

SPRING
SPECIALS

Stong Sentinel

SPRING 2013

\$49 OFF

ANY

SERVICE

\$71 OFF

SUMP PUMP

INSTALL

\$56 OFF

KITCHEN
FAUCET
REPLACEMENT

\$250 OFF

SEWER
REPAIR OR
REPLACEMENT

\$62 OFF

TOILET
INSTALL

\$67 OFF

ANY
SERVICE
OVER \$350

\$89 OFF
ANY WATER
HEATER
INSTALL

Spring Plumbing Tips to Help you Save Money

Here are a few quick and simple spring plumbing tips to protect your home against plumbing problems:

Check faucets for drips or leaks. Make repairs to save water.

Ensure that all drains have strainers to prevent hair, soap and debris from clogging the drain lines.

Inspect toilet tank and bowl for cracks or leaks.

Exercise water supply valves under sinks and toilets to prevent them from sticking.

Make sure toilets flush properly. If the handle must be held down for a thorough flush or jiggled to stop the water from running you may need to replace worn tank parts. They're inexpensive and you'll notice a lower water bill.

Check the temperature setting on the water heater. It should be set no higher than 120°F to prevent scalding and reduce energy use.

Carefully drain several gallons from the water heater tank to flush out

corrosion causing sediment, which reduces heating efficiency and shortens the life of the heater.

Consider replacing a water heater more than 8 years old.

Pour a gallon of water into infrequently used drains (including floor drains) to fill the trap and prevent odors from entering the house. Slow floor drains should be snaked to ensure they will carry away water quickly in the event of a flood.

Check exposed pipes under sinks and in the basement for signs of leaks.

If your home has a sump pump, make sure it operates properly by pouring a few buckets of water into the sump pit. The pump should quickly turn on, discharge the water then shut off

without any problems.

Install a backflow valve in the floor drain if you live in an area where sewers

sometimes back up into homes. This device will prevent future backups

Make sure yard drains,

gutters and downspouts are cleaned out, open, and free of debris.

Check faucets and hose bibs to make sure water flows freely. If an outdoor faucet drips or if there is leakage inside your home the first time the hose is turned on, you may have had a frozen pipe that cracked and needs to be replaced.

These are just a handful of the useful services and solutions that Stong can

provide your home this spring. If you are interested in the full run down of our plumbing services, schedule a complementary preventative maintenance appointment and one of our seasoned technicians will review all of your plumbing fixtures
1.877.PLUMBER.





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Call on the guys in white

Grace's Recipe Corner

Amazing Angel Food Cake

There's a reason angel food cake is a favorite dessert -- it's tender, light as air, and tastes, well, divine. What's more, it's virtually fat-free and uses just six ingredients.

Ingredients

1 cup cake flour (spooned and leveled)

1/4 teaspoon salt

12 large egg whites, room temperature

1 teaspoon cream of tartar

1 1/4 cups sugar

2 teaspoons pure vanilla extract

Berries and Cream, for serving

Instructions

Preheat oven to 350 degrees. Place flour and salt in a sieve set over a bowl; sift into bowl, and set aside. With a mixer, beat egg whites on medium-high until foamy, about 1 minute. Add cream of tartar; beat until soft peaks form. Continue to beat, gradually adding sugar; beat until stiff peaks form, about 2 minutes. Add vanilla; beat to combine.

Gently transfer egg-white mixture to a large, wide bowl. In four batches, using the sieve again, sift flour mixture over egg-white mixture. While turning the bowl, use a rubber spatula to fold in the mixture by cutting down the center and coming up the sides.

Gently spoon batter into an ungreased angel food cake pan with a removable bottom; smooth top. Cut a knife or small spatula through batter to release air bubbles. Bake until cake is golden and springs back when lightly pressed, 35 to 40 minutes. Invert pan; let cool in pan, 1 hour. Run a knife around the inside of the pan and around the tube to release cake, and unmold. Use knife to release cake from bottom of pan, and remove.