

### Reusable News

Next to space and water heating, refrigerators and freezers can be the largest users of electricity in your home. Amory Lovins, a physicist, and energy activist, points out that modern refrigerators often function like heaters as well as coolers. He explains that old time refrigerators used to have the motors on top so that the heat they gave off would rise above the refrigerator. Today's appliances feature the motor underneath the refrigeration compartments where heat from the motor helps heat the food, causing it to run more often.

To make matters worse, frost free refrigerators and freezers employ electrical resistant strip heaters to melt off frost and to keep doors from sticking. In addition to using electricity themselves, the strip heaters give off heat which requires the refrigerator motor to run more often.

In order to get more capacity in the same size refrigerator, manufacturers have cut down on the thickness of the walls over the years. Unfortunately, in some cases thinner walls have also meant less insulation, which means more heat gain internally for the refrigerator and more on time for the motor, and higher electric bills for you.

If you are wondering how you can break this vicious cycle of inefficient refrigeration, Charlie Hall of West Topsham, Vermont may have an answer for you. Hall, you may remember, was the man the Earth Studies Program hired to teach the hands-on portion of their wind workshops in 1980. As a professional consultant on alternative energy, Hall is always looking for ways to save energy.

When he built his passive solar home in Vermont he decided to recess his refrigerator into the adjacent pantry. He built an insulated enclosure around the refrigerator top and sides. The back wall of the enclosure featured one inch wide vents along the top and bottom.

The vents allow the motor are refrigerant coils to receive good air circulation, and the two batts of fiberglass insulation provide an R value of 22. Hall finished the insulated enclosure with sheetrock to match the walls of the pantry. The enclosure fits tightly on the top and sides but leaves a two inch air space at the back for ventilation.

The first night the refrigerator spent in its recessed home, Hall left the setting the same as it had been in its more exposed location in the kitchen. The next morning Hall discovered that the food in the refrigerator portion was freezing while the food in the freezer had frozen solid. He had to set the thermostat back to its lowest setting to maintain a 41 degrees F temperature in the refrigerator and a 5 degree F in the freezer. In more extended testing, Hall discovered the refrigerator only used one third the electricity it required before it was placed in its insulated cocoon.

Of course, you can apply the same principle to your electric water heater and save even more money with even less work. You can buy batts of fiberglass insulation and wrap your water heater in them, or you can buy a precut kit for your particular style of water heater and obtain a more finished appearance. Either way, the extra insulation will usually pay for itself in short order.

If you have the space to recess your refrigerator, you can try both methods and see which saves you more. Another advantage of the recessed refrigerator is that it will take up less space in the kitchen, and the noise of the motor will be less noticeable due to the fact it will be running less and it will be baffled by the insulated walls.

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If an egg cracks while hard-cooking, immediately pour a generous amount of salt on the crack. It tends to seal the crack, containing the egg white within the shell.



Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P Store, except as specifically noted in this ad.

PRICES EFFECTIVE THRU SAT., OCT. 16 AT A&P IN EDENTON

## CAPTURE

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The New Funk & Wagnalls Illustrated Wildlife Encyclopedia.  
Volume 1 only **99¢**  
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## LOW CHOLESTEROL RECIPES FROM THE A&P KITCHEN

We are continuing our series of recipes for diets that are low in cholesterol. Many people are concerned with limiting cholesterol in their diets for health reasons. Watch this column for the next several weeks and combine these recipes to make a well balanced low cholesterol meal.

**LOW CHOLESTEROL BROCCOLI VINAGRETTE**  
1 large bunch broccoli  
4 tablespoons pimento  
Remove leaves and cut off large stem pieces from broccoli. Cut up remaining flowers and stems into 2-3 inch pieces. Boil in small amount of water until crisp-tender, not limp. Place in baking dish with flowers all going one way for eye appeal. Combine pimento, onion and chives and sprinkle over broccoli.  
**POUR VINAGRETTE DRESSING WITH DILL WEED OVER ALL AND ALLOW TO MARINATE FOR SEVERAL HOURS. This looks especially attractive in a red serving dish.**

**LOW CHOLESTEROL DRESSING**  
1 1/2 teaspoon Worcestershire sauce  
1/2 teaspoon brown mustard  
1/2 teaspoon garlic (minced)  
1/2 cup water  
2 cups corn oil  
Combine all ingredients in a jar with cap. Shake until blended. This can be used as a salad dressing or marinade for many items, either as is or with added spices.  
**FOR VINAGRETTE DRESSING REMOVE 1/2 CUP LOW CHOLESTEROL DRESSING AND ADD 1/2 TEASPOON DILL WEED.**

**Meat Specials**  
A&P QUALITY FRESHLY  
**Ground Chuck**  
3 lbs. or more **168**  
lb.

**The Butcher Shop**  
with supermarket prices  
**Meat Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF WHOLE BONELESS  
**Rib Eyes** 9-12 lb. avg. **297**  
lb.

**Meat Specials**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Chuck Roast**  
Bone In **117**  
lb.

U.S.D.A. INSPECTED  
**Box-O-Chicken** lb. **44¢**  
FROZEN  
**Baking Hens** 4-7 lb. avg. lb. **48¢**

JAMESTOWN  
**Sliced Bacon** 12 oz. pkg. **129**  
U.S.D.A. INSPECTED  
**Whole Fryer Legs** lb. **78¢**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF—BONELESS  
**Rib Eye Steaks** lb. **398**  
COTTAGE BRAND  
**Smoked Sausage** lb. **129**

A&P QUALITY HEAVY WESTERN GRAIN FED BEEF  
**Shoulder Roast** Bone In lb. **159**  
A&P QUALITY HEAVY WESTERN GRAIN FED BEEF BONELESS  
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**Dairy Specials**  
IN QUARTERS  
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CALIFORNIA Kiwi Fruit 8 for only **100**  
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BUTTERMILK  
**Pillsbury Biscuits** 4 7 oz. cans **89¢**  
KRAFT SOFT PHILADELPHIA  
**Cream Cheese** 8 oz. pkg. **89¢**  
BLUEBERRY • PEACH • STRAWBERRY • BANANA • STRAWBERRY  
**Light N' Lively Yogurt** 2 9 oz. ctns. **89¢**  
PILLSBURY BUTTERMILK  
**Hungry Jack Biscuits** 2 10 oz. cans **99¢**

FLORIDA CITRUS PINK OR WHITE  
**Grapefruit** 3 Jumbo 23 Size **99¢**  
FRESH SNOW WHITE  
**Cauliflower** Jumbo 12 Size **88¢**  
EASTERN GROWN CRISP RED  
**Delicious Apples** 5 lb. bag **149**

TART TANGELOS • TANGERINES (176 SIZE) OR JUICY DELICIOUS  
**Oranges** 8 125 size **100**  
WASHINGTON STATE EXTRA FANCY  
**Bartlett Pears** lb. **49¢**  
GREAT RAW OR IN SOUP  
**Fresh Celery** Jumbo 24 Size **59¢**

SALIS STEAK • SLICED TURKEY • SLICED BEEF BEEF PATTIE W/GRAVY • CHIPPED BEEF  
**Morton Boil N' Bag** 2 5 oz. pkgs. **79¢**  
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A&P FROZEN  
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**Polar B'ars** 6 ct. pkg. **169**

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P&Q BRAND  
**Soft Drinks**  
Cola • Orange • Ginger Ale  
2 liter bottle **79¢**

**Grocery Specials**  
A&P Grade A  
**Large Eggs**  
Doz. Carton **59¢**

**Grocery Specials**  
P&Q BRAND  
**Sandwich Bread**  
24 oz. loaves **99¢**

**Grocery Specials**  
KRAFT  
**1000 Island Dressing**  
French • Zesty Italian • Catalina 16 oz. btl. **119**

**SUPER SAVER COUPONS**  
SAVE 40¢  
ON THE PURCHASE OF 1 LB. BAG  
EIGHT O'CLOCK  
**Bean Coffee**  
GOOD THRU SAT., OCT. 16 AT A&P  
LIMIT ONE WITH COUPON AND 7.50 ORDER.

**SUPER SAVER COUPONS**  
SAVE 20¢  
ON THE PURCHASE OF 5 LB. BAG  
RED BAND  
**Flour**  
Plain • Self-Rising  
GOOD THRU SAT., OCT. 16 AT A&P  
LIMIT ONE WITH COUPON AND 7.50 ORDER.

**SUPER SAVER COUPONS**  
SAVE 20¢  
ON THE PURCHASE OF 18 1/2 OZ. PKG.  
BETTY CROCKER  
**Cake Mixes**  
GOOD THRU SAT., OCT. 16 AT A&P  
LIMIT ONE WITH COUPON AND 7.50 ORDER.

**SUPER SAVER COUPONS**  
SAVE 20¢  
ON THE PURCHASE OF 10 OZ. PKG.  
ANN PAGE  
**Pizza**  
Pepperoni • Sausage • Cheese  
GOOD THRU SAT., OCT. 16 AT A&P  
LIMIT ONE WITH COUPON AND 7.50 ORDER.

**SUPER SAVER COUPONS**  
SAVE 20¢  
ON THE PURCHASE OF 16 OZ. JAR  
KRAFT  
**Grape Jelly**  
GOOD THRU SAT., OCT. 16 AT A&P  
LIMIT ONE WITH COUPON AND 7.50 ORDER.

**SUPER SAVER COUPONS**  
SAVE 30¢  
ON THE PURCHASE OF 16 OZ. JAR  
KRAFT  
**Mayonnaise**  
GOOD THRU SAT., OCT. 16 AT A&P  
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ITEMS OFFERED FOR SALE NOT AVAILABLE TO OTHER RETAIL DEALERS OR WHOLESALERS.

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