



The 400th members

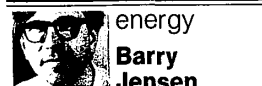
Woody Varner, Oakland University's first chancellor and the founder of The President's Club, poses with his wife, Paula, to mark the club's 400th membership. Club members agree to contribute a \$1,000 donation every year for 10 years. The club has helped pay for a lecture series, scholarships, library additions, computer facilities, instructional equipment and special projects. Varner was chancellor of the university — a job title later changed to president — from the university's inception in 1959 to 1969.

Heat loss costly
Cooking habits affect energy use

The price of food is going up, but not as fast as the price of energy to prepare it.
You can attack the price increases three ways — by shopping better, by cooking less and by cooking more efficiently. The price increases make it increasingly important to learn to cook efficiently, as well as to shop wisely.
When using a range, a surprisingly large amount of energy is lost to the air. There are better ways to heat your house in the winter, and who needs the extra heat in the summer?
However, there are many ways you can avoid this waste.
Here are some range-top energy saving tips.

CHOOSING THE proper cookware is important. Select pots with tightly fitting covers to prevent the escape of heat.
Keep the pans tightly covered when possible so that the heat and moisture will be retained inside the pan while cooking.
People who boil water in an uncovered pot or kettle deserve the higher bills they pay. A teakettle is sensible.
Buy cookware made of heavy-gauge aluminum, which spreads the heat evenly to all cooking surfaces so that the food can cook uniformly. This makes efficient use of your cooking energy.
It is also important to choose pans with flat bottoms, which make better contact with the heat source. This reduction in energy loss is especially important if you have an electric range.

TO PREVENT waste, use the least amount of heat to perform a cooking job. Home economists recommend using medium to low heat.
Unless the room needs more humidity, there's no point in bringing anything to a rolling boil. Slightly boiling water is the same temperature as rapidly



energy
Barry Jensen

boiling water, and you'll use far less fuel. (Using a minimum amount of water will shorten your cooking time).
Frying should be done uncovered, using only enough heat to brown your food. High heat causes waste.
Place your pan on the cooking surface before turning on your range, making sure that you use the correct size pan to fit your burner.

THE SIZE OF the pan should also match the amount of food you are preparing. If the pan is too large, you will use more energy than you need. Why heat up a big pot if all you want is hot water for a cup of instant coffee?
If the pot you choose is too small for the job for the heating element on an electric stove is too large, heat will flow up the side of the pot or pan and not do any cooking at all.

Buying a microwave oven just to save energy is silly, but microwave ovens have many other benefits. They're handy to have around. They can save a lot of energy, especially if you're in a hurry to thaw frozen food.

A microwave also is the most energy efficient way to heat water. It is the most energy efficient way to cook most foods.

When using a range, a surprisingly large amount of energy is lost to the air. There are better ways to heat your house in the winter, and who needs the extra heat in the summer?

LIKE THE microwave oven, the slow cooker won't pay for itself in energy savings, but it has other benefits. You can prepare supper in the morning, put the supper-to-be in a slow cooker, then ignore it.

When supertime comes, you'll have a hot supper ready, properly cooked, without having spent a lot for energy.

The slow cooker is in a class by itself for stews and other foods that must be cooked slowly for several hours. For the energy cost of a light bulb, the slow cooker will prepare your supper.

Especially in the summer, you can cook less. When fresh vegetables are in season, a hearty salad can be prepared without using even the microwave. At any time of the year, you can make salads using sprouts. Sprouting uses no electrical or gas energy other than that used to heat the hot water to clean your sprouting jar.

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