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## EC73-2027 Energy Conservation in the Home : Inside the House

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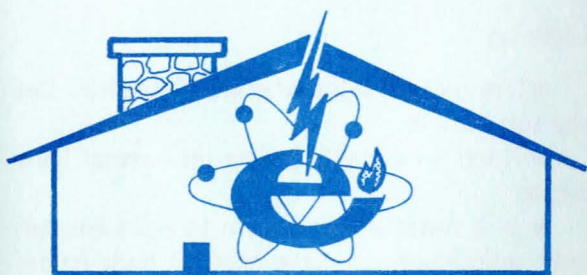
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C. Y. THOMPSON

# Energy Conservation in the Home-



## Inside the House



Extension Service  
University of Nebraska-Lincoln College of Agriculture Cooperating with the  
U. S. Department of Agriculture and the College of Home Economics  
E. F. Frolik, Dean J. L. Adams, Director

# Inside the House

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You are an energy user! You can also be an energy conserver. Every time you turn on a light, use a vacuum cleaner or do the laundry, you are using fuel. What can you do? A lot! Little things add up to big solutions. Try your hand at a few of these suggestions.

## Lighting

- Use natural light whenever possible. Let the sunshine in.
- Keep windows clean to let natural light inside.
- If a room doesn't seem to have enough light, eliminate any large mass of dark colors and add lighter and brighter colors. Get out your paint brush and be creative.
- Make sure that all ceilings are a light color and have a "matt" finish. This ceiling treatment will make best use of light in the area. Dark ceilings trap and absorb light.
- Whenever possible, arrange for light to be directed at the ceiling. A light matt finished ceiling will diffuse the light and spread it over the room.
- Use lamp shades that are translucent with white linings to allow light to be reflected and to pass through the shade. Dark shades will absorb the light.
- Place lamps and fixtures where they are needed, not three feet away.
- Dust light bulbs. Collected dust cuts down on the light from the bulb.

- In high use areas, provide general light switches at all entrances more than 10 feet apart. This will encourage individuals to turn off lights not in use.

- Use bulbs and tubes of the proper wattage.

- Use fluorescent tubes instead of incandescent bulbs. These tubes give more light per watt than do the incandescent bulbs. They are especially helpful in high use areas such as hallways and activity rooms. Don't stay away from fluorescent light because of color. There are several colors of fluorescent light. For most home uses, Deluxe Warm White is best. This color blends well with incandescent light.

- Turn off fluorescent lights only if they will not be needed for a period of two hours. It takes considerable energy to turn on these lights and each time shortens the life of the tube.

- Turn off incandescent lights if they will not be used for 30 minutes to 1 hour. It requires more energy to operate incandescent bulbs than fluorescent for a specific amount of light.

## Laundry

- Wait until you have a full load before you use the washing machine. Some machines have provisions for small loads. Select the correct load setting.

- Select the water temperature setting on the washing machine that you need for the soil and fabrics you have.

- Remember the nice clean smell of a line-dried wash? Line-dry some articles instead of machine-drying them.

- Don't overdry clothes—use correct setting.

- Clean the dryer filter after each use.

- Use fabrics that do not need to be ironed.

- Organize ironing to iron all items at one setting at one time. Reheating the iron requires considerable energy.

- Preheat the iron only long enough to get it to the correct temperature.

- Turn off the iron if you are to be away from it for any length of time.

- Use the lowest possible setting when ironing.

## **Cleaning the House**

- Use a carpet sweeper instead of a vacuum cleaner for light cleaning.

- Dust instead of using a vacuum cleaner attachment for tables, woodwork, etc.

- Do not leave the vacuum cleaner on when it is not being used.

- Organize cleaning activities so that you can shorten the time the vacuum is in use.

- Use self-polishing floor waxes when possible to avoid using any electric waxers or buffers.

- Use elbow power instead of electrical power!

## **Water Heater**

- Protect your water heater from outside temperatures.

- Locate the water heater close to high use areas (bath, laundry, kitchen). Long pipes cause heat loss and increase use of energy.

- Don't let a hot water faucet leak. One leak can cause a loss of 700 gallons a year.

- Keep water heater thermostat at 150°-160° F.

For other ways you can help see your County Extension Office. Other energy conservation circulars include:

EC 73-2025 Energy Conservation in the Home--There Is an Energy Crisis!

EC 73-2026 Energy Conservation in the Home--Kitchen

EC 73-2027 Energy Conservation in the Home--Inside the House

EC 73-2028 Energy Conservation in the Home--Building and Remodeling

EC 73-2029 Energy Conservation in the Home--Cooling

EC 73-2030 Energy Conservation in the Home--Heating

EC 73-2031 Energy Conservation in the Home--Outside the House