

# Laundering tricks can save you energy

I do about three loads of wash a day. I have four boys and I can't seem to get caught up. That's bad enough, but I know that I'm using a lot of energy and that it's costing me a lot of money. Help!

Caryn P., Troy

## consumer mailbag

There are many ways you can reduce energy usage and save money when doing home laundry. And the savings do add up.

To give you a better idea of the amount of energy you can save, consider the following:

If you cut just one load per week of laundry washed and rinsed in hot water, you save about 572 kilowatt-hours per year, or enough energy to run your color TV and toaster for a year.

The first thing you should try to do is cut down the amount of laundry that fills up your hamper each week. Check your family's habits; do family members automatically throw everything into the hamper after just one use or wearing, whether it's really soiled or not?

That one wasteful habit can add up to several extra wash loads each week. After you've cut the number of wash loads, try the following practices to save still more energy and money:

- Since it takes energy to heat water, use warm or cold water for washing and cold water to rinse, whenever possible.

- Wash full loads whenever possible, but don't overload your machine.

- Remember to adjust water level

settings for smaller partial loads.

- Pre-soak heavily soiled clothing in cold water. (Be sure to pre-treat spots and stains.)

- Measure detergent carefully and adjust to water level. Too much can mean double rinsing. It is a good idea to dissolve powdered detergent in warm water in a measuring cup and add to washer in liquid form.

- Use the shortest time period necessary to get your clothes clean.

When it comes time to buy a new machine, look for the following features: variable water levels, controls that let you choose cold water rinses with all washes, short cycles, soak cycles and sub-savers.

Concern Inc. Detroit is a non-profit organization staffed by volunteers whose goals are to develop consumer awareness of environmental issues. Related questions may be addressed to Consumer Mailbag, 1 Northfield Plaza, Troy 48068.

Grace R. Gluskin  
Executive Director



Pat  
Bordman

## Hit upon a situpon

What do you do with it after you've finished it?

Some stack it, some line drawers with it. Some swat with it, others clip it out. Some roll theirs up tightly for logs, some wrap gifts, others wrap garbage.

Some think it's good for dozing under, others hold it over their heads during a rainstorm.

What is it? The newspaper.

Disposing of daily papers, from the 15-section New York Times on down, can be quite a challenge.

There are those who say about all it's good for is to sit upon it. We can do just that and solve a small part of the disposal problem at the same time. If you've a soft spot for the funnies, use them for a more colorful situpon.

First, take a single sheet of newspaper and fold it in half along the crease. Fold it in half again and continue to fold it lengthwise until it is about 1 1/2 inches wide — about four folds altogether. Tape each folded strip so that it stays

folded. Make about 18-20 of these strips or less if you want a smaller situpon.

Place 10 of these strips next to each other (parallel) so that they are close enough to touch. Take one of the remaining strips and begin to weave it into the strips that are lined up.

Weave in and out by starting the first one going over one strip, then under the next one. Over and under. The next strip should start under, then go over, and so on.

Use the other strips alternating over and under, and tape each as you complete it so that it doesn't slip apart. Leave about one inch at the top, bottom, and sides. Make sure the weaving is tight. Tape all the ends down, then — sit upon it.

Last week's column included an incorrect measurement in the amount of water to be used for the soapy markers. The correct amount of water to put into a one cup measure is 1/4. To that is added 40 drops of food coloring.

In a united effort to find black adoptive parents for homeless Michigan children, 10 adoption agencies in the Detroit area are holding an adoption information meeting at 7 p.m. Wednesday, Jan. 16, at the Northwest Activities Center, 18100 Meyers Road, Detroit.

Adoption workers will show slides of

some of the children for whom they seek homes. Often these are brothers and sisters who should be adopted together.

Sydney Duncan, director of Homes for Black Children, will chair the meeting and introduce several adoptive parents who will stay after the meeting to talk with anyone thinking about adopt-

ing a child.

"The myths say you must own your home, have money in the bank, be married, be active in your church. None of these are true." For more information, call Mrs. Ray at 878-0000, or Maureen Shea of Catholic Social Services at 883-2100.



First you weave a newspaper situpon, then you sit upon it. (Photo by Pat Bordman)

## 10 adoption agencies plan session

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