

Some New Facts About Refrigerators and Freezers

Recent facts released in *Rodale's New Shelter Magazine* under the byline of Bill Keough, reveal that: Switching from a large old refrigerator might save you \$50.00 on energy costs in 1981. If you have a small refrigerator, you might save twice as much. The only catch is this: If you live a long distance from the

refrigerator/freezers make it easy to see and stack small foods, but these machines are expensive and their shelves may be too narrow for bulky foods. Refrigerator/freezers with the freezing compartments on the bottom are being sold again after dropping from sight during the 1970's. They have the fre-

It is better to keep your freezer almost full, because the cold food inside helps to hold down the temperature. If your food supplies run low during the winter fill some plastic jugs with water and set them outside to hard freeze. Then put them in your freezer to help hold the temperature down. Chest freezers are

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BETTER LIVING

By JoAnne Falls



grocery store, you cannot save energy while driving five miles to the market. Therefore, the big refrigerator might be better for you under these circumstances.

These are some facts that will aid you in buying a refrigerator or freezer:

A family of two needs an eight cubic foot refrigerator and two cubic feet in a freezer. You should add one cubic foot in your refrigerator and two cubic feet to the freezing compartment for each additional family member.

According to *New Shelter Magazine*, "The best refrigerator/freezers are usually those with the freezing compartments on top. Side-by-side

quently-used refrigerating compartment at eye-level, which is convenient, but the models presently available have been found to be less energy-efficient than those with top freezers." Low handles attract children.

If you want to get the most for your money out of your refrigerator it is best to keep it away from stoves and radiators and out of direct sunlight. You should keep your refrigerator in a well ventilated room. If it has condenser coils in the back, and most of them do, it should stand at least four inches from the wall.

Large freezers are more economical than small ones. They often cost less per cubic foot, and they use less energy.

preferable to upright models, because cold air in a chest freezer settles to the bottom. Cold air in an upright freezer pours out the door when you open it, making room for warm, humid air which causes frost. The bottom of a chest freezer is a particularly good place to store foods that you want to keep for a long time.

Never try to freeze too much food at one time. You should freeze one tenth the capacity of your freezer. Then allow that amount to freeze overnight and put in more food the next day. In this way you will avoid warming up foods that you already have in your freezer.

Talk Back To Tele-Butcher!

Who says you can't talk back to a recording?

The thousands of consumers who dial Adolph's Tele-Butcher weekly for a one-minute pre-recorded message on meat are now invited to suggest topics for future bulletins.

Adolph's Ltd., makers of Adolph's Natural Meat Tenderizer and other meat preparation products, instituted the Tele-Butcher program last July as a public service to aid consumers in their fight against inflation. In order to continue to meet the need for money-saving meat information, Adolph's ask consumers to talk back to Tele-Butcher by writing to Tele-Butcher at 415 Madison Avenue, New York, NY 10017. Those meat questions most frequently voiced will be answered on its toll-free phone-in service at 800-243-5305 (in Connecticut 1-800-852-8599).

On of the few on-going programs offering 24-hour non-commercial assistance, Tele-Butcher bulletins change every Friday and contain information on meat selection, storage, preparation and nutrition based on up-to-the-minute

news from government and industry sources. Specific topics have included advice on how to calculate servings when purchasing meat, how to be your own butcher and save, and an explanation of the various grades of beef.

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approach. There are three examinations a New Zealand student must take. For 15 year olders the "National School Certificate," at 16 the "University Exam" and the "Bursary Exam" for those 17. The first determines if a student should bother to prepare for the university, the second decides if a student will go, while the third determines what funds he should be awarded. The pass rate for Maoris has been disastrous in public schools, whereas at Church College the pass rate is "equal to and better than the National average." This erases forever the image of the mentally impaired Maori.

Classroom curriculum in New Zealand does contain the Maori era, unlike in Australia where only desultory coverage is given to the fact that an aboriginal people once roamed the land. History's respect for the Maori, however, has proved insufficient in checking their spiral of dejection, as has the public school with its built in barriers. It would be presumptuous for me to claim that Mormonism has. But the facts and figures speak for themselves. As Dr. Bomi summed it up, "the church program teaches them they are capable, they have self-worth and they can rise above the laboring class level." Nowhere has the Mormon Church built such an impressive success story. Perhaps the reason lies buried someplace deep within their similar, polygamist backgrounds. Whatever the explanation, one thing is clearly apparent. The Aborigine's saviour has yet to appear.

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Golden; 2nd Ceremonial daughter Dt. Betty LeGrand; Inside Spy Dt. Mamie Sulliam; Outside Spy Dt. Dorothy Aikens Marshall; Dt. Corintha Epps, ASSN Recordress; P. Commandress Thelma Cooper and Noble Advisor A.O. Benbow.

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