

# Comfort in winter depends on clothing

## Coping when heat goes

Last week during the very cold weather our heat went out. I have never had such a helpless feeling. Do you have any information that will help me be prepared if it ever happens again?

**CAROLYN E., West Bloomfield**  
The following tips should help you keep your cool while trying to stay warm.

- Plug leaks. Hang blankets over windows and doors. Stuff cracks around windows and doors with rags, newspapers or towels.
- Dress warmly. Layers of protective clothing trap air that can be warmed by body heat.
- Wear a hat. The body loses between half and three-quarters of its heat through the head. It's a good idea to wear a hat when sleeping under these emergency conditions.
- Increase your food consumption. Keep at home quick-energy foods that require no preparation. These include dried fruits, nuts and dry powdered milk.
- Use any alternative heat source, like a fireplace, that may be available.
- Have a home emergency kit. This should include a list of emergency numbers such as police, fire, utility companies and neighbors. Also in

## consumer mailbag

The kit should be a battery-powered radio with extra batteries, a flashlight and special items like infant needs and medicines required by family members.

- If the situation seems to be getting out of hand, be prepared to move to another location.
- Most important, don't panic. Gather in the warmest room of the house and close off rooms that are not needed.

**ECO-TIP:** January is the time for sales. Here's one you shouldn't miss. Coenec's 1982 In Season calendar has been reduced to \$2.50 plus postage while supplies last. To order a copy of the calendar that offers money-saving tips, send \$2.50 plus \$1.15 postage to Coenec, Inc., 1 Northfield Plaza, Troy, 48098.

**Consumer Mailbag answers your questions. Address letters to Grace R. Gluskin, director, in care of Concern, 1 Northfield Plaza, Troy, 48098.**

The chart shows how much a woman or a man can lower the thermostat in cold weather by dressing differently. The thermostat can be raised the same number of degrees in hot weather by reversing the manner of dress.

In addition to saving energy by what we wear indoors during the winter, we need to choose outdoor clothing that will offer the best possible protection against severe weather.

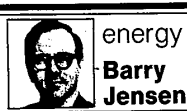
Clothing must provide enough insulation for warmth in the temperature (with existent wind chill) encountered. It must breath well so that water vapor from perspiration can escape into outside air.

It should be non-binding and allow blood to circulate freely. Layers of clothing will permit you to make adjustments for changes in temperature and activities. The outer layer should be windproof and water-repellent. Keeping your head covered is important because as heat escapes the body it takes the path of least resistance and leaves through any uncovered area. Hats are in order for all bald men.

**A HIGH** percentage of heat is lost through an uncovered head.

Choose head coverings that are tightly woven or knitted from wool or cotton fibers. Hoods are warmer than hats, particularly if a scarf is added inside to cover the neck, lower part of face and nose.

Keep hands well covered, also. Mittens are warmer than gloves because



energy  
**Barry Jensen**

they aren't tight and the fingers are held together for greater warmth produced by the body.

Again, wool is a good fabric choice. Leather or other materials are satisfactory if lined with wool, synthetic pile or fur.

As already mentioned, leotards, pantyhose, opaque hose and thick socks and boots with linings, thick soles and heels keep the feet from close contact with snow, ice and the cold ground.

**MOISTURE HAS** a great effect on our comfort when we are outdoors. The insulating value of clothing may be reduced by as much as 90 percent if it gets wet. For this reason, it is important to remove some layers of clothing, if necessary, so that you will not perspire excessively.

If perspiration can not evaporate from the body, it condenses on clothing. This wet clothing sticks to the skin and eliminates much of the insulating air layer.

Wind also greatly affects our comfort and well-being. The "wind chill temperature," which is based on both air temperature and wind speed, is thus

a much better indicator of outdoor conditions than air temperature alone.

**WHEN TEMPERATURES** are very low, thermal balance becomes crucial. Hypothermia, a severe lowering of body temperature, may result if heat loss exceeds heat production. Often this condition and frostbite can

be prevented by dressing warmly and keeping clothing dry. Even when one is properly clothed, exposed flesh can freeze if the wind chill temperature drops below -25°F. You should then cover as much of your skin as possible. The information in this article came through the Michigan Extension Service.

**How women and men can dress differently so they can lower the thermostat in winter**

Modify apparel	Reduce thermostat
Replace a skirt with slacks	1.5°F
Wear long-sleeve, not sleeveless, dress	0.2°F
Wear tight-weave, not open-weave, dress	0.5°F
Wear nylon stockings	0.1°F
Wear a full slip	1.0°F
Wear full slip, not half slip	0.2°F
Replace sandals with shoes	0.6°F
Wear light, long-sleeve sweater	1.7°F
Wear bulky, long-sleeve sweater	3.7°F
<b>By men:</b>	
Wear heavy, not light, pants	0.6°F
Wear winter-weight, not summer-weight, jacket	2.5°F
Wear long-sleeve, not short-sleeve, shirts	0.8°F
Wear winter-weight suit	4.5°F
Wear an undershirt (T-shirt)	0.5°F
Put on tie	0.2°F
Wear knee-length socks	0.6°F
Wear light, long-sleeve sweater	2.0°F
Wear bulky, long-sleeve sweater	3.7°F

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To enable us to tailor the program and the enter BRIDAL FAIR to the needs and tastes of the audience, please help by providing the following:

NAME OF BRIDE-TO-BE: (FIRST) \_\_\_\_\_ (LAST) \_\_\_\_\_ (Date of Wedding) Mo \_\_\_\_\_ Day \_\_\_\_\_ YR \_\_\_\_\_  
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NAME OF FUTURE HUSBAND: (FIRST) \_\_\_\_\_ (LAST) \_\_\_\_\_ YEAR & MAKE OF AUTO \_\_\_\_\_ YEAR \_\_\_\_\_ MAKE \_\_\_\_\_  
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Have you received engagement ring? Yes [ ] No [ ]  
Have you purchased groom's ring? Yes [ ] No [ ]  
Honeymoon Destination \_\_\_\_\_  
Planned Length of Trip \_\_\_\_\_  
Mode of Honeymoon Transportation: \_\_\_\_\_ Drive \_\_\_\_\_ Fly \_\_\_\_\_ Cruise \_\_\_\_\_

Where will you live? (check one) Furnished Apartment 1 Unfurnished Apartment 2 Own Home 3 Mobile Home 4  
After you marry will you: Work 1 Go to school 2 Homemaker 3

Have you arranged for or purchased the following:

Wedding Photographer	Yes [ ] No [ ]	Wedding Gown	Yes [ ] No [ ]	Stereo	Yes [ ] No [ ]	Do you have?	Yes [ ] No [ ]
Floral	[ ] [ ]	Registered Silver China	[ ] [ ]	Sewing Machine	[ ] [ ]	Revolving Charge Account	[ ] [ ]
Invitations	[ ] [ ]	Carpet	[ ] [ ]	Major Appliances	[ ] [ ]	Checking Account	[ ] [ ]
Caterer	[ ] [ ]	Dresses	[ ] [ ]	Bedroom Furniture	[ ] [ ]	Savings Account	[ ] [ ]
Normal Wear	[ ] [ ]	Macrowave Oven	[ ] [ ]	Living Room Furniture	[ ] [ ]	Individual Retirement Acc't	[ ] [ ]
Wedding Cake	[ ] [ ]	Music Orchestra	[ ] [ ]	Dining Room Furniture	[ ] [ ]		
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