

# 'Kitchen cosmetics' on tap at Kensington Metropark

By Lem Meese  
staff writer

Ordinarily, I leave all the kitchen stuff in the hands of my lovely bride, but I just might mosey on over to the Kensington Metropark Farm Center about 1 p.m. Saturday for a program called "Natural Cosmetics From Your Kitchen."

Farm interpreter Lori Anderson will discuss natural cosmetics made from things most folks have laying around in their kitchens. "How to make your own recipes in your own home," is the way she explains it.

The cosmetics will be made of "fruits and vegetables, apples, oranges, lemons, limes, things like that," said Ms. Anderson.

Among the cosmetics will be mixtures "for cleaning the face, a couple of masques, shampoos, a clean rinse for your hair and even toothpaste."

IF ALL THOSE cosmetics can't put the magic back in your marriage, you might consider taking the wife or hubby to see "Poisonous Plants," a family nature program which will be at 10 a.m. Sunday at

## outdoors

the Kensington Metropark nature center.

Park naturalist Mark Szabo will talk about the historical significance and modern usages of poisonous woodland plants during the one-hour walk.

Phone 685-1551 for reservations to both programs. Both are free but your car needs a permit, which cost \$2 a day.

CAMERA BUGS might be interested in a "visitor's slidefest" at Independence Oaks County Park 8 p.m. Aug. 28. Visitors will be asked to show slides of wildlife photographs shot at any Oakland County park. There's a limit of slides per customer. Call 625-0877 for information and to register.

"Miracle of the Monarch" is on tap at the Stony Creek Metropark Nature Center tomorrow at 7 p.m.

Naturalist Roger Bajorek will precede a short walk to a milkweed patch with a show of slides, movies and live specimens

to illustrate the metamorphosis of monarch butterflies. For information or to register for the free program — your car will need an entry permit — phone 781-4621.

"Parlor Talks" with Blossom, the Kensington nature center dairy cow, will be a demonstration of how to milk a cow and a discussion of the dairy industry. Blossom usually lets visitors with the urge try their own hand at milking. Programs are daily at 5:30 p.m. through fall.

SNOW SKIING may be a ways off yet, but nobody's told that to the Independence Oaks County Park Nordic Ski Patrol yet. The patrol is seeking volunteers, who must have advanced first aid certification and must pass National Ski Patrol written tests and a trail test given at the park. The patrol aids skiers and helps maintain the park's 10-mile trail. For information, phone the park at 625-0877.

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## Energy tips

# Protect home from heat, cold

About 40 million single-family homes in the United States are not adequately protected from outside weather, according to Federal Energy Administration estimates.

Here are some tips to make sure yours is not one of them.

No matter how you heat or cool your home, you can reduce the load on your heating and cooling equipment by as much as 20-30 percent by investing a few hundred dollars in insulation. But the benefits of insulation — lower utility costs — continue for years.

Find out if your home needs insulation. For \$10, your heating utility will conduct an energy audit. It's money well spent.

Find out about R-values before you buy your insulation materials. Then buy the thickness of insulation that will give you the R-value you should have.

R-VALUES OR numbers are insulation efficiency ratings. The "R" stands for resistant to winter heat loss or summer heat gain. The higher the R-number, the more effective the insulating capability.

The numbers should appear on packages of all insulation materials: mineral, glass fiber or rock wool bats or blankets; foam or loose-fill materials that are poured or blown into insulation spaces; or rigid board insulation.

If the insulation you buy doesn't have the R-value written on the package, ask the sales person to write the R-value on your receipt.

Insulate or increase the amount of insulation in your attic floor or top floor ceiling to at least R-33 for these spaces. If you have old insulation in your attic, you probably won't be able to judge its R-value. But if you have less than six inches of old insulation, chances are you need more to bring the insulation level up to the recommended level.

THE FEDERALLY recommended level in the Detroit area is R-33 in the ceiling and R-42 in the floor. This kind of protection would require 11 inches of glass fiber above the ceiling and six inches of glass fiber beneath the floor.

Investment costs could range from \$100-\$1,000. Heating and cooling savings should range from somewhere around 5

percent, if you are adding to present insulation, to as much as 30 percent if you have no insulation.

Insulate floors over unheated spaces such as crawl spaces, garages and basements not used as living space. Savings could amount to 8 percent on your heating and cooling costs.

Test your windows and doors for airtightness. Move a lighted candle around the frames and sashes of your windows. If the flame dances around, you need caulking and/or weatherstripping.

TRY SLIPPING a quarter under the door. If it goes through easily, you need weatherstripping.

Caulk and weatherstrip doors and windows. It's easy to do yourself. Caulking and weatherstripping materials cost \$25 for the average house (12 windows, two doors). Savings in annual energy costs could amount to 10 percent or more.

Install storm windows. Combination screen and storm windows (triple-track glass combinations) are the most convenient and energy efficient because they can be opened easily when there is no need to run heating or cooling equipment. Alternatives range from single-pane storm windows, which have to be removed to admit outside air, to clear plastic film, which can be taped tightly to the inside of the window frames.

Savings in reduced space heating costs for any of these types of protection can amount to as much as 15 percent a year. Adding storm doors could increase these savings.

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