

CONSERVE
ENERGY

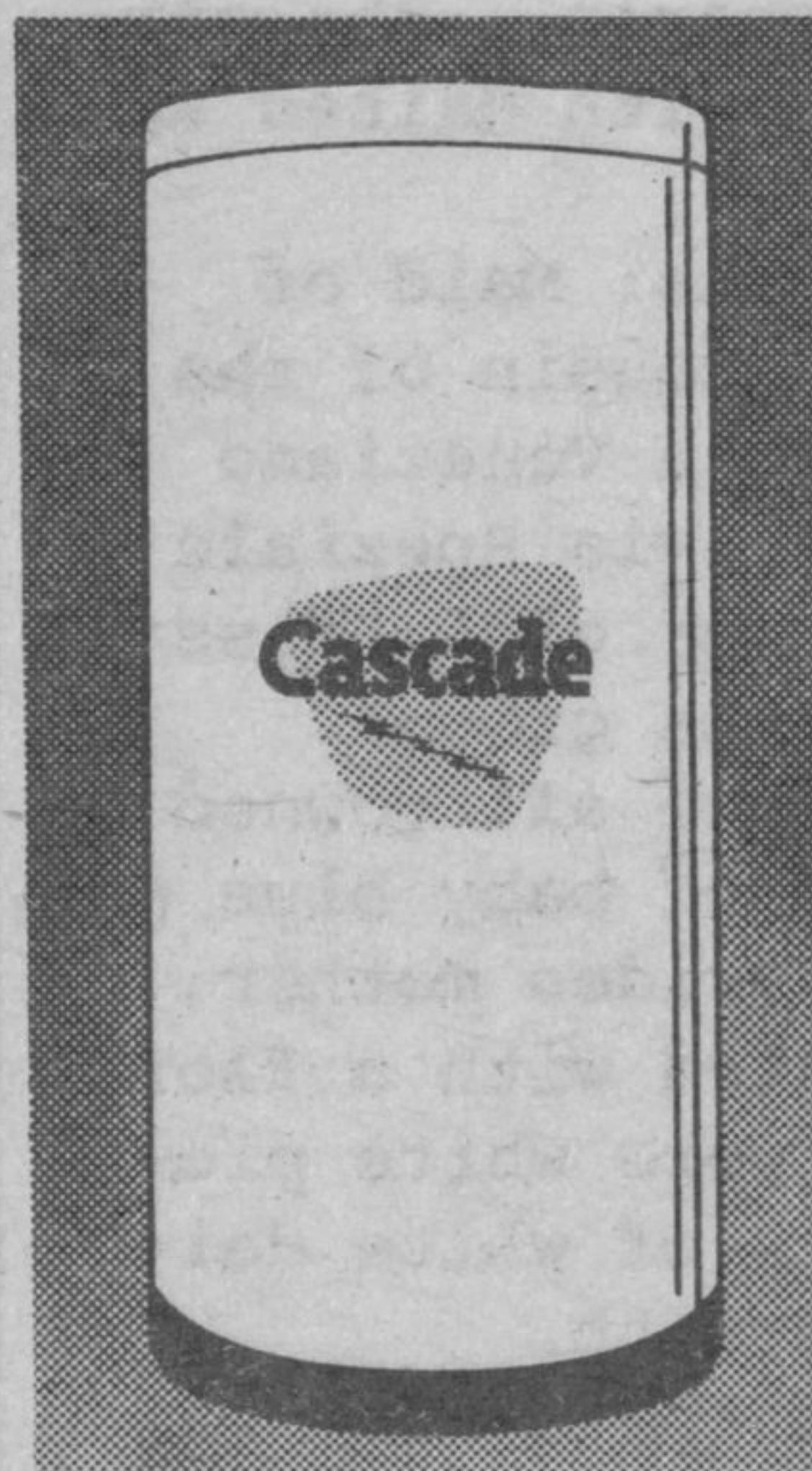
Don't waste a drop!

After the furnace, the water heater is the biggest user of energy in your home. Waste hot water, and you're wasting valuable energy.

- That's a good reason for getting full value from your water heater in every way you can. By fixing leaky faucets.
- By insulating long runs of hot water pipe.
- By waiting until you have a full load before you switch on the clothes or dishwasher. By using cold or cool water when it will do the job.
- By taking shorter showers or shallower baths.
- By making sure that all the hot water that eventually goes down the drain works hard for you before it goes.

The Cascade electric water heater gives you a dependable supply of hot water and it makes good use of all the energy it consumes. But it's up to you to use hot water wisely. Don't waste a drop.

your hydro 



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CONSERVING ENERGY

Tips From Whirlpool Home Economists



To help conserve electricity, always fit the pan to the size of the surface unit. Utensils are extremely important in cooking because they conduct heat directly from the heating element to the food. Pots and pans should have flat bottoms to make the best contact with the surface units. Uneven bottomed pans will waste electricity.

Always place the pan containing food or liquid on the surface unit before turning on the heat. Generally, start most foods on a high heat and then finish cooking on a lower heat. In many instances, the units can be turned off minutes ahead of time and the food will continue cooking with the retained heat.

Crepe Occasion

Crepes — those small, thin pancakes — were once regarded as an art for only the most experienced cook. Today, everybody's giving them a try. For an adult woman, one serving of three crepes supplies 12 per cent of her daily protein requirement. They also add calcium, iron, Vitamin A, and the B Vitamins — niacin, thiamine and riboflavin.

Limited Life

Mixes have a limited shelf life, so buy often to assure a satisfactory product.