

July 21, 1972

Guard Against "Brown Outs"

(0:45)

The East coast reports "Brown Outs" due to the large consumption of electricity. And since air conditioners are heavy users of energy, University of Minnesota extension specialists suggest ways of cutting down their use.

In the heat of the day, keep the shades drawn and the windows closed. Awnings or reed shades can be installed on the outside. In the evening when the air is cooler outside, use a window fan to draw air into the house.

If you buy an air conditioner, buy the right size unit for your needs. During operation, select a moderate or 75 degree setting rather than a 70 degree setting. Seventy percent more energy is consumed by cooling just those extra five degrees. And, turn the air conditioner off when no one will be home during the day. You'll not only save energy but money on the electric bill.

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Use Green Onion Tops

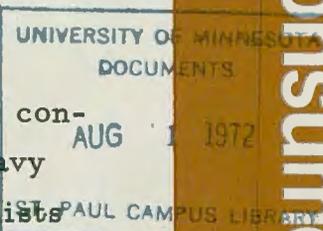
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A French cook uses everything but the pig's squeal. You can be just as economical if you serve the tops of some vegetables.

If you're buying green onions, select those with fresh looking tops. The tops can be chopped to mix with cottage cheese or tossed in a mixed green salad. Sliced into rings, the tops are decorative on cold or hot soups.

Green onions should be young, crisp and tender. To check quality, select medium sized onions which are well blanched for at least two or three inches from the root.

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consumer radio briefs

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Powdered Fruit Juice May be Fortified

(0:45)

High-protein fruit juice powder may soon be a new item on your grocery list. Nutrition scientists working with the U. S. Department of Agriculture have developed a powder which can be fortified with soya, fish or peanut protein. They are flavorful and the fish protein concentrate is an odorless powder that is 80 percent protein. Milk protein powder contains 29 percent protein.

The juice powder will be economical to transport. It can also be stored for extended periods of time without refrigeration.

Powdered fruit juices, as such, aren't new to the market. Because of the world wide interest in malnourished people, scientists expect that the juice powders will be exported to areas of low-protein availability.

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Pesticides--Reason for Concern Not Panic

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Although there is reason for concern over pesticide residues, there is no basis for panic. LaVell Henderson, head of the department of biochemistry at the University of Minnesota, registers a vote for the Food and Drug Administration. "They have a good record of performance, he says, even though technology has produced an array of farm chemicals."

Only occasionally has improper use of chemicals led to harm. This is usually for the user, not the consumer, he says. The overall effect of insecticides and herbicides has been to increase productivity and thereby reduce the cost of food to the consumer.

Henderson points to the Food Protection Committee of the National Research Council which has been very active in evaluating the potential hazards to health. This non-government, non-industrial group of experts in toxicology and related sciences has guided government and industry in adopting safe and effective practices. Whenever a doubt exists, they lean toward the protection of the consumer, Henderson says.

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