

Ice And Baking Soda To The Rescue



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There's plenty of picnic time left to make use of some unhappy experiences already endured this summer. Consider the pitfalls of those once-a-year olympians who crawl back to work on Monday with two broken and, numberless bruises and contusions. The following first-aid hints are therefore appropriate for picnickers and campers.

When your local Al Kaline slides into third base and runs home bleeding; don't panic. Just empty the beer cooler and apply the ice cubes. According to the National Safety Council, ice is a universal drug which safely kills pain, prevents infection, helps control bleeding and keeps almost nothing. It's almost always with you at a picnic or campsite, ready to assist in all sorts of emergencies.

Ice is a powerful anesthetic, in fact; it has been used for that purpose in major surgery. While it will never replace acupuncture, you can apply it to a sprained muscle or a burn to ease the first shock of pain. Plunge a burned finger into cold water to which an ice cube has been added, or apply ice directly to a burned area until the sting is no longer felt when the cube is removed.

You can then apply a burn preparation after the pain has lessened. Not only does the ice alleviate the pain, but there will be little swelling and no blisters later, so the burn will heal more rapidly.

Pick up a sliver along with your firewood? Put your finger on ice until numb, then lift the sliver out painlessly with a needle sterilized in a match flame. The ice will also have checked the bleeding and lowered the danger of infection.

Those handy-dandy cubes not only limit surface bleeding but can cut down on bruising, which is caused by leakage of blood under the skin due to torn blood ves-

sels. Constriction caused by the cut leakage until the blood clots, resulting in less bruising, swelling and pain.

The sandlot infielder who sacrificed the skin off his knuckles while scrapping up a hot grounder should also befer for the ice bucket. Any refrigerated wound is not likely to become infected, even if contaminated with dirt. Cold keeps germs dormant. A cube against the wound until medical treatment is received practically eliminates the danger of infection.

Sprains, pulled muscles, heat-induced fainting — all respond dramatically to the ice treatment. But there are other emergencies that crop up on camping trips, when you are far from any source of professional help. And you find your first aid kit isn't comprehensive enough to cope with insect bites, sunburn, bad breath, sore feet, smelly feet, prickly heat, poison ivy, and porcupine quills in your dog's nose. Don't des-

pair. The cure for all these ailments can come out of one little red and yellow box in your cooking supplies: the baking soda. With enough left over to brush your teeth and clean the bugs off your windshield.

You've always known that bi-carbonate of soda (one-half teaspoon in a half a glass of water) will settle heartburn or indigestion, at a fraction of the cost of most patent medicines. Did you also know it can provide emergency relief for many other camping aches and pains? Last night, sitting on a moonlit embankment, you were irresistible. Unfortunately . . . you were that way to a colony of mosquitoes.

You can cut out most of the irritation with a paste made by adding a little water to a palmful of baking soda. That same paste will also soothe sunburn, other minor burns, prickly heat and poison ivy. Better yet, if you can get to a bathtub, soak for awhile in warm water to which a cup of soda has been added.

For some reason, living out in the sweet air of the great wilderness creates a not-so-sweet air about campers. Once again, baking soda to the rescue, this time in its role as a universal deodorant. Back home you use it to clear out odors in your refrigerator. It can do the same for you. As a personal deodorant, pat on the dry powder. Pour a little on a damp toothbrush for your teeth; if they're the kind that come out, soak your dentures in a glass of water and two

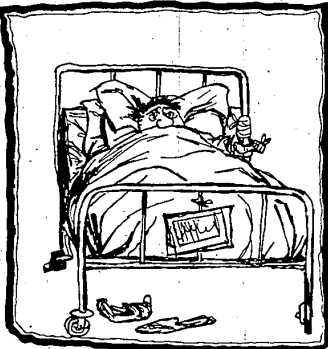
teaspoons of soda. One teaspoon in a half glass of water makes a fine mouthwash or gargle.

Dry soda rubbed on moistened hands will remove grease, fat or pine pitch. If you have only a pail full of water to bathe in, add a handful of soda and sponge your body with the solution. And before your hiking boots walk away under their own power, sprinkle dry soda inside. By morning no one will object to drinking champagne from them.

A solution of two teaspoons of soda in a cup of vinegar, patted on porcupine quills and reapplied after ten minutes, will soften and shrink the pesky needles so they can be pulled without pain.

Having enjoyed a painless, bloodless and odorless outing you head for home, only to find the windshield so bug-spattered you can't drive home. No problem. Soda on a damp sponge will clear it up. And so back to civilization, and a tall refreshing glass of ice-cooled soda water.

NO ONE TOLD THEM ABOUT BAKING SODA OR ICE . . .



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THE OLIVE TREE, a shop displaying a wide assortment of Israeli handicrafts, will open at Hudson's next week as a salute to Israel's 25th anniversary. The hand crafted weavings, ceramics and mosaic pieces shown are among the unusual items that will be available through the holiday season. Olive Tree will be located in the gift departments of all Hudson's stores.

Proof Of Support No Longer Needed

A divorced woman no longer has to prove she gets support from her ex-husband to get monthly social security payments based on his work record, according to Sam F. Test, manager of the Detroit - Northwest Social Security office, 17500 Lahser.

"The support requirement is eliminated by the new social security law," said Test. The new law went into effect Jan. 1, 1973.

Previously, a divorced woman who met the other requirements for entitlement had to prove her ex-husband was providing at least half of her support, or that he was giving her substantial contributions under a written agreement or was under court order to do so.

Monthly benefits based on an ex-husband's work record are payable to divorced women beginning at 62; to divorced widows, beginning at 60; and to divorced mothers at any age if they have dependent children of that marriage in their care.

The ex-husbands must either be getting social security retirement or disability payments, or they must have died after working long enough under social security.

Interested persons may call their nearest social security office.

Check Tick

Some state laws make it difficult for a divorced woman to obtain support from her ex-husband according to Test. "Many divorced women in financial need have been unable to get so-

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