

Here are reasons for protecting feet

Dear Joe:
It is always with great interest that I read your column — especially now that I too am growing older (60).

In your column about care of the feet, you recommended that older folks should "never walk barefoot." I find walking about the house barefoot a real pleasure. Since I am not diabetic perhaps I should not worry. Would you please explain? If I agree with you, I'm not too old to change!

Thanking you,
Mrs. L.C.G. Victoria Reader

Dear Mrs. G.:
The column you're referring to was written primarily for diabetics. It is important that they prevent injuries to their feet, and by wearing shoes or slippers at all times they lessen their chances of foot injury.

Protective covering for the feet indoors and out not only protects the feet from injury but it also keeps them warm and promotes circulation. This perhaps could be an argument for always wearing footgear, old or young, diabetic or not.

So, Mrs. G., whether to walk barefoot (indoors) or not is your decision. I like your philosophy — one is never too old to change.

Dear Joe:
I have joined a widow/widowers support group and was disappointed to find that it is almost totally made up of widows. Where are the men? Mrs. F.Y.
Not-so-merry-widow

Dear Mrs. Y.:
As you know, women live longer than men. Also, those over age 65 are five times more likely to lose a spouse. So to answer your question — generally the men are either married to their original mates or, if widowed, have remarried.

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Don't buy better gas than needed

Q. I just got my driver's license. Can you explain what all these different gasoline choices mean? I'm on a limited budget and want to get the most for my money.

A. Basically, there are two types of gasoline: regular and unleaded.

Originally all gasoline contained lead. Beginning with the 1975 model cars, however, the government required all new cars to be equipped with catalytic converters to reduce exhaust emissions. Since leaded gasoline could ruin these converters, as well as being a harmful pollutant itself, unleaded gas was introduced.

It is against the law to use leaded (regular) gasoline in a car designed for unleaded fuel because it will disable the emissions control system. To help ensure the use of unleaded gas (even though until recently it was more expensive), the leaded



Terry Gibb

pump nozzle will not fit into the smaller unleaded gas tank filler pipe.

Several grades of unleaded gas are sold, based on their octane rating. Octane is the gasoline property that measures the engine's resistance to knocking.

Unleaded gas has a minimum octane rating of 87. Unleaded premium has a 91 octane rating. Some companies offer a mid-octane gas at 89. To determine which octane is best for your car, refer to your car's

owner's manual. The car manufacturer has designed your car to run efficiently at a specific octane rating.

If you experience engine knocking, try a different brand of unleaded regular. If the knocking continues, try the next highest octane rating.

At self-serve pumps, you can mix different octane ratings together to get a mid range, if it's not available.

A HIGHER octane rating will not give your car greater performance or fuel economy. It will only reduce engine knocking.

Economically it doesn't make good sense (or cents) to use a higher octane when your car runs smoothly on regular unleaded.

Most gasoline treatments or additives are also an unnecessary expense. All reputable brands of gaso-

line today contain the additives your car needs.

For specific information on your particular car, check with your regular auto mechanic or car dealer service department.

ECO-TIP: Concern Detroit, Inc. has a speaker's bureau with many environmental programs for your school, classroom, community group or organization. It is now scheduling programs for the 1988-89 year.

For more information about scheduling a program, write to the address below or call 953-6032.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit, 48226

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