

Getting Into Hot Water

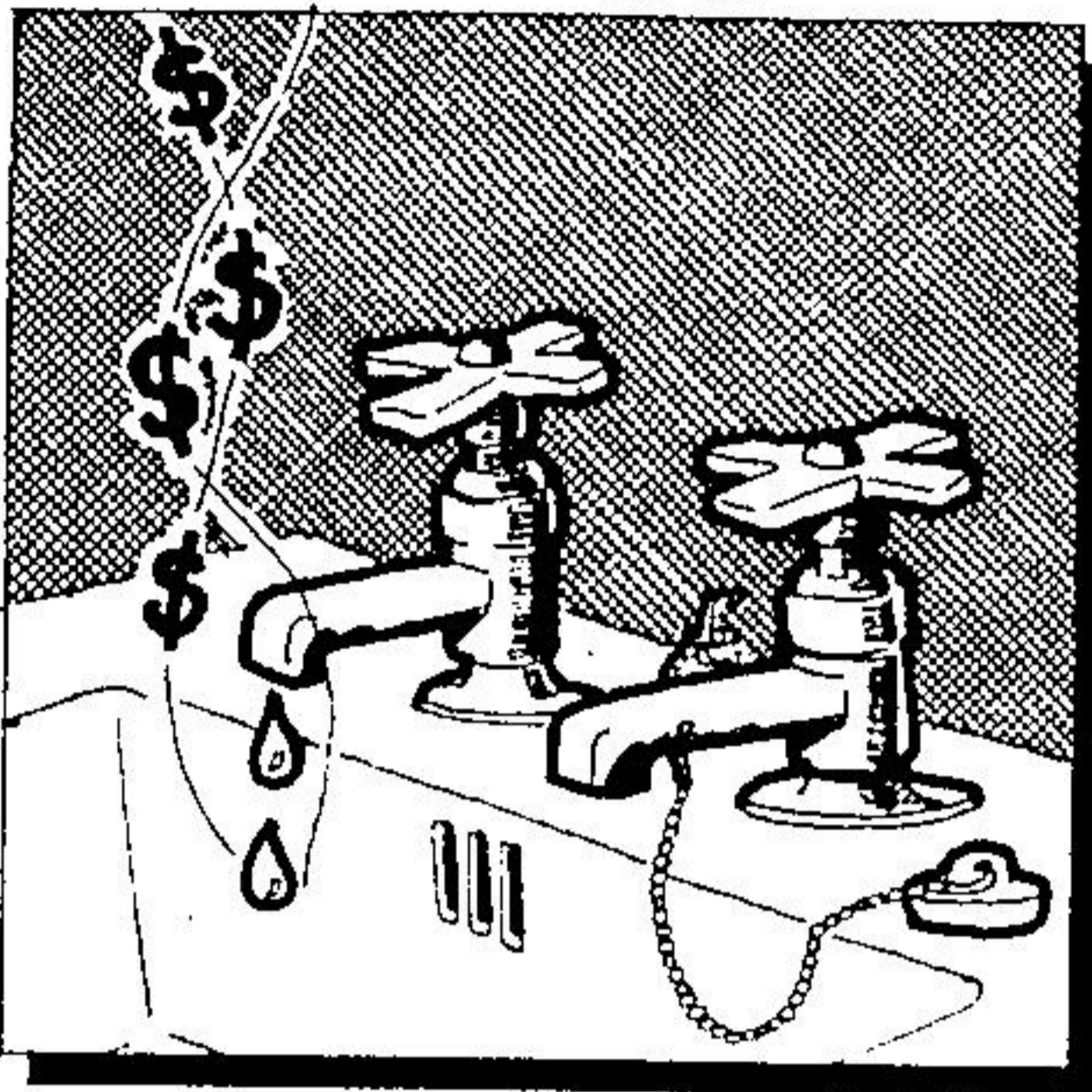
The most expensive item in your home energy budget is space heating. Running right behind it is hot-water heating — whether by oil, natural gas, propane or electricity. There are many ways to reduce your hot water bill without resorting to cold showers.

First of all, be sure that the thermostat on your hot-water heater is not set too high. 54°C (130°F) is recommended.

es by spraying them in the drying rack, a tray at a time. If you don't have a hose, use a second basin for rinsing rather than continuously running the hot water.

Double Duty

• Use your hot water twice. In the winter, after you've had a bath or done the dishes, don't drain the hot water until it cools. It's better to heat the house than the sewers.



Drip, Drip, Drip

Fix those drips. One drip per second from a leaky hot-water faucet or shower-head can add up to about 175 gallons a month. That's cash down the drain!

How About Using Less Hot Water?

Here are some ideas on how to cut down on the amount of hot water you use.

• Switch from sit-downs to stand-ups. Unless you stand in the shower until you've sung all of your favourite songs, a shower uses less water than a bath. Increase your energy savings even further by installing a "water saver" on the shower head.

• If you must sit, use less water. The cost of a bath is determined mainly by the amount of hot water you use.

• Use the cold water wash and rinse cycles when washing your clothes.

• Reduce the amount of hot water needed for doing the dishes. Try the following:

— rinse and scrape the dirty dishes using cold water;

— wash in a basin that is somewhat smaller than the sink;

— use a reasonable amount of detergent — mountains of soap-suds don't mean cleaner dishes. They do mean wasted detergent and increased use of hot rinse water;

— use a hose for rinsing dishes.

Heating The Water Efficiently

An efficiently running hot-water heater helps you save money and energy.

• If your tank is heated with oil or gas, be sure it gets an annual or semi-annual check-up along with your furnace. The flame, barometric damper, and stack temperature should all be adjusted to ensure that the energy you're using is heating the water, not scorching up the chimney.

• Down near the bottom of your heater is a small tap. Drain a pail of water from here about once a year to clear out sediment and mineral deposits.

Keeping It Hot

• A good insulating jacket can reduce heat loss through the walls of an uninsulated hot-water tank by at least 80%. Insulation will also help keep your basement cooler in summer. If you have a tank that isn't insulated, wrap some insulation batts or rolls around it. Be sure you use fire-resistant insulation and keep it well clear of the burner on an oil- or gas-fired tank.

• Protect the pipes. Hot water moves from the tank to the various outlets in the house through pipes that normally run along the basement ceiling. Again, insulation is the best way to prevent the heat from escaping.

Use your hot water wisely and you'll be well rewarded by the reduction in your hot water bill.

Save with Energuide

When you purchase an appliance, you are buying two "packages": first, the appliance itself, and second, electrical energy. Over a ten-year period, this electrical energy could cost you as much as the original price of the appliance.

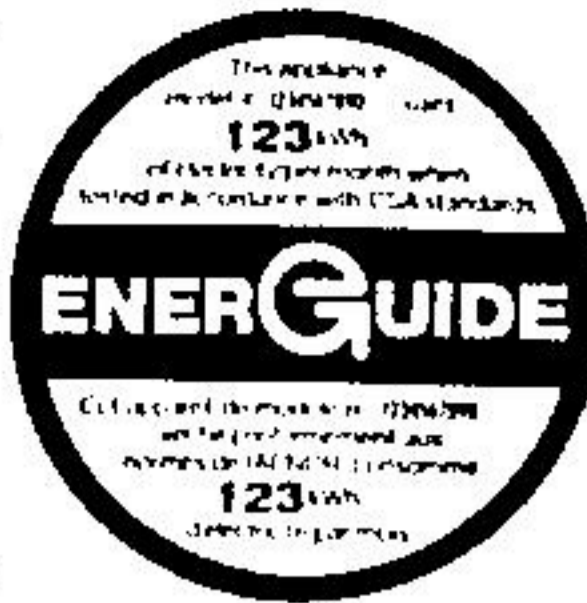
Between various makes and models of refrigerators, there can be as much as a 150 kilowatt-hours per month (kWh/Month) variation in energy consumption. Over a ten-year period, even a 50 (kWh/month) spread can result

in a \$240. difference in electricity costs.

To help consumers choose a low-energy consumption model, the Federal Government has developed the ENERGUIDE program.

Currently, the ENERGUIDE label is displayed on all major household refrigerators. The energy consumption figures for refrigerators are listed in the ENERGUIDE Directory, which is available free from your Regional and District Office of Consumer & Corporate Affairs, Canada.

The ENERGUIDE figures will soon be released for dishwashers, ranges, washing machines and dryers.



EAT IT RAW!

Add variety to your menu and save energy. "eat it raw". Common in summer, this practice can be extended through the winter months.

Instead of cooking your carrots, grate four medium carrots, add raisins, nuts, salt and pepper to taste. Squeeze approximately one tablespoon of lemon juice into a cup of sour cream, pour over the salad, toss and serve. The garden fresh flavour will delight the whole family.



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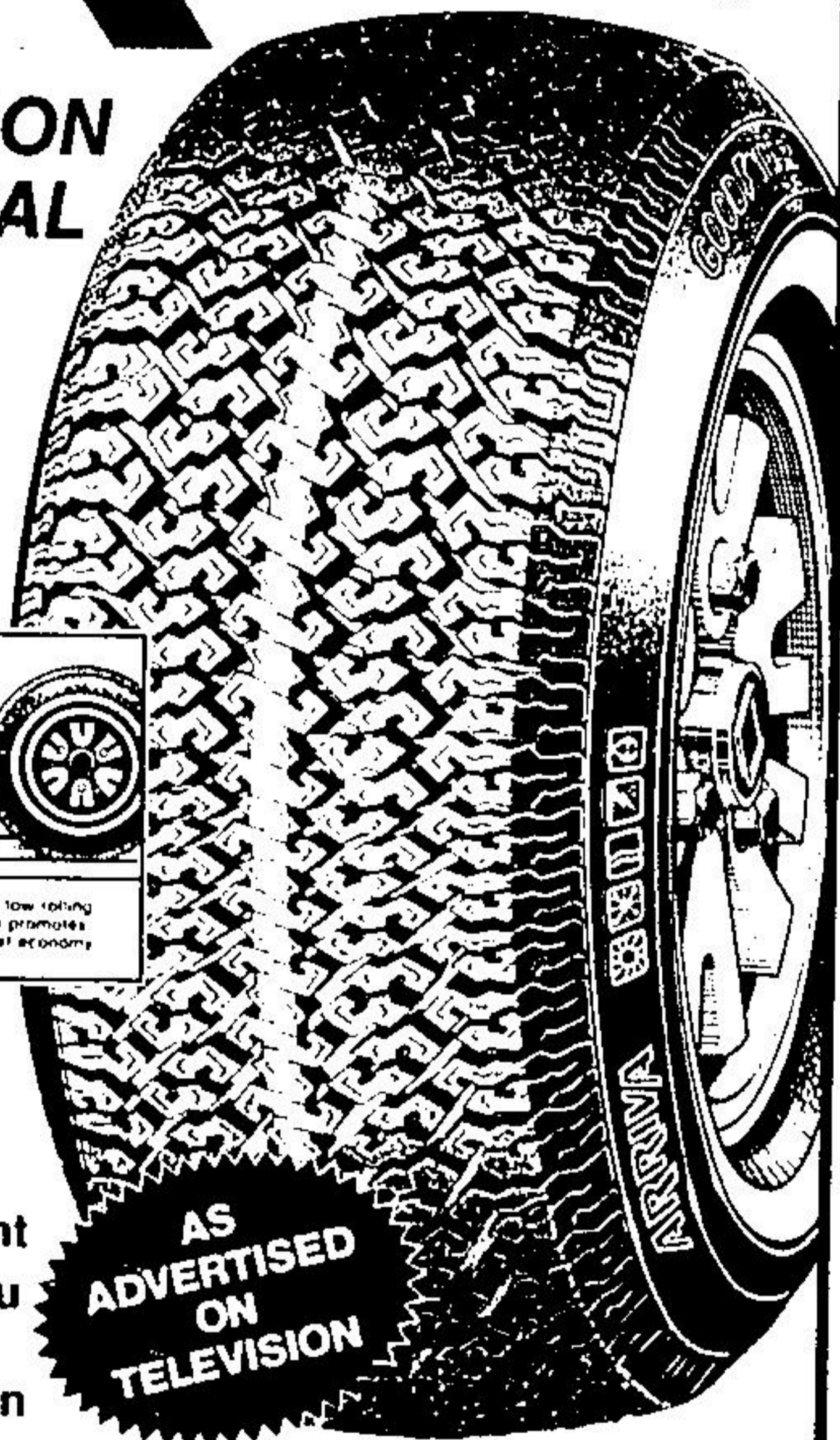
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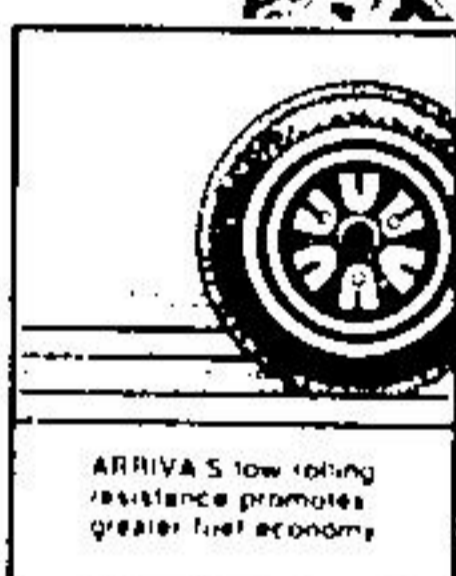
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"How To Throw It Out"

Most Canadians are aware that energy is required to produce and cook our food — but how many of us consider the cost of throwing it out?

The Consumers' Association of Canada (CAC) looked at both the energy and dollar costs of how we package our garbage.

The Winner Is ...

The CAC study found that, over a 10-year period, there can be as much as a \$200 saving if you buy and use a metal garbage pail instead of a less durable plastic pail.

The longer a container lasts, the greater the savings. It was found that while some of the cheaper plastic pails had to be replaced each year, the metal pails often lasted for 10 years.

If plastic garbage bags are your preference, you may be spending almost \$90 more (over a ten-year period) than your neighbour who uses a metal pail.

The metal pails were also the best energy buy. In fact, it was calculated that for every 375 households that switch from plastic bags to a durable metal pail (if it lasts 10 years), enough energy is saved to heat an average home for one year.

The CAC's calculations are based on a weekly pick-up of two garbage bags or pails over a 10-year period. (If you throw out only one bag or pail of garbage each week, cut your costs in half — you've saved both energy and money.) The following is a summary of its findings.

The cost of buying:

— metal pails (lasting 10 years) would be	\$ 18.00
— metal pails (lasting 5 years) would be	\$ 37.00
— plastic pails (lasting 5 years) would be	\$ 45.00
— plastic pails (lasting 1 year) would be	\$227.00
— plastic bags (use and dispose) would be	\$104.00

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