

A PENNY SAVED

Cover That Saucepan

This budget column can save you the price of the paper.

Reduce energy consumption in cooking. Use pans that cover the heating element so that more heat enters the pot and less is lost to the surrounding air.

When cooking in aluminum foil, dull side out is the rule to follow. This way, the heat is reflected off the shiny surface of the foil and helps to cook the food.

A microwave oven is a very efficient device for cooking foods. For example, half-inch thick hamburgers can be cooked in only three minutes, using 66 watt-hours of energy and costing only about one-fourth of a cent.

If you're using more than one rack in your oven, don't place a dish directly over the one on the rack below. Slaggering the cooking utensils will allow better heat circulation and minimize cooking time.

Clean the heat reflector below the heating element on your stove — it will reflect the heat better and shorten cooking time.

Oven cooking is more economical than surface cooking. Ovens require energy only periodically since the insulation holds in the heat. Cook tops consume energy the entire time they're in operation.

If the flame on your gas range is not blue, it's not operating properly. If the color of the flame has traces of yellow, the burners may have become clogged with food particles and should be cleaned. When clog, lift out and clean burner with a wire pipe cleaner — NOT a toothpick.

Alpha Nu Marks ESA Week, Founder's Day

The Alpha Nu chapter of Epsilon Sigma Alpha sorority observed "Founder's Day" on Sunday, May 16, with a brunch at the Camara Inn. The program was given by Amelia Oney, junior past president, and centered around the history of Epsilon Sigma Alpha International and the history of Alpha Nu, which was founded in 1950.

A booklet on the history of Alpha Nu was presented to each member. "ESA" Week in Kingsport will be May 16 through 23, during which time ESA members have been asked to help spread the word of ESA, helping to make the City of Kingsport more aware of the philanthropic projects sponsored annually by Alpha Nu.

Posters have been placed in various locations throughout the city, listing organizations that are helped through hours and money given by Alpha Nu. At the recent ESA Tennessee State Convention in Chattanooga, Alpha Nu chapter placed first in the State in hours and money donated through philanthropic activities. Alpha Nu also placed first in the State in St. Jude's Bike Ride donations.

A pledge pin and jewel pin ceremony was also held on Founder's Day. Receiving their pledge pins were Anne Cassi, Katly Wilson, Debbie Osborne, Jan Napier, and Sherri

Morrison. Receiving their jewel pins were Delta Conkin, Sally Crawford, Lola Davis, Donna Cole, Lauree Chambers and Thommi Nolen.

A tea was held in April for the new pledges. A program was presented at that time to familiarize the new pledges with ESA and its goals. A pledge pin number has six months of orientation before becoming a jewel pin member.

No Cooking

PROVO, Utah (UPI) — The next generation of Americans may live on frozen heat-and-eat dinners and instant breakfasts, says Marton Benning, professor of Food Sciences and Nutrition at Brigham Young University.

She said convenience foods are here to stay, and that food scientists and nutritionists are concerned about their nutritional content.

Such foods can be important in America's diet if their essential nutrient content is equal to or greater than the nutrients in the foods they replace, the professor said.

Highly fortified formulated and fabricated foods can contribute to nutritional imbalance if their vitamin fortification is out of proportion to their other nutrients and calorie content, the professor said.



She Wants His Wife To Sign 'Release'

By ABIGAIL VAN BUREN

DEAR ABBY: I met a man at work, and we hit it off right away. He's married, but says his wife doesn't care if he goes with other women.

I guess it must be true because he never has to hurry home when we're together, and he can get away to see me whenever he wants to.

This seemed too good to be true, so I told him that I wouldn't see him anymore unless he brought me a note from his wife saying it was okay with her if he went out with me.

He said he'd put her on the phone, but she's not in favor of putting anything in writing.

What do you think, Abby? I'm 42 and divorced, and I don't want any trouble.

LUCKY

DEAR LUCKY: Note or not, if you don't want any trouble, find yourself a single man. His wife could suddenly change her mind — and your luck!

DEAR ABBY: Some time ago you made a big fuss because a teacher asked her students to make a "family tree." You said it was an invasion of privacy.

You sure tipped your mitt on that one, Abby. I'll bet you've never traced your family tree because you're afraid of what they might find.

KURT

DEAR KURT: No, I'm afraid they might send me back a bunch of bananas.

DEAR ABBY: Last November I became very much attracted to a guy. There was only one problem. He had a 3-month-old baby. He's not married to the baby's mother, and he says the only reason he stays with her is because of the baby.

Take Care

The fast-growing popularity of house plants brings a warning from Don Steingger, Extension hor-

ticulture specialist at the University of Nebraska-Lincoln.

Steingger said plant owners and particularly parents of small children should know which plants are potentially dangerous when eaten. Some such illnesses can be severe enough to require hospitalization he said.

His list of dangerous plants include the seeds of castor beans, dieffenbachia, calladium and some philodendrons; hyacinth, narcissus and daffodil bulbs, rosary pea seeds and leaves and branches of oleander.

Hear This

HOUSTON (UPI) — Thunder is the crash and rumble associated with lightning and is caused by explosive expansion of air heated by the stroke, according to the national weather service.

When lightning is close by, the thunder is a sharp explosive sound. More distant strokes produce the familiar growl and rumble of thunder, a result of sound being refracted and modified by the turbulent environment of a thunderstorm.

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