

THE NEWS-JOURNAL

Raeford, N.C. ... Front Burner

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(Continued from page 4B)

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tioner is the EER - that is, the Energy Efficiency Ratio. The higher the EER, the less electricity the unit will use to cool the same amount of air. EER's will range between six and twelve. Don't buy a unit with an EER of

less than seven. You'll pay more for the units with higher EER's, but the electricity savings will be worth it.

A window unit with an EER of twelve, cools fifty percent more air for a dollar's worth of electricity than a unit with an EER of eight.

The Association of Home Ap-pliance Manufacturers publishes a directory that lists all air conditioning units, their capabilities and their EER's.

Keep Cool

There are other things that you can do to keep your air conditioner

from working so hard. A good way to keep your house cool in the summer is to shade it from the outside. The east and west sides are where the most heat comes through -- if you can shade here, it'll show up right away in a smaller aid conditioning bill and a cooler house.

Trees and vines that shade in the summer and lose their leaves for winter are what you want -- they'll let the sun back in for the winter months.

If you can't shade your house with trees, concentrate on keeping the sun out of your windows with awnings, sun shutters, sunshades or reflective foil. You may also use heavy or in-

sulated draperies to help keep your house cool in the warm weather months. But you'll need to keep drapes closed during the day and you'll need to make sure they fit tightly at the top.

Chicken Vinaigrette with

Mushrooms 1 pound boneless chicken breasts, pounded ¼-inch thick

Salt and pepper

All-purpose flour 4 tablespoons butter or margarine

- 1 clove garlic, minced
- 1/3 cup chicken broth
- 2 teaspoons vinegar 1/4 teaspoon parsley flakes
- 1/4 teaspoon tarragon

1 cup sliced mushrooms Sprinkle cutlets with salt and pepper; lightly coat with flour.

In large skillet, melt butter and cook chicken with garlic until lightly browned, about 2 minutes on each side. Add remaining ingredients and simmer covered 5 minutes or until tender. Serve with sauce. Makes about 4 servings.

Cappuccino Parfait

2 teaspoons instant coffee 14 cup hot water 1 package (3-34 oz.) instant chocolate pudding and pie filling 2 cups (1 pt.) whipping or heavy cream

3/4 cup milk

2 tablespoons sugar

^{1/2} teaspoon ground cinnamon Cinnomon sticks (optional) Mix coffee with hot water; let

cool. In large bowl, combine pudding, 1 cup cream, milk and prepared coffee. With electric mixer, beat at high until smooth and

thickened, about 4 minutes. In small bowl, beat remaining cream with sugar and cinnamon. Into 4 parfait or cappuccino glasses, alternately layer pudding mixture with with with or cappuccino mixture with whipped cream; en-ding with whipped cream. Serve with cinnamon sticks. Makes about 4 servings.

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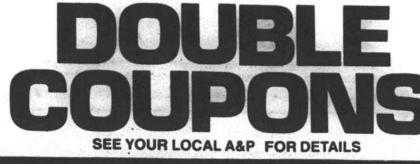
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