Cover That Saucepan

order column can save you the price of the paner.

Reduce energy consumption in cooking. Use pans nat cover the heating element so that more heat alers the pot and less is lost to the surrounding air.

When cooking in aluminum foil, dull side out is the rule to follow. This way, the heat is reflected off the shiny surface of the foil and helps to cook the food.

A interowave oven is a very efficient device for cooking foods. For example, half-inch thick hamburgers can be cooked in only three minutes, using 66 watt-hours of energy and costing only about one-fourth of a cent.

If you're using more than one rack in your oven, don't place a dish directly over the one on the rack helow. Staggering the cooking utensits will allow better heat circulation and minimize cooking time.

Clean the heat reflector below the heating element on your stove — it will reflect the heat better and shorten cooking time.

Oven cooking is more economical than surface cooking. Ovens require energy only periodically since the insulation holds in the heat. Cook tops consume energy the entire time they're in operation.

If the flame on your gas range is not blue, it's not operating property. If the color of the flame has traces of yellow, the burners may have become clogged with food particles and should be cleaned. When cool, lift out and clean burner with a wire pipe cleaner — NOT a toolbuick

Take Care

The fast-growing popularity of house plants brings a warning from Don Steinegger, Extension hor-

Hear This

HOUSTON (IJPI)— Thunder is the erash and rumble associated with lightning and is caused by explosive expansion of air heated by the stroke, ac-cording to the national weather service.

When lightning is close by, the thunder is a sharp explosive sound. More dis-tant strokes produce the familiar growl and rumble of thunder, a result of sound being refracted and modified by the turbulent environment of a thunders-torm.

THE OLDE WEST DINNER THEATRE

Now Playing 'The Only Game in Town'' FOR RESERVATIONS CALL KPT.-SR. 323-4151, J.C. 928-2121 ticulture specialist at the University of Nebraska-Lincoln.

Jincoln.

Steinegger said plant owners and particularly parents of small children should know which plants are potentially dangerous when eaten. Some such illnesses can be severe enough to require hospitalization, he said.

His list of dangerous plants include the seeds of castor beans, dieffenbachia, calladium and some philodendrons: hyacinth, narcissus and daffodil bulbs, rusary pea seeds and

bulbs, resury pea seeds and leaves and branches of oleander.



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Alpha Nu Marks ESA Week, Founder's Day

The Alpha Nu chapter of Epsilon Sigma Alpha sorority observed "Founder's Day" on Sunday, May 16, with a brunch at the Camara Inn. The program was given by Amelia Oney, juntor past president, and centered around the history of Epsilon Sigma Alpha International and the history of Alpha Nu, which was founded in 1950.

A booklet on the history of Alpha Nu was presented to each member. "ESA" Week in Kingsport will be May 16 through 23, during which time ESA members have been asked in bein have been asked to help spread the word of ESA, spread the work of ESM, helping to make the City of Kingsport more aware of the philanthropic projects sponsored annually by Alpha Nu.

Posters have been placed in various locations throughout the city, listing organizations that are helped through hours and money given by Alpha Nu. At the recent ESA Tennessee State Convention in Chattanooga, Alpha Nu chapter placed first in the State in hours and money donated through philanthropic activities. Posters have been placed donated through philanthropic activities. Alpha Nu also placed first in the State in St. Jude's Bike Ride donations.

A pledge pin and jewel pin ceremony was also held on Founder's Day. Receiv-ing their pledge pins were Anne Cash, Kathy Wilson, Debbie Osborne, Jan Napier, and Sherri

Morrison. Receiving their towal pins were Delta jewel pins were Delta Conkin, Sally Crawford, Lola Davis, Donna Cole, Lauree Chambers and Thommi Noien.

A tea was held in April for the new pledges. A program was presented at that time to familiarize the new pledges with ESA and its goals. A pledge pin member has six months of orientation before becoming a jewel pin member.

No Cooking

PROVO, Utah (UPI) — The next generation of Americans may live on frozen heat-and-eat dinners and instant breakfasts, says Marion Bennion, professor of Food Sciences and Natriat Brigham Young University,

She said convenience foods are here to stay, and that food scientists and nu-tritionists are concerned about their nutritional con-

Such foods can be impor-tant in America's diet if their essential nutrient content is equal to or greater than the nutrients in the foods they replace, the professor said.

Highly fortified for-mulated and fabricated foods can contribute to nu-tritional imbalance if their vitamin fortification is out of proportion to their other nutrients and colorie con-tent, the professor said.



She Wants His Wife To Sign 'Release'

By ABIGAIL VAN BUREN

DEAR ABBY: I met a man at work, and we hit it off right away. He's married, but says his wife doesn't care if he goes with other women.

I guess it must be true because he never has to hurry

I guess it must be true because he never has to futery home when we're together, and he can get away to see me whenever he wants to.

This seemed loo good to be true, so I told him that I wouldn't see him anymore unless he brought me a note from his wife saying it was okny with her if he went out with year.

He said he'd put her on the phone, but she's not in favor He said he'd put ner on the passes.

of putting anything in writing.

What do you think, Abby?

I'm 42 and divorced, and I don't want any trouble.

LUCKY

DEAR LUCKY: Note or not, if you don't want any trouble, find yourself a single man. His wife could suddenly change her mind — and your luck!

DEAR ABBY: Some time ago you made a big fuss because a teacher asked her students to make a "family tree." You said it was an invasion of privacy.

You sure tipped your milt on that one, Abby, I'll het you've never traced your family tree because you're afraid of what they might find. KURT

DEAR KURT: No, I'm afraid they might send me back a bunch of bananas.

DEAR ABBY: Last November 1 became very much attracted to a guy. There was only one problem. He had a 8-month-old baby. He's not married to the baby's mother, and he says the only reason he stays with her is because of

Monday, May 17, 1976 / Kingsport Times 3B

I am almost positive that he is interested in me. He gives me a ride to school every morning, and we have a lot of fun laughing and talking together.

He says that he and his boyfriends like to go to small towns near here and pick up girls. I'm afraid if I ever went out with him it would lead to something like that, and he would have no more recent would have no more regard for me than he does for the

would have no more regular.

I like this guy a lot, but I'm terrified at the thought of having a relationship with him. Yet deep down I would like to. I am 15 and he is 17. Maybe if you print this, he will know I am talking about him and he'll talk to me about it.

DISTURBED IN WISCONSIN

DEAR DISTURBED: A 15-year-old girl needs a rela-tionship with a 17-year-old unwed father like a giraffe needs a sure throat! The word from here is, find other transportation and put as much distance between you and this mixed-un kid as possible.

DEAR ABBY: My husband also has his ear pierced and

DEAR ABBY: My husband also has his ear pierced and he wears a small musical note in it to symbolize his profession. I don't particularly like it, but I'm sure I do a lot of things he doesn't particularly like, either.

If we bickered and quarreled over things so trivial, we wouldn't have much of a marriage. So tell MONTANA WIFE to accept her husband for what he is — a unique individual with the courage to do what he wants to do for his own reasons.

HATS OFF IN GEORGIA

Hate to write letters? Send \$1 to Ablgail Van Buren, 132 Lasky Dr., Beverly Hills, Calif. 90212, for Abby's booklet "How to Write Letters for All Occasions." Please enclose a long, self-addressed, stamped (24-cent) envelope.

New Cookies

Six new cookie flavors in-oduced by a manufacsix new cookie flavors in-troduced by a manufac-turer in Westport, Conn., contain no artificial ingredients. One variety is made with whole wheat flour. All contain protein-rich ingredients. The

flavors are natureal-almond, oatmeal with orange mar-malade, butter cookies with a Granuls mixture, raisin bran and pecan-date. The sunflower-raisin cookies are made with whole wheat flour and raisins.

Varied Diet

Because no one food can provide adequate nutrition for humans, people who fail to cat a varied dict may be to each varies that may be trading one problem for another, says P. V. J. Hegarty, associate professor in the University of Minnesota Department of Food Science and Nutri-

Hegarty says research in-dicates high fiber diets that are thought to be linked to low levels of colon cancer also speed up the movement of food through the diges-tive track, reducing the time for vitamins and time for vitamins a minerals to be absorbed.

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