

Christmas tree hazards

(NC) — The lights of the holiday season will soon be adding their festive touch to living rooms across the country. As Canadians unpack and untangle last year's Christmas tree lights, Consumer and Corporate Affairs Canada cautions that lights must be used properly and handled with care.

Every Christmas, tragedy strikes somewhere through electrical fires or other accidents. The main reason is either worn or defective equipment — or carelessness.

Check wiring

Before using any Christmas tree lights or electric decorations, check all wiring, sockets and plugs for fraying, cracks or loose connections.

Only Christmas lights and other electrically operated decorations which have been tested and certified by the Canadian Standards Association for electrical and fire safety should be used. People should remember the basic rules for handling electrical equipment. Carelessly handled or improperly used, decorative lights can be hazardous.

The hazards are those of possible electric shock and fire.

Strings of miniature lights are of particular concern and call for special precautions. These are the small sets known as "minis," Italian or midjet lights. They vary in length of string. Some use 12 V bulbs, other 7 V and still others, 3.5 V bulbs.

When replacing miniature bulbs, it is essential to use bulbs having the same voltage rating — a 7 V bulb must replace a 7 V bulb, a 12 V bulb must replace a 12 V bulb. Failure to do so could cause dangerous overheating of the insulation and possible fire.

But be careful, it is easy to mistake



one bulb for another. All bulbs, whatever their voltage, look alike. They are identical in appearance and are not marked individually with a voltage rating. The voltage information is found only on the bulb package.

You should remember that:

- 12 V bulbs are suited to strings with 10 or 11 lights.

- 7 V bulbs are used with strings of 15 to 35 lights.

- 3.5 V bulbs are for strings from 35 to 50 lights.

Caution is also needed when using miniature lights for displays. Users sometimes bunch up miniature lights into a cup or pot for special effect. Unless the set is recommended for such use, the heat generated by bunched-up lights could result in the exposure of live wires due to the melting of insulation. Remember that Christmas lights are designed for decorating trees and other objects by means of individual lights well separated so the heat given off does not pose a hazard.

Burned out bulbs should be replaced promptly because the remaining bulbs burn brighter and hotter for each burned out bulb.

Never use Christmas lights on a metallic tree. The tree could become charged with electricity due to metallic tree needle decorations getting into the light sockets. This could result in an electrical shock to anyone coming into contact with the metal branches. Metallic trees can be illuminated with



Consumer Affairs

Floodlights for a colorful effect.

Don't mix them

Never use indoor lights for outside lighting. Outdoor lights are specifically constructed for outdoor use. Use only insulated staples to hold outdoor strings in place, not nails, tacks or brackets. And be careful not to pierce the wire insulation.

If at all in doubt, replace the old sets.

This Christmas, plan for safety.

Look for and eliminate possible danger spots near trees and electrical connections. Put safety precautions at the top of your Christmas list.

son the drain on mental and physical capacities is more predictable. Since the central nervous system influences every part of the body, stress shows up in extreme fatigue, nervous tension, and lowered resistance against disease.



HEALTHY LIVING

Take it easy! Don't let the holidays get you down

(NC) — We should all look forwards to the Holidays. And yet, it is amazing to note how many people can hardly get through them without a great deal of stress and exhaustion.

The fast pace of modern living seems to make people almost frantic in their approach to the Holiday Season.

What many of us don't realize is that the way we feel under pressure (mentally and physically) depends to a great extent on our overall health. No one can feel relaxed, pleasant, and capable of coping with a busy schedule if his body is not functioning properly.

With the over-indulgence in food and beverage during the Holiday Sea-

Your doctor of chiropractic offers some sound advice based on his health care experience and training.

1. Make up a list of projects to be done by priority and allow sufficient time for them. Concentrate on essentials, and pace yourself.

2. Don't try to get all your entertaining into the Holidays.

3. Resist the temptation to over-eat or to indulge in an excess of rich foods.

4. Get plenty of sleep and relaxation.

5. Keep an important place on that calendar of busy activities for periodic health examinations, including a spinal examination.

Your doctor of chiropractic reminds you that having a happy Holiday depends on staying healthy and being energetic.

Persistent or recurring aches in the back and limbs may suggest a possible spinal or pelvic problem. This often requires a structural correction of the cause in order to relieve the condition.

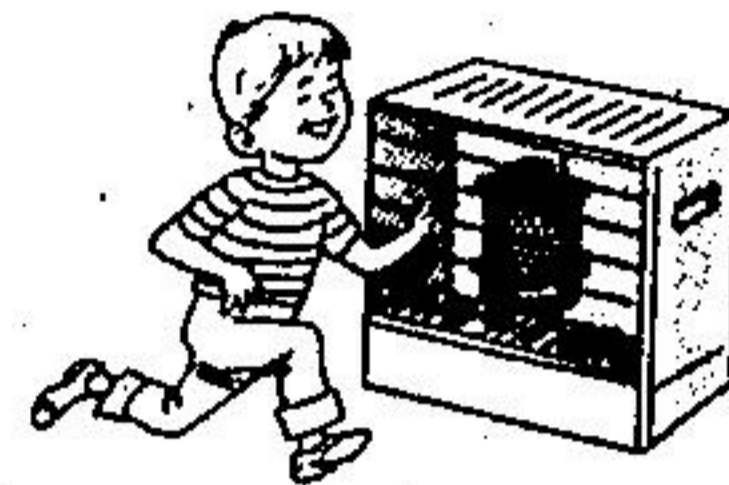
Prevention is the best way to avoid a back injury.

These health views are published by members of the Ontario Chiropractic Association in the interest of better public health.

CONSUMER CHECKLIST

Kerosene Heaters

If you're thinking of buying a kerosene heater, consider one that shuts off if it is knocked over. If the heater is not vented to the outdoors leave a window open while in use. Otherwise oxygen in the house is used up as the heater



burns. Read the manual carefully.

Merry Christmas

TO ALL OUR CUSTOMERS... Have a safe and happy holiday season

neighbour stores



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Favourite Recipes

SWEDISH TEACAKES (Thimble Cookies)

1/2 cup butter
1/4 cup brown sugar
1 egg, separated
1 cup flour
1/2 tsp. salt
1 cup ground walnuts
jelly or jam

Cream butter and sugar well. Add flour, salt, egg yolk and combine. Form into small balls and dip in slightly beaten egg white. Roll in nuts and place on greased baking sheet. Make an impression in centre of each with a thimble. Bake at 350° for 8 minutes. Remove from oven and quickly remake impression. Continue baking until brown. While warm fill with jelly or jam, or these will keep well and you can fill as needed.



Foodstuffs

92 MAIN ST. S. GEORGETOWN 877-8569

SPECIALS THIS WEEK

MINCEMEAT

99¢ LB.

GLAZED MIXED FRUIT

93¢ LB.

CHOPPED WALNUTS

*2.43 LB.

COFFEE BEANS

10 VARIETIES WHOLE BEAN OR FRESHLY GROUND YOUR OWN

*3.98 LB.

Foodstuffs