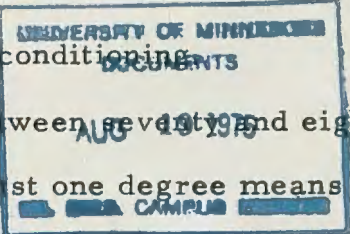


August 15, 1975

Here are some inflation fighters from University of Minnesota home economists:

Cut Your Home Air-Conditioning Costs (0:35)



You can cut the costs of home air conditioning. Most home thermostats are set between seventy and eighty degrees.

In this range, changing the thermostat just one degree means about a five percent difference in the amount of energy you use. So, keep the temperature as high as possible. In terms of cost, this means that if you cut your energy use by five percent--you also cut your bill by about five percent.

Also--clean the air conditioner filter regularly--at least once a month. It traps dust, dirt and pollen but can't do the job when it's dirty.

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Maintain Quality in Fresh Fruit (0:50)

Most fresh fruits remain at their best for only a few days. So, to avoid expensive waste buy only what you can use while the fruit is at its highest quality. And remember, peaches, grapes, nectarines, pears, apricots, blueberries, plums and watermelons can be stored in the refrigerator only 3 to 5 days. And some fruits like blackberries, cherries, figs, raspberries and strawberries remain at their peak only one to two days.

Leave unripe fruits to ripen in the open air at room temperature and out of direct sunlight. However, some fruits like grapes, pineapple and watermelon won't ripen further after picking. Bananas should be stored at room temperature until they ripen. After that, store them in the refrigerator. The skin will darken but the flesh will remain flavorful and firm if the bananas are used within three to five days.

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