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**MONDAY, AUGUST 7**

**SALE BEGINS!**

Special Store Hours: 9:30 AM - 9:00 PM

Store Hours:  
Monday - Saturday 10:00 AM - 9:00 PM  
Sunday 12:00 - 5:00 PM

Wonderland - 313-475-1820



**GANTOS BOUTIQUE**

## consumer mailbag

This is the second part of an article on pesticides in our foods:

How much pesticide residue is found on fruits and vegetables?

It's difficult to tell because the FDA doesn't regularly test for about one-half of the pesticides that are used.

Apples receive more pesticides per acre than any other major U.S. crop, and tests show that about one of every two apples contain residue. That's bad news for children who drink a lot of apple juice.

In 1987, all but one sample of cranberries and over two-thirds of the strawberries, celery, parsnips and imported grapes contained residues.

Pesticides turned up on more than one-half of the spinach, lettuce and domestic greens tested. Residue levels are usually higher on leafy vegetables because of their larger surface area. These residues may not be substantially lowered during meal preparation because leafy vegetables are often eaten uncooked and/or not thoroughly washed.

Does washing and peeling help reduce residues?

Usually, but not always. If the residue has penetrated the skin or peel, washing or peeling won't help. For most produce, however, wash-



**Terry Gibb**

ing the outside with a few drops of dish detergent in a pint of water does work better than just rinsing with water.

Peeling is obviously the most effective way to remove pesticides that are on or in the peel. But when you peel, you're peeling away fiber.

What about the new pesticide- and wax-removing washes?

Their ingredient lists make them look remarkably like dish detergent, but at a cost of up to eight times more than detergent. Manufacturers insist that these washes are superior because they don't penetrate the skin or leave soapy residue. They don't remove wax coatings either.

What should be done about waxed produce?

The best advice is to peel waxed produce. Wax coatings can't be washed away. As a result, they can seal in pesticide residues that are already on the produce.

Wax is used to prevent moisture

loss and retard shriveling. The problem is that many waxes are often mixed with fungicides.

Cucumbers are not the only produce that are waxed. Thin, less-noticable wax coatings often are used on apples, bell peppers, citrus fruits, peaches, squashes, sweet potatoes and tomatoes.

Federal law requires that stores identify bulk produce that has been waxed, but those signs almost never appear despite stiff penalties because there isn't the state or federal manpower to enforce the law.

Do some supermarkets test their produce for pesticides?

Yes. Some regional chains (including Farmer Jack in the Detroit area) use private testing companies. MultiClean, the largest company, certifies foods that meet its "no detectable residue" standard. MultiClean tries to test for all pesticides that could be present at levels much lower than those allowed by the EPA, but it could miss some. Don't confuse "no detected residue" with "no residue."

The pesticide residue in any produce you eat will depend on the type, number and amount of pesticide applied, where and by whom the produce was grown, weather conditions, the time spent in storage, how well you've washed it and whether it's been peeled or cooked.

## Deafness adds to isolation

Dear Jo:

Can deafness worsen the symptoms of Alzheimer's disease?

Mrs. G.G.  
Ann Arbor Senior

Dear Mrs. G.:

According to a recent study, hearing impairment does worsen the symptoms of Alzheimer's disease.

This disabling and eventually fatal disease affects about 5 percent of people older than 65. One-third to one-half of those in that age group have significant hearing loss.

The study, done by Dr. Richard Uhlmann and colleagues at the University of Washington and reported in the Journal of the American Medical Association, compared 100 older adults who had Alzheimer's or a similar condition with 100 other counterparts. They found that the hearing-impaired subjects were twice as likely to be diagnosed with Alzheimer's disease as were those who had normal hearing.

According to Dr. Uhlmann, hearing loss doesn't cause Alzheimer's, but it does make the symptoms

gerontology



**A. Jolayne Farrell**

worsen by increasing the patient's isolation from the environment. He hopes that by having their hearing impairments treated, older adults will suffer less from symptoms such as forgetfulness and confusion.

Dear Jo:

Some time ago, you did a column on bar soap and the spread of germs. At the time, you said that to your knowledge, there was only one recorded study and it came out against the use of bar soap as it was proven to harbor bacteria. Are there any current studies on this?

Mrs. A.H.  
Cambridge Senior

Dear Mrs. H.:

Apparently the debate about the spread of germs and bar soap is far

from over. A new study indicates that a sloppy bar of soap may not be as bad as it looks.

When volunteers washed with contaminated soap bars that had been inoculated with two highly infectious strains of bacteria, researchers found that no detectable levels of the bacteria were actually transferred to the volunteers' hands.

The original study that I referred to in the previous column didn't examine whether the soap actually transmitted the bacteria, let alone spread any specific disease.

It is important to remember that potentially harmful microorganisms exist on most surfaces, including money, door knobs, hand railings, etc. But because the human skin is intact, the body is defended against these germs.

To prevent the spread of disease, hand washing is essential. It's better to wash than not — even with that communal bar of soap.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario, Canada L4E 2P6. Postage is 30 cents.

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- Check & fill transmission fluid
- Clean windshield

Mon-Sat. 9 a.m. to 9 p.m. Sun. 11 a.m. to 6 p.m.

Observer & Examin