

Ventilating Fan Helps

By FRANCES C. HALL
County Extension Agent

If your windows steam and puddle your windowsills, consider the installation of a kitchen fan as one way to help control excess moisture inside your home. Besides being a nuisance, excess moisture harms wood, metal and other materials in the home. Fans in the bathroom and kitchen will help move moist air out and remove odors.

Ventilating fans come in a variety of styles and cost anywhere from \$13 on up, plus installation charges. A built-in fan, installed away from the range, draws heat, smoke, odors, greasy and non-greasy vapors and exhausts them at point of fan installation. A fan-equipped ducted range hood traps and exhausts them at their source.

There's also a ductless hood that has an absorption filter that removes particles of smoke, grease and odors but doesn't remove heat and moisture. This type is often easier to install in an existing house than the ducted type.

Shoppers can buy range hoods designed to fit under cabinets for peninsula cook tops or over built-in barbecue units. Some designed for use with built-in oven, fold back or glide in when not in use. More range manufacturers are offering cook tops and hoods either separately or in combination.

In some models, eye-level controls are built into the range hoods; in others, the ventilator turns on automatically when the broiler is activated, when the cook top is operating or when the under hood light is turned on.

Convenience Foods Save

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Homemakers who use instant coffee, frozen or canned orange juice and certain other convenience foods enjoy a double return on their investment. They not only save time in food preparation but they save money too. A recent U.S. Department of Agriculture survey on 158 convenience foods shows that 42 were less expensive and 116 more expensive than home prepared foods.

Shoppers came out ahead by buying lima beans, instant coffee, frozen or canned orange juice, canned peas or corn, spaghetti, cherries, chicken chow mein, and devil's food cake mix, according to the study.

Other convenient items, including angel food and certain other cake mixes, ring up savings if both ingredients and time costs are figured. Cake mixes have become so popular that production efficiencies make them less expensive than homemade cakes.

Consumers enjoy convenience three main ways in foods: in form — such as cut up chicken, precooked meals, and prepackaged vegetables; in time — a wide selection of fruits and vegetables are available year-round; in place — foods from all parts of the U.S. and abroad are on Oregon grocery shelves.

"Built in maid service" reduces cost of many canned and frozen fruits and vegetables. This includes peeling, trimming, slicing, and reduction of weight from waste. These result in savings on transportation and storage costs that help offset service costs.

Some of the more expensive maid services come in complete preparation of foods and use of small packages, such as TV-type dinners, ready-to-cook biscuits in a can, prepared piecrust and a d aerosol packed products.

SECOND-DAY TREAT

To pep up a chicken or turkey loaf nice with ham loaf for a change, try serving it with a sauce made by adding 1 tablespoon brown sugar, 2 tablespoons capers, and 1 teaspoon lemon juice to 1 can (8-ounce) of tomato sauce. Simmer fifteen minutes and pour over each slice of loaf as served, then be ready for second helpings!



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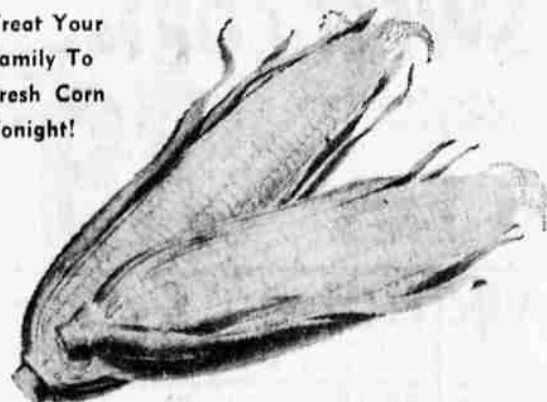
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Coney Buns Skylark Pkg. of 10 39c
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59c
39c
lb. 47c

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