



energy  
Barry  
Jensen

## Doing the laundry can save energy

time and increases the amount of energy used.

• If your dryer has an automatic dry cycle, use it. Overdrying merely wastes energy.  
• Dry your clothes in consecutive loads. Stop-and-start drying uses more energy because a lot goes into bringing the dryer up to the desired temperature each time you begin.

• Separate drying loads into heavy and lightweight items. Since the lighter ones take less drying time, the dryer doesn't have to be on as long for these loads.

• Dry the heaviest clothes, such as towels, first. Then, if one or two aren't dry enough, they can "ride along" with a load of lighter clothes, assuring that they will be dry without having to run a partial cycle for one or two items.

• Use a solar clothes dryer (clothes-

line). As a bonus, clothes dried outdoors often seem fresher and cleaner than those taken from a gas or electric dryer.

• Remove clothes that will need ironing from the dryer while they are damp. There's no point in wasting energy to dry them thoroughly if they only have to be dampened again.

• You can save ironing time and energy by "pressing" sheets and pillow cases on the warm top of your dryer. Fold them carefully, then smooth them out on the flat surface.

• Save energy needed for ironing by hanging clothes in the bathroom while you're bathing or showering. The steam often removes the wrinkles for you.

You can save some energy in the bathroom, too.

The fanatic (thrifty) energy saver should be able to find a few ways to save a buck around the laundry.

• You can save considerable amounts of energy through conservation of hot water and by using your automatic washers and dryers less often and more efficiently.

• Wash clothes in warm or cold water, rinse in cold. You'll save energy and money. Use hot water only if absolutely necessary.

• Fill washers (unless they have small-load attachments or variable water levels), but do not overload them.

• Use the suds saver if you have one. It will allow you to use one tubful of hot water for several loads.

• Don't use too much detergent. Follow the instructions on the box. Oversudsing makes your machine work harder and use more energy.

• Presoak or use a stain cycle when washing heavily soiled garments. You'll avoid two washings and save energy.

• Fill clothes dryers but do not overload them.

• Keep the lint screen in the dryer clean. Remove lint after each load. Lint impedes the flow of air in the dryer and requires the machine to use more energy.

• Keep the outside exhaust of your clothes dryer clean. Check it regularly. A clogged exhaust lengthens the drying

## Smoke, weight clinics open to public

The Michigan Public Health Association will offer hypnosis stop smoking and weight loss clinics Tuesday, May 26, to its members when they convene in the Sheraton-Southfield Hotel for their annual state conference.

The clinics will also be open to the public.

Ken Klegon, MPH executive director, said requests from the organization's members were the reason for in-

cluding the health clinics at the state meeting.

"We're using Barry Beder because of the great success he's had working with the American Lung Association," Klegon said.

Beder's first stop smoking program for the American Lung Association of Southeastern Michigan, "The Great New Year's Cigarette Send-Off," was attended by more than 700 persons and

resulted in a carefully measured 45 percent success rate after one year, according to American Lung Association officials.

"Beder's 45 percent success rate is

almost double the national average success rate of 25 percent for stop-smoking programs, so we're looking forward to a successful and well-attended program," Klegon said.

Thursday, May 14, 1981

(F)15C

## Club agenda: tortillas

Learn how to make tortillas at the next meeting of "Los Bueños Vecenos," the Spanish Good Neighbor Club. The cultural club, founded 30 years ago to promote Spanish culture, language and arts in southeastern Michigan, will

meet at 7:30 p.m. on May 19 in J-306 of the Orchard Ridge Campus of Oakland Community College in Farmington Hills.

Rudy Vaguera, vice president of the club, will give the tortilla demonstration. Fri-

joles (fried beans), corn chips, coffee and Mexican chocolate will also be featured. For membership information, call Dr. Charles Braun at the Orchard Ridge Campus, 478-9400, ext. 447 or Li Quezada, 357-0385.

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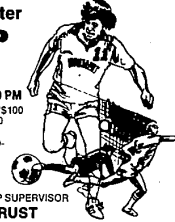
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