

# consumer mailbag

Have you got any ideas on ways to reduce the amount of energy my family uses?

The following suggestions are from "Good Stuff You Should Know" published by the Detroit Consumer Affairs Department.

- Use draperies with linings on windows. Hang draperies to extend at least four inches beyond the entire window opening.
- Clean or replace the furnace air filter frequently.
- Keep fireplace damper closed when not in use. Cover fireplace opening when not in use.
- Increase humidity (which makes rooms warmer) by having lots of plants.

- Place a pan of water in front of heat ducts.
- Open the dishwasher door and let dishes air dry.
- Electric blankets use less energy than raising the thermostat.
- Use the car that gets the greatest gas mileage the most frequently.
- Open draperies on sunny days during cold months. Close draperies on sunny days during warm months.
- Install a hot water tank insulation kit on your hot water heater.
- Select menus that can be prepared all in the oven or uses surface burners — rather than some of each.
- Match pan size to burner size.
- Preheat oven for baking only.
- Check faucets and toilets for leaks.

- A plastic bottle filled with water placed in the toilet tank will reduce the amount of water used with each flush.
- Wash and dry whole loads.
- Keep dryer lint-screen clean.
- Hang clothes outside on sunny, breezy days.
- Light painted walls reflect light and reduce the amount of lamps needed.
- One larger-watt bulb uses less energy than several smaller-watt bulbs.
- Unplug "instant-on" televisions when not in use.
- Water lawn and garden in the morning.

These suggestions are just a sample. For more, send for "Good Stuff You Should Know," Consumer Affairs Dept., 1600 Cadillac Tower, Detroit, 48226. Include a self-addressed, stamped envelope with your request. The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Dept., 1025 Shelby, Detroit, 48225.

# Clam bakes, corn roasts

ONE OF the most interesting oddities in life as you travel along is that your appetite changes with the seasons.

For instance, anyone born and raised in the Pennsylvania Dutch Country looks forward to spring when dandelions take over as the main dish in country homes.

Oddly enough, the folks go out along the roads — even along railroad tracks — to pluck the tasty dish.

In the major cities, dandelion is seldom mentioned, and that is because for some reason or another, the delicacy doesn't grow along railroad tracks or freeways.

IN FALL, corn on the cob becomes a main dish.

As Labor Day approaches, The Stroller starts to get a longing for the yellow kernels from the cob. In farm areas, you'll find acres and acres of corn.

At the Plymouth Rotary Club's chicken barbecue, as many as 20,000 ears of corn have been used during a six-hour Sunday serving.

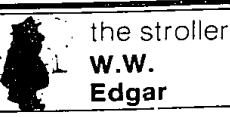
Besides festivals and county fairs, corn on the cob is a favorite among neighbors who get together for a corn roast on Saturday night.

IN THE EAST, various departments of major industries serve corn at their annual clamakes. They're located on the edge of town, and the bake is something special.

First, a huge hole is dug for the fire. An iron cover is placed over that, and then the food is placed row on row, with such foods as chicken, fish, potatoes (both Irish and sweet), then clams and corn until the mound of food reaches four to six feet.

All day it is left simmering. Then late in the afternoon, the bake is opened and the food placed in buckets with a bucket at each place at the huge tables.

The juice of one layer drops into



the stroller  
**W.W. Edgar**

the other, and the mass becomes most delicious.

A METHOD USED by men working the night shift in the factories is to gather the corn from nearby farms (not stealing it — just taking it) and then placing the ears inside the major furnaces for a short time until the corn is roasted.

What a dish that is late at night!

In recent years when locations for these bakes became a problem, large cans were used especially for clamakes. But while they did the job, the bake didn't seem to be as tasty as the old-time bakes in the hole in the ground.

## AGORAPHOBIA

- FEAR of driving alone
- FEAR of waiting in lines
- FEAR of going far from home
- FEAR of social situations
- FEAR of crowded public places (streets, stores, restaurants)
- FEAR of shopping malls or large stores
- FEAR of being trapped
- "FEAR OF FEAR"

### PATHWAYS TO RECOVERY

An Individualized Treatment Program

- Techniques to reduce, eliminate or cope more effectively with phobic situations
- Systematic gradual steps toward recovery
- Home visits (if necessary)

Ron Rice, Ph.D.  
Program Director  
626-2056

32910 W. 13 Mile  
Farmington Hills, Michigan

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