

Caring for Tires

Thinking about taking a road trip? Keep in mind that the only thing separating the vehicle being driven from the road is the tires. Excessively worn tires, damaged tires, under-inflated or over-loaded tires—all are dangerous. The Better Business Bureau reminds drivers that proper tire selection and maintenance is the key to safe summer driving.

It is a good idea to inspect a car's tires on a regular basis. Examine the tread, or the part that touches the road. Look for tread wear indicators—bars that appear across the tread as narrow, smooth bands. Take a Lincoln head penny and insert it in several adjacent grooves. If the top of Lincoln's head is visible in two or more adjacent grooves, then the tire has less than one-16th inch of tread. This is the sign of a badly worn tire which should be replaced immediately. Also when the cord for fabric portion of a tire is exposed, remove and replace the tire as soon as possible.

Buying New Tires
If new tires are necessary, be sure to check the owner's manual or look for a sticker in the glove compartment or on the doorpost, usually on the driver's side, for the correct size. Tires should always be replaced with the same size designation as recommended by the car or tire manufacturer. For safety and performance reasons, all four tires should be of the same size and construction.

As far as type of tire construction is concerned, refer again to the owner's manual for a description of the construction of the car's original tires. Make sure the type of tire you purchase matches the construction, load capability and size of the other tires on your car. Be sure the seller records the identification number of the tires as well as your name and address. This registration is required by federal law for use in case of a tire recall. Keep a copy of this information in case the tires are later subject to a recall action.

All major tire producers warrant their new tires. Make sure you read and understand this warranty. Find out what it does and does not cover, and who will be responsible for replacing a tire should a problem develop.

Installing the Tires
Before new tires are installed, have a qualified mechanic make sure that the car's front end alignment is correct, the brakes are operating properly, and that worn wheel bearings, shock absorbers and ball joints have been replaced. At the time of tire installation, be sure to have the tire/wheel assemblies balanced. It is wise not to mix

different construction tires on the same axle. If you have any question about tire placement, check the owner's manual or ask your tire dealer. Proper inflation is the most important requirement for maximum tire safety and mileage. Always check the tire air pressure by at least once a month and before long trips. Look in the owner's manual or at the tire sticker on the car for the recommended pressure. Buy and use an accurate tire pressure gauge for the most dependable reading. Keep in mind that all tires, including radials, have a tendency to lose about a pound of air pressure per month. Under inflation creates excessive heat, reduces tire life, increases fuel consumption and may cause a tire failure. The best time to check the inflation pressure is when the car has been driven less than one mile at a moderate speed. Never bleed, or let the air out of, hot tires.

Those who plan to drive recreational vehicles this summer should be especially watchful of proper tire pressure. A camper or trailer packed to the hilt with summer vacation gear may be in serious trouble if the tires are not properly inflated or in good condition. Periodically check the tires for tread wear, cracks and signs of tread separation. Be sure to replace any worn tires before you start your trip. Some recreational vehicle tires may be difficult to locate in remote areas.

Whether the vehicle being driven has new tires or old, take the time to check them, regularly for excessive, abnormal or irregular wear.

(health watch)

Beware Of Wild Plants

In the last few years we have become a nation of gardeners. Almost everyone these days is growing something in the back yard besides crabgrass. Tomatoes, beans, and every other conceivable vegetable are being grown in the largest gardening boom since the victory gardens of World War II.

For some of us, however, our culinary delights are not limited to what we have cultivated but also extended to those plants that can be foraged in the woods.

But let the eater beware! Some plants can be very dangerous either from misidentification or harvesting a plant at the wrong time of the year when it might be toxic.

In North Carolina and throughout the South, the young tender leaves and stems of the pokeweed are widely served, after thoroughly boiling them twice, and are safe in the spring. But by late summer when the berries form, pokeweed consumption can be fatal if uncooked berries and mature leaves are eaten in quantity, especially by small children. Severe stomach and liver pain and blurred vision are not uncommon results of eating

pokeweed at this time of year.

Stalking the wild mushroom has been a particularly distressing experience for many people, since identification of different types of mushrooms, poisonous and nonpoisonous, is pretty difficult. Even a slight amount of the poisonous fungi found in certain types of mushrooms can be fatal to a child.

Symptoms of mushroom poisoning include stomach pain, vomiting, and in some cases liver and kidney damage, and are usually delayed from 6 to 24 hours after eating. Your best bet is to hunt for mushrooms in the vegetable department of your grocery store.

Even in the vegetable garden, eating the wrong parts of the plants can lead to problems. The leaves of the rhubarb plant can cause oral irritation, kidney damage, and convulsions. Even the green parts of the tomato and potato plants can cause severe stomach illness.

Enjoy fresh vegetables this summer, but make sure you eat the right part of the right plant at the right time of the year.



The "Concours de Beaute" at Spa, Belgium in September, 1888, is considered the first beauty contest. The 21 finalists were kept in seclusion and were not seen by anyone except the judges.

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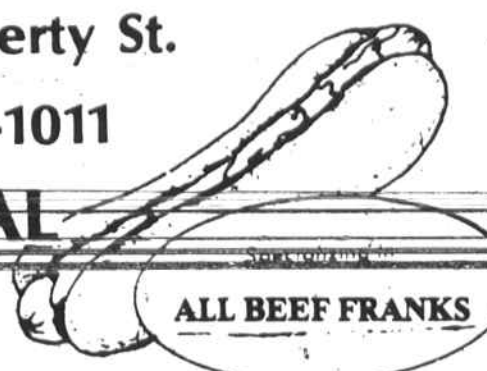
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