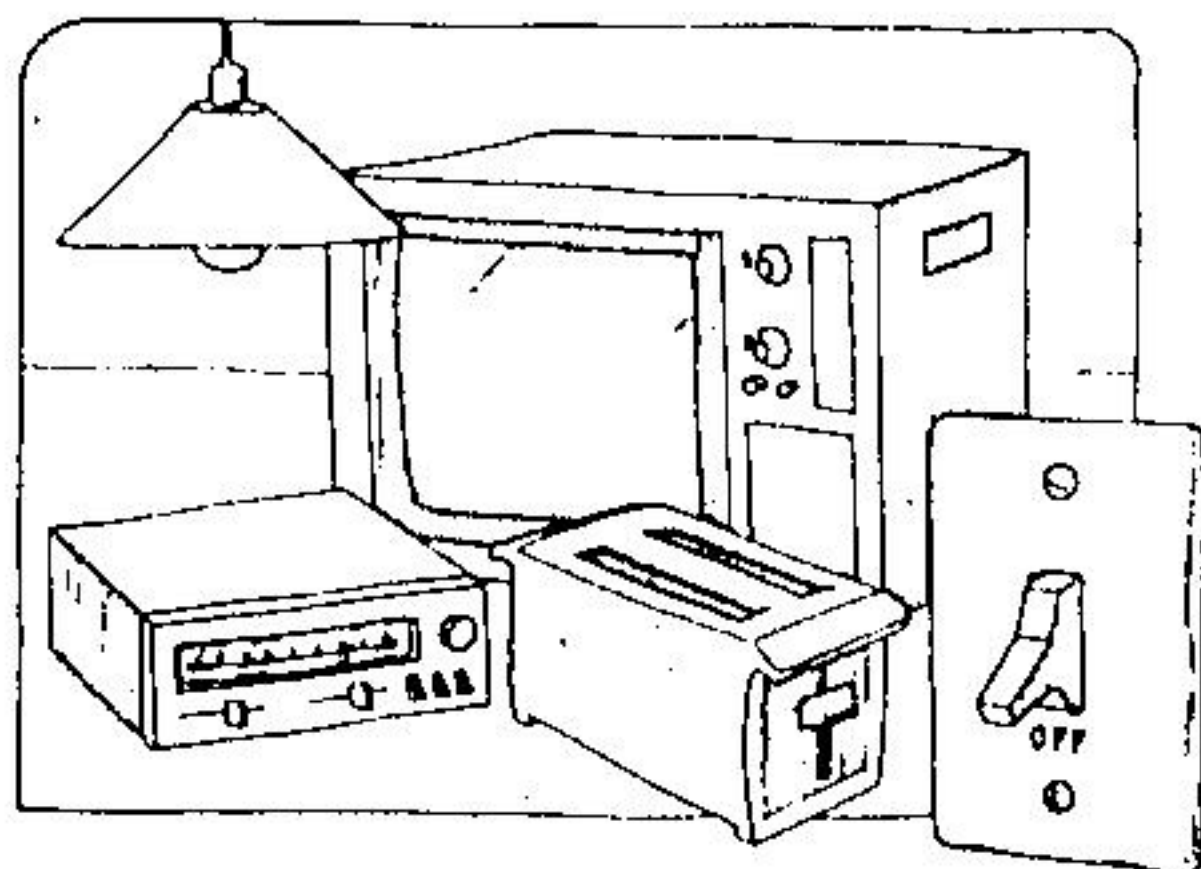
Frost-free refrigerators and freezers cost more than standard models, and can use 30 to 40% more energy. Even a standard 14-cubic-foot freezer uses an average of 1,200 kWh annually, and a standard 12-cubic-foot refrigerator about 850 kWh. Between them they can add about \$50 a year to your hydro bill. When buying either, make sure that it is properly insulated.

To save energy, place the refrigerator or freezer away from heat sources such as the kitchen stove, direct sunlight or heat vents. Leave space around it for air to circulate and take heat away.

Keep the refrigerator's condenser coils clean for good performance. Make sure that freezer and refrigerator doors are airtight. For efficient cooling, defrost whenever the frost is one-quarter of an inch thick.

Some don'ts — don't set the temperature lower than necessary, don't open doors more than you must, don't overfill (let air circulate inside), don't put food in while it's hot, and don't leave the refrigerator running while you are on vacation.

The Office of Energy Conservation, Department of Energy, Mines and Resources has dozens of ideas, big and small, for stopping the watts from leaking away in the kitchen and other parts of the home. You can find a lot of them in 100 ways to save energy and money in the home, which is yours if you write to Box 3500, Station C, Ottawa, Ontario, K1Y 4G1.



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## Running low on gas

Do you know how much gasoline we use each year? About 10 billion gallons — that's over 400 gallons for each man, woman and child in Canada — and we could probably pour one or two billion gallons down the drain for all the good they do us.

Can you picture all the oil wells, refineries, pipelines, tankers, tank trucks and filling stations it takes to deliver this ocean of gasoline to us, and the energy used in doing it? But, despite the price, which is steadily creeping up toward the world level of \$1.50 a gallon, we use and waste

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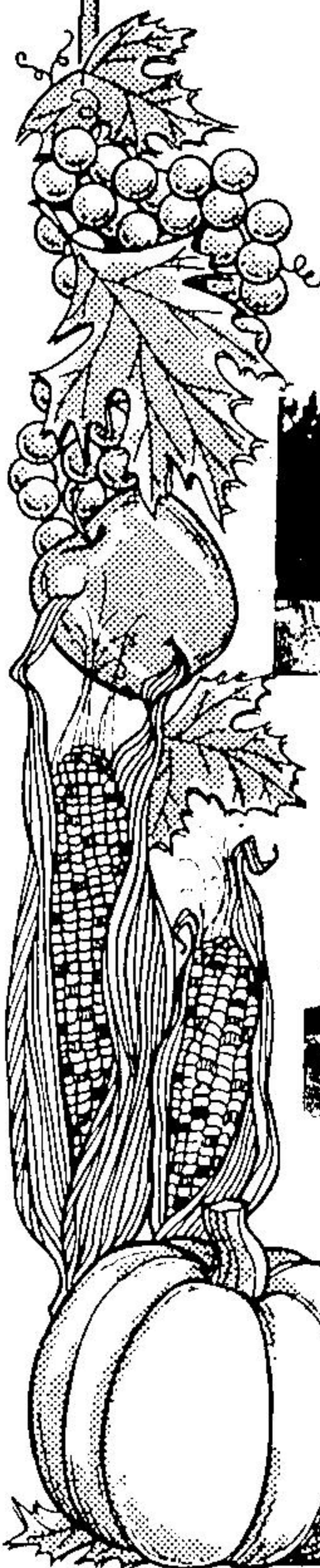


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September's such a busy month  
Getting children back to school,  
Planting bulbs and seeding lawns  
And closing up the pool.  
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Are at the small town's fair,  
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Displayed with such a flare.  
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You can feel the tension rise,  
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Immediate Possession



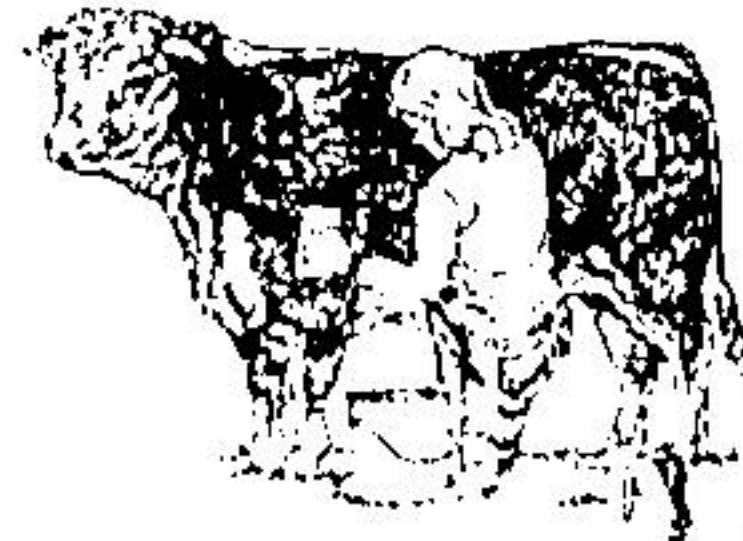
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Complete with jogging track.



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