

TLC best cure for common cold



Many Northerners spent the holidays in the sunny South. Returning to Michigan was such a shock to their system, that a number of them "came down with a virus."

Those of us who stayed here are apt to become a bit depressed by the weather, now that Christmas is over, and we may begin to snuffle and cough ourselves.

After seeing the doctor to make sure that we don't have swine flu, or some equally horrible disease, we usually return home to suffer through our "common cold." The term TLC (tender loving care) has been tossed about so much that it has become banal. But it is still the medicine for the treatment of a cold.

Grandma knew this when she had us soak our feet in hot water, and breathe in eucalyptus fumes. But never was her love more evident than when she prepared a poultice for our chests. Many doctors, while they admit it does no harm, discourage the use of the poultice because of its questionable medical value. I'll not argue that right now. But they provide warmth, comfort and tangible evidence

that someone cared enough to go to the trouble of preparing that poultice. Poultices are messy, smelly and old-fashioned. But if someone you love has a cold, you may wish to try one.

First, you must look around the house for some old sheeting, an old diaper, or some rags made from old flannel nightgowns or pajamas. If nothing else, use an old linen, cotton or muslin dish towel. (Whatever you use must be thrown away when you're through.) Here are the recipes for three old favorites. (Caution: never use a poultice on a baby or a small child who cannot tell you when it is too hot. You may burn their skin.)

ALLSPICE POULTICE

In a pan, melt one-fourth cup of lard or olive oil. (Goose grease or bear oil is better, but they are hard to come by these days.) To this, add enough allspice to make a stiff paste.

Quickly spread this paste in the middle of a square of a cotton flannel. Fold over the edges, and apply to the chest. This poultice may be taped on, or safety-pinned

inside an undershirt to hold it in place.

ONION POULTICE

Using hard or olive oil, cook slices of onion until transparent. Place these hot onions in the center of a square cloth. Fold over, envelope style, and apply to the chest.

BREAD POULTICE

Pour half a pint (one cup) of boiling water over a sufficient quantity of dried bread. Mix with a spoon until a soft mass. Spread this one-half inch thick over a large cloth, fold the edges over, and apply to the chest. In this case, it is good to grease the chest first, to prevent sticking.

This poultice is not smelly. But to tell the truth, I like the smelly ones better.

You may write Gundella at: Box 431, Garden City, N.Y. 11530. For a postal reply, please enclose a self-addressed, stamped envelope.

Murphy to appoint Nowak deputy

Patrick Nowak, former Oakland County commissioner from Farmington Hills, is in the process of being appointed a deputy county executive.

The appointment was scheduled to be announced today by County Executive Daniel T. Murphy and confirmed by the board of commissioners, which must approve any changes in the organizational chart.

Nowak declined to comment until Murphy makes the announcement today, but this newspaper was able to reach Nowak at a telephone in the executive's office, where Nowak has been unofficially stationed for several days.

His appointment, if confirmed by the 15-12 Republican majority on the

board, will give Republican Murphy a second deputy. The other is William M. Spinelli.

NOWAK COMPLETED a second two-year term as a member of the Oakland legislative body Dec. 31 and had declined to seek reelection.

His name became familiar in Lansing and state GOP circles in 1974 when Gov. William G. Milliken had him among the three finalists in the search for a running mate for lieutenant governor. The nod finally went to then-State Rep. James J. Dorman of Troy.

In the recent election campaign, Nowak sometimes pinch-hit for Murphy on speaking engagements. Nowak

is an accepted leader in the Oakland Republican establishment. As a commissioner, Nowak often presented the Murphy and party position in floor debate.

RIISING TO prominence in the Farmington Jaycees, Nowak was president of the Michigan Jaycees in 1970 and vice-president of the U.S. Jaycees in 1971.

He has served on the board of the Farmington YMCA and as a member of the board of review of the former Farmington Township.

He attended Marquette University for three years. His most recent work was as a general agent for Connecticut Mutual Life Insurance Co.

Legislation signed

Gov. William G. Milliken has signed HB4360, restricting the sale and distribution of aerosol spray cans containing chlorofluorocarbons, chemicals known as freon.

Under the new law, the department of public health must provide rules, before Jan. 1, 1978, prohibiting the sale and distribution of aerosol spray cans if the department finds that the chlorofluorocarbons create a significant environmental or public health hazard.

Present research at several universities, including the University of Michigan, indicates that excessive amounts of freon in the upper atmosphere will destroy the protective atmospheric layer of ozone.

Those reports indicate the results of ozone depletion could be severe for all life on the planet.

After holding hearings, the department of public health will prepare a

list of restricted use compounds and of those compounds which are exempted, such as those used in medical treatment or surgical procedures.

The department must report to the governor and legislature before June 1, 1977, on research and development of effective substitutes for freon compounds and on research concerning the threat these compounds pose to the environment and society.

Public campaign funding bill signed

Gov. William Milliken has signed legislation regulating campaign financing practices and providing partial public funding of campaigns for the governorship. The bill includes:

- A requirement that records be kept of all political contributions and expenditures.
- A requirement for reporting the source of contributions of more than \$20.
- A prohibition against direct corporate contributions to candidates.
- Specific authorization for businesses and trade associations to establish political action committees for the purpose of making contributions to candidates by using funds volunteered by stockholders and non-hourly employees.
- The establishment of a state campaign fund to provide public funding of up to \$750,000 in a general election and \$666,000 in a contested primary for gubernatorial candidates.
- An overall spending

limit of \$1 million on a gubernatorial candidate

in a primary or general election.

Cleaning car batteries

A battery is a car's power source and should be cleaned regularly.

Whenever you notice an accumulation of white or green dust caked onto the surface, it's time to make a solution of a half-cup of baking soda and a quart of warm tap water.

Pour the solution slowly over the two terminal posts or wherever there

seems to be corrosion. Scrape with a small metal scrub brush, lightweight sandpaper or a knife.

The corrosion drains power from the battery. You may suspect that a cleaning is needed if your lights seem dimmer than usual or if the windshield wipers move slower than usual.

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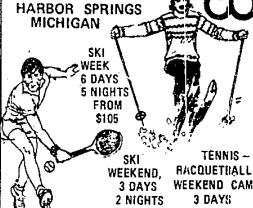
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