

The lively needle

Jogging cures bulge, opens eyes

I became aware of Embroiderers' Bulge at 2 p.m. on Jan. 20th of this year. I was giving a speech to a needlework group in Ohio and my lungs were fighting an interesting battle with my underpinnings. (How can one produce round, ringing tones while entangled in solid Playtex?) All at once I noticed many sisters under the skin

in that auditorium. We all could have shrunk a bit. It was enlightenment of a sort, but there was no time to fight that particular battle in January. My co-author and I were just beginning "Needlepoint from America's Quilts and Coverlets." Embroidery books require research,



By
MARY KAY
DAVIS

drawn (well, not too often). An unexpected plus is the discovery that the outdoors has an inexhaustible supply of ideas and designs. Willow leaves, dandelion puffs and mushroom gills are all waiting to be discovered. That half hour is part muscles and part magic, and the best time of my day.

If you're intrigued, get your doctor's OK and some jogging information about proper shoes and how to run. There are magazines and books on jogging in the library, or call your local Y.

You'll be advised to warm up slowly. This is the secret of the whole business. Warm up by walking quickly in any direction that will get you into a stange neighborhood. It's much better to have people say, "Look at the funny woman with the red face. I wonder who she is?" than for your neighbors to gasp, "Look at Mary Kay! I think she's going to have a stroke."

Search out golf courses, parks, and don't laugh, cemeteries. They're lovely to look at, easy on your feet, and they're peaceful.

Of course jogging, like pistachios, isn't for everyone. But if you're willing to take off your dignity and put on a sense of humor (plus a warm-up suit and sneakers), you may discover a way to be creative—and fight Embroiderers' Bulge at the same time.

typing, designing and stitching. Unfortunately, all these diversions are best performed in a sitting position. One's fingers may get thin and limber—the rest of one doesn't.

When the book went to the publisher in June there was even more of me to love. Something had to be done.

And then I read an article on jogging. Up to that point joggers were funny, red-faced men who huffed past my breakfast room window as I sat comfortably inside and had another English muffin.

But why not? It certainly didn't take much equipment. I resurrected my daughter's old gym suit, made sure no one was peeking and, unexpectedly, set off to rediscover the world.

For all those months that the book was being born there were flowers and skies and tire tracks in the snow out there. I'd just forgotten about them. Now I run a little, walk a lot and look everywhere.

The results have been pleasant. I've shrunk some, sleep like a log and hardly ever raise my voice at the chil-

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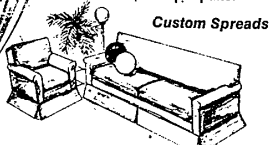
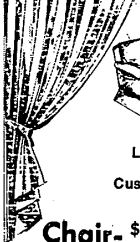
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Consumer Mailbag

According to William R. Ralls, Michigan Public Service Commissioner, the greatest part of a family's energy use (40 per cent) is used for home heating, and 35 per cent for the family car.

The rest is divided between cooking and refrigeration, water heating, then lighting and small appliances. It follows that we should attack the problems of home heating and transportation first.

Right now, testing is being completed on several new devices that can be installed on existing furnaces to reduce the amount of natural gas required to heat homes.

As soon as the plan is approved by the Michigan Public Service Commission and building codes are changed to permit installation, both Michigan Consolidated Gas and Consumer's Power will begin accepting applications for the installation of these devices. The program may start as early as 1978.

The two devices that probably will be used are "restrictors," that will prevent heat loss when attached to furnace burners. These devices, used in combination with adequate insulation, could realize up to a 45 per cent saving in residential gas heating bills.

Many other things can be done right now.

• Make sure all windows and doors are caulked and weatherstripped and that storm doors and windows fit properly.

• Lower the setting of your thermostat in winter, especially at night and if you are going to be gone during the day. Wear warmer clothes to compensate for the difference. You can wear "long-johns" under slacks and

long skirts without them even being noticed.

• If you have air conditioning, raise the setting to 78 or 80 degrees.

• Become aware of the great difference that drapes and window shades, can make in controlling the temperature in your rooms, especially those on the south side of the house.

In winter when the sun is shining, open drapes wide and raise shades to take advantage of the natural solar heat.

In summer, draw drapes and lower shades to keep heat out. On windy days during cold weather, drawn shades and drapes provide extra insulation.

• Maintain adequate humidity. You'll feel warmer with less heat.

• Make sure your furnace is kept well oiled and in good working condition and that the filters are unclogged by dust.

• Arrange furniture and drapes throughout the house so that they do not block hot air registers or cold air returns.

• Try to close off attics, basements, and all unused rooms, so you don't heat them. You might even try closing the registers in the bedrooms and shutting the doors until just before you go to bed.

• Use bulbs of a lower number of watts in light fixtures and fluorescent tubes wherever possible.

• Generally speaking, television uses more energy than a stereo, a stereo uses more than a radio. Determine which will serve you best at a given time. Turn them all off when you are not actually using them. Unplug, instant-on TV sets when you are through using them in the evening.

Israel chapter begins year

Israel Chapter of the Pioneer Women, will hold its opening meeting of the 1977-78 season at 2:30 p.m. Saturday, Sept. 24 in the home of Mrs.

Mona Moses, 5386 Powderhorn, West Bloomfield.

Sherley Benyas and Leo Mogill will present

an afternoon of Sholem Aleichem humor including a dramatization from "Tedy's Daughters." A social period will precede the meeting.

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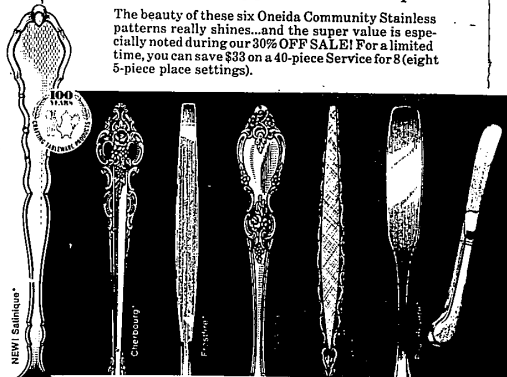
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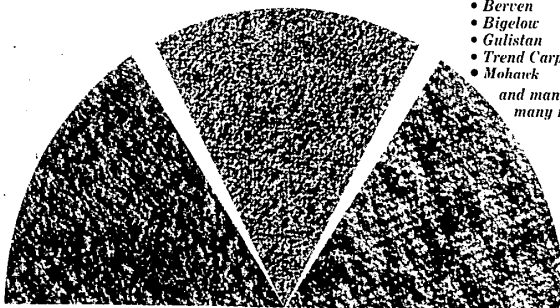
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