

On cutting costs

Oakland County agent offers advice

The county's cooperative extension service has a number of specialists who can help you cut costs in your home.

MSU specialists have some hints to help trim household operation costs.

• Don't light unused rooms. Turn off lights when you leave the room.

• Use the lowest watt bulbs that fulfill your needs.

• Clean bulbs and fixtures to let more light shine through. A damp cloth will get rid of dirt that's eating extra kilowatts.

• If your electric company exchanges old bulbs for new ones, take advantage of it.

• Fluorescent tubes are more efficient than incandescent bulbs, giving four times as much light per watt of electricity used.

• Turning fluorescents on and off too frequently shortens the life of the tube. However, turning these tubes or incandescent lights on and off does not use extra electricity.

• Remember, daylight is free. Know which appliances use the most electricity and use them wisely. Appliances which produce heat or cold (refrigerators, electric heaters, etc.) are the heaviest users of electricity.

• Avoid opening your refrigerator unnecessarily. Don't overload your refrigerator with items that don't require refrigeration (peanut butter, etc.).

• Frost accumulations of more than one-fourth inch decrease a refrigerator's operating efficiency.

• Dusting the refrigerator coils cuts operational costs.

• Clean and lubricated appliances work better.

• How can you cut down heating bills when the energy shortage causes higher fuel prices?

Lower the temperature ground around the house to avoid overheating the house.

• Lower the temperature slightly at night.

• If you go away for a weekend, set the thermostat at 55°.

• Furniture or other objects placed in front of the register block the heat flow.

• Six inches of insulation in the ceiling and three inches in the wall can save as much as 47 per cent of the fuel.

• Storm windows and doors can save 10 per cent of your fuel. You can easily install temporary plastic storm windows, which cost less than 50 cents per window.

• Caulk or weather strip all cracks around windows and doors.

• When not using a room, close off the register and shut the door.

• On cloudy days, close drapes and window shades.

IN ADDITION to cutting household operation costs, another area of potential cost reduction is cleaning.

Are you over cleaning your house and clothes? asks Mrs. Voorhees of the Oakland County Cooperative Extension Service. Look at your grocery bill and see how much money is spent on items other than food. You might discover you are spending a lot for cleaning and laundry products you don't really need.

MSU specialists say if you have the time and a few basic supplies on hand (detergent, ammonia, vinegar, baking soda, washing soda, etc.) you may save some money by making your own cleaning products.

Try one of the following solutions for cleaning windows and mirrors.

• Add four tablespoons ammonia to one quart of warm water (for heavy, greasy soil).

• Add two tablespoons vinegar to one quart of warm water (for hard water spots).

TO CLEAN surfaces of appliances (ranges, refrigerators, etc.) use detergent and water or ammonia and water or baking soda, then rinse. Don't use scouring powder for appliance surfaces. It will mar the finish.

Decide if you are over cleaning. If the floor gets dirty, it may just need a damp mopping with cool water. A coat of wax will preserve the floor's surface, but don't remove the wax every time you clean.

Clean floor with soap and water occasionally (rather than scrubbing with harsh cleaners which remove wax). Wax only when needed to save money, time and energy.

How much time and money are you spending doing laundry? An MSU study of four person urban families showed some washed twice as many laundry loads a week as other families the same size.

Wait to wash clothes until you have a full load — but don't overfill the machine. The average load is 10 pounds of water for a cycle. Be sure you're not wasting costly hot water and soap by doing only half a load.

to one quart of warm water (for hard water spots).

If the protein content in your skin, hair and nails is low, you may have a general deficiency of a certain nutrient. If protein is very low, you may have a deficiency of a certain nutrient. If protein is very low, you may have a deficiency of a certain nutrient.

Keep furniture clean with damp cloth. Wipe down surfaces with steel wool pad.

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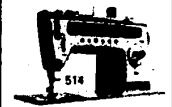
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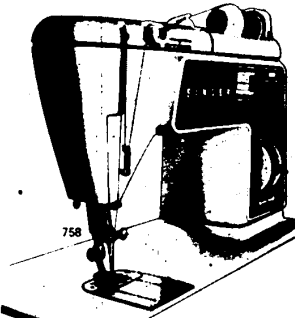
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Volunteers

This column describing needs in Oakland County is co-sponsored by the Junior League of Birmingham and the Oakland County Volunteer Bureau. Inquiries regarding volunteer needs listed here should be made to the Oakland County Volunteer Bureau at 642-7272. Re-

quests for volunteer listings should also be made through the volunteer bureau.

OAKLAND COUNTY DEPARTMENT OF HEALTH, 27225 Greenfield, Southfield, and 1200 Telegraph, Pontiac. Volunteers are needed at the Children's Health Conference to weigh, measure and take temperatures. Volunteers with special training are also needed to do minor laboratory work and growth and development testing. The Outreach Immunization Clinics need volunteers for typing, clerical and hostessing work. Training is given when needed. Positions are available at several locations. Most volunteers work half-day sessions.

FERNDALE COMMUNITY ACTION PROGRAM, 503 Livermore, Ferndale, is a Blue Cross approved outpatient psychiatric clinic providing counseling for drug and mental health problems. Volunteers with typing skills are needed for clerical work from 9 a.m. to 5 p.m. weekdays.

INTERNATIONAL INSTITUTE OF METROPOLITAN DETROIT, 111 E. Kirby, Detroit, is a social service agency providing counseling, English instruction and cultural programs for the foreign born. The institute also works toward a better understanding between the American public and foreign immigrants through cultural activities. Volunteers are needed to work from 11 a.m. to 4 p.m., weekdays in the import store, do clerical work at the Institute and from 10 a.m. to 8 p.m. weekdays as "Volunteer of the Day" greeting visitors, giving tours and supervising other volunteers. Training is provided.

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