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Insulation Saves Money, Energy

With the cold winds of winter only around the corner, it may be a good time for homeowners to check the whole house for adequate insulation. The Better Business Bureau points out that by installing insulation, homeowners will find a sure way to cut down fuel costs as well as save energy.

How do you know if a home needs insulation? Here is a checklist which may come in handy:

Attic: Is there any insulation betwen the floor joists or the raners: Measure the thickness of any existing insulation. If the "R" value is not known, and it is less than six inches, more insulation may be needed. Also check for ventilation required for proper air circulation.

Walls: In cold weather, place your hand at several spots on an interior wall erature with that of an the exterior, especially aro- considered the key factor in same amount.

SAVORY TUNA

exterior wall. If the home und doors, windows, chim- judging insulating mater- Various government agencis adequately insulated, the neys and where piping or ials. Be sure to look for the ies, public utility compan- ber one killer in the country exterior wall will feel only wiring enter the house. "R" value, which should ies, insulation and home today. One in every one

Floors: If there is a floor If insulation is needed, hoover an unheated crawl meowners are cautioned space, garage or basement, against dashing off to the is it insulated? Be sure to local hardware store to buy tive the insulating capabili- various areas of a home. pain, or sudden death with-



cracks around the windows. baseboards Windows: Are they proper or to cover the ceiling ness, which tells how well a the unserupulous contractly weatherstripped? Is joists. It is very important material insulates. there caulking around the to have a basic knowledge frames and panes? Be sure about the kinds of insulato repair any existing caulk- tion materials available; the in terms of "R" value, to ing which is worn, cracked following information will install depends on a numor missing. be helpful. Doors: Is there weatherstr- Insulating material is rated geographic location, local ipping around the frame, by manufacturers accord- utility rates and amount of and does the door fit snug- ing to how well it resists existing insulation. Every

lv?

comes out clean. Makes 3 servings.

Outside: Take the time to er heat gain. This resist- Florida or Alaska, should walk about the house to ance ability is callked the be properly insulated, but and then compare its temp- check for gaps or cracks in "R" value, and should be not every home needs the

The "R" Value is the Key

material.

side-tracked by the thick- and R-19 for floors. ness of the insulating mate-

How Much Insulation? The amount of insulation, ber of factors including winter heat loss and summ- home, whether it is in

be marked on packages of building trade associations, hundred American men will the materials. Keep in among others, differ in have a newly recognized mind that the higher the their recommendations of a ischemic heart event (first "R" value, the more effec- minimum "R" value for heart attack, onset of chest feel for air drafts around something to plug those ty. For example, an R-22 As a rule of thumb, an out warning) this year. material provides twice the adequately insulated home That's bad news. heat resistance of an R-11 has the following values for

insulating materials: R-30 However, be sure not to get for ceilings, R-13 for walls The Better Business Burrial. Remember, it is the eau advises homeowners to "R" value not the thick- he on their guard against

> or or door-to-door insulation salesperson who may overstate the "R" value of insulating material. And if a contractor is to be hired to do the job, be sure to check his reliability with the BBB. Always get at least three estimates on work over \$200. Any contract to be signed should be in writing, down to the details of "R" value, type of insulation and areas to be covered.

The good news is that over the last few years there has been a decrease in the number of heart attacks. Also, due to improved technology, the survival rate for thoise who Trepometicster La improved. The victim who

reaches the hospital alive has a better chance than ever of surviving and returning to an active life.

Reaching the hospital quickly is critical for survival since many complications occur within the first few minutes and hours after an attack. The North Carolina Medical Society stresses the importance of recognizing a heart attack

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when it happens. from indigestion. Usually ly contributes to heart angina pectoris (heart cramp) shows up days or weeks before an attack and becomes more and more frequent with less and less

exertion. Finally a severe episode of pain that lasts from 30 to 60 minutes or longer signals a heart attack. The sensation of goin may feel like a crushing or squeezing under the brest bone, radiating into the arms and neck. Also accompanying this is a shortness of breath

sweating, weakness, nauseau, dizziness and fainting. Some people are at great- fatty meats and egg yolks. er risk than others be-

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Market Style

Sliced Bacon

from heart attacks although Many people may walk it sharply increases after around with chest pain for menopause, and blacks are days or weeks before their nearly twice as likely to attack simply because they have high blood pressure, a think they are suffering condition which significantattack risk.

There are important factors that people can control. Among them are weight, diet, exercise, and smoking.

A middle aged man, 20 percent over his normal weight has a 2 to 3 times greater risk of a fatal heart attack. But counting calorles isn't enough. It is also necessary to watch cholesterol, a fatty material which may cause deposits on artery walls which interfere with blood flow. Avoid foods like pastries, butter, whole milk, liver, kidney, Exercise is also important cause of conditions they to keep the heart muscle cannot control. Heredity strong. Also, smokers have may place certain people at a 50 to 100 percent greater greater risks. Women have risk of heart attacks than a lower death rate than men non-smokers.

CUSTARD 3/4 cup Egg Beaters Cholesterol-free Egg Substitute 1-1/4 cups skim milk 1 can (7-ounce) water 1/4 cup sugar packed tuna, drained 1/4 teaspoon salt and flaked 1/4 cup Egg Beaters 1/2 cup frozen peas. thawed 2 tablespoons grated onion 2 tablespoons chopped parsley 1/4 teaspoon salt 1/4 teaspoon thyme leaves, crushed Generous dash pepper

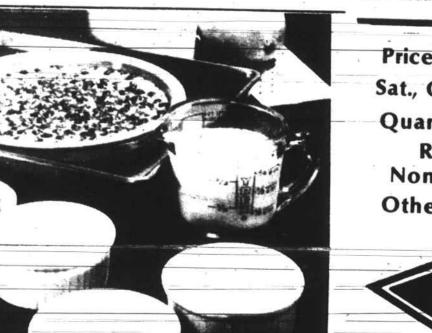
1 cup skim milk, scalded Combine. Egg Beaters egg substitute, tuna, peas, onion, parsley, salt, thyme and pepper. Gradually stir in milk. Pour into a 1-1/2-pint

Egg Substitute 3/4 cup cooked rice 1 teaspoon grated orange peel 1/2 teaspoon vanilla extract 1 tablespoon sugar Scald milk; stir in 1/4 cup sugar and salt. Add slowly to Egg Beaters egg substitute, stirring constantly. Stir in rice, 1/2 teaspoon orange peel and vanilla extract. Divide mixture into four 5

ORANGE RICE

CUSTARD

Cholesterol-free



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