

## Clothes line: Keep 'em neat

How you store your garments makes a big difference in the way your wardrobe looks and how long it lasts. Sometimes a well-cared-for less-expensive garment can look better than an expensive but carelessly tossed piece of clothing.

Suits and jackets should be hung on a curve-shaped hanger, usually made of wood or plastic. This hanger helps the jacket maintain its shape, and the jacket will wrinkle less while hanging in your closet. Be certain to empty the pockets before hanging the jacket.

Trousers ideally should be hung upside down on special hangers that help maintain the crease and avoid wrinkling. Empty the pockets and always remove the belt before hanging trousers away.

Neckwear should not be yanked off because that can throw off the balance of the tie. Unknot a tie in a fashion similar to knotting it and always hang it up at night (with the exception of knit ties, which should be rolled and stored in a drawer to prevent stretching).

Shirts may be folded or stored in your closet. Avoid metal or wire hangers as they can rust and stain shirts at the shoulders.

Sweaters, like knit ties, should never be hung in your closet. Store them folded in a drawer and be careful not to pack them away for the summer before cleaning well and treating those containing any wool with anti-moth spray or pellets.

Shoes probably require more personal upkeep than any other article in your closet. Polish your shoes regularly and always place shoe trees in them when not in use. If leather shoes get wet, don't dry them near direct heat. Rather, towel dry the moisture off the surface, place shoe trees in them and permit them to dry naturally. When dry, give them a good polish. Have shoes repaired promptly. This will help extend the life of your shoes.

Consider the care instructions sewn onto your clothes.

# Be a life preserver—learn water safety

Just as you don't have to be a champion swimmer to love the water, the fact that you've flunked beginner's swimming class three times doesn't necessarily disqualify you from possibly rescuing someone in a swimming accident this summer.

Of course, it's best to have taken and passed lifesaving classes, but in some cases, possession of a few pieces of equipment and knowledge of a few basic techniques can enable even a person whose best stroke is the dog paddle to save another person's life.

"Even for expert swimmers and lifesavers, a swimming rescue — one in which you actually get into the water and personally drag the victim to safety — is a last resort," says Kevin Killen, director of safety services for the Southeastern Michigan chapter of the American Red Cross.

"Trying to bodily rescue a frightened, thrashing victim in any kind of water is dangerous for swimmers at any level; but especially so for non-swimmers."

If a victim is beyond such extended reach, but several people are present, a human chain may be formed. The rescuers should enter the water, each grasping the wrist of the person on either side and thereby forming a chain. The chain is lengthened by the individuals extending their arms as they wade out.

When the victim is reached, the chain is drawn back to safety by each person in turn, starting by having the anchor person nearest land pull the next person in the chain to him or her.

"THESE BASIC forms of rescue are the safest and most effective methods of assisting a person in difficulty without exposing the rescuer to unnecessary dangers," says Killen. "Actual contact with the victim can be dangerous and often is unnecessary."

For more information on ways to be safe and have fun in the water, call your local Red Cross for information on classes. And, grim as they may sound, keep in mind these words from the American Red Cross book "Lifesaving: Rescue and Water Safety."

"At times, in cool objectivity, the witness to an occurring drowning will have to decide against a swimming rescue attempt. It is better that one, rather than two drown."

## How to avoid heat stroke

What do July and August mean to you? Picnics, barbecues, gardening, baseball, lost tea, lying in the sun, vacation time? How about heat stroke?

While heat stroke hasn't the pleasant connotations of the other items on the above list, it is as much a part of these torrid months as any.

Kevin Killen, director of safety services for the Southeastern Michigan Chapter of the American Red Cross, says much can be done to protect ourselves from illness or death during the summer heat. Prevention is much simpler than treatment, Killen says. Avoid going into the sun, except for short periods during the coolest times (early morning and late evening).

If you're elderly, or must work in the sun or during the heat of the day, be sure to limit all activity and take frequent rests. Take intermittent sponge baths if you can, drink

plenty of non-alcoholic liquids, and keep to available shade.

WHEN IT'S too late for prevention, consider the following information on heat stroke, heat cramps, or heat exhaustion — three conditions that all come about through exposure to excessive heat.

Heat stroke is characterized by extremely high body temperature; hot, dry red skin; and a rapid, strong pulse. The person may be unconscious.

This is a life-threatening problem, and measures should immediately be taken to cool the body. Undress the victim and sponge the skin with wet, cool towels (using water or rubbing alcohol), or place the person in a tub of cool water until the body temperature is sufficiently lowered, then dry the body off.

Use fans or air conditioners to maintain the cooled body temperature.

Be sure not to give the victim stimulants.

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Lv Birmingham	6:54 7:14 7:34 7:59 4:30 p.m.
Lv Royal Oak-12 Mile	6:59 7:19 7:39 8:04
Lv Royal Oak-11 Mile	7:03 7:23 7:43 8:08
Lv Ferndale	7:07 7:47
Lv Chrysler	7:33 8:18
Lv Milwaukie Junction	7:19 7:39 7:59 8:24
Ar Detroit	7:30 7:50 8:10 8:35 5:20 p.m.

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TRAINS FROM DETROIT	991 993 995 997 999
Lv Detroit	3:45 4:30 4:50 5:15 5:40 p.m.
Lv Milwaukie Junction	3:57 4:42 5:02 5:27 5:52
Lv Chrysler	4:03 4:48 5:08
Lv Ferndale	4:12 5:15 5:35 6:03
Lv Royal Oak-11 Mile	4:17 4:57 5:19 5:49 6:07
Lv Royal Oak-12 Mile	4:18 5:01 5:23 5:44 6:11
Lv Birmingham	4:23 5:08 5:30 5:51 6:18
Lv Channing Cross	5:13 5:35 5:56 6:23
Lv Bloomfield Hills	5:17 5:39 6:00 6:27
Ar Pontiac	5:26 5:48 6:09 6:36

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