

Jump-starting your car safely

Continued from page 6

4. Make final connection on engine block of stalled engine (not to negative post) away from battery, carburetor, fuel line and any tubing or moving parts.

5. Stand far back from both vehicles. Start the car with the good battery, then start the disabled car.

6. Remove cables in reverse order of connections beginning by first removing cable from engine block or metallic ground.

Should an accident occur and battery acid gets into the eyes, immediately flush them with water for at least 15 minutes. Seek emergency medical assistance.

The National Society to Prevent Blindness offers a 4" by 8" vinyl sticker listing step-by-step instructions for safely jump-starting dead batteries.

The sticker can be affixed to any clean, dry surface under the hood or kept inside a car's glove compartment.

These instructions are also available on a CarrySafe Booster Cable Bag. The bag keeps booster cables tangle free and protects them from damage, while being compact enough to fit under a car's front seat. The Booster Cable Bag retails for \$5.95.

To obtain a sticker with safe jump-start instructions, send 25¢ and a self-addressed, stamped business envelope, and write to: The National Society to Prevent Blindness, 500 East Remington Road, Schaumburg, IL 60173. For booster cable bag information, write to the society at the same address.

A little bit of HUMOR

Joan: What kind of dog can tell time?

Dave: A watchdog!

Lester: Why did the little boy put his puppy close to the fire?

Mike: He wanted to have a hot dog.



KATHY HAJAS
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FIBER FACTS

Q: I hear a lot about fiber. Is it important that I eat high-fiber foods while dieting?

A: You will no doubt find that eating fiber foods will be an asset to you while dieting.

High-fiber foods, such as whole wheat, fruit and vegetables, are satisfying because they are generally foods you must chew. They also take longer to eat than most refined foods. Fiber absorbs moisture; therefore, it expands in your stomach and you feel full. This feeling of being satisfied and content is especially important to those who are on a weight reduction diet, as they feel full longer and are less apt to feel hungry or crave other foods. It is wise to add high-fiber foods slowly while your system adjusts. Also consume plenty of fluids along with whole grains and bran.

Your Diet Center Counselor at 877-2900 will be happy to give you additional fiber information.



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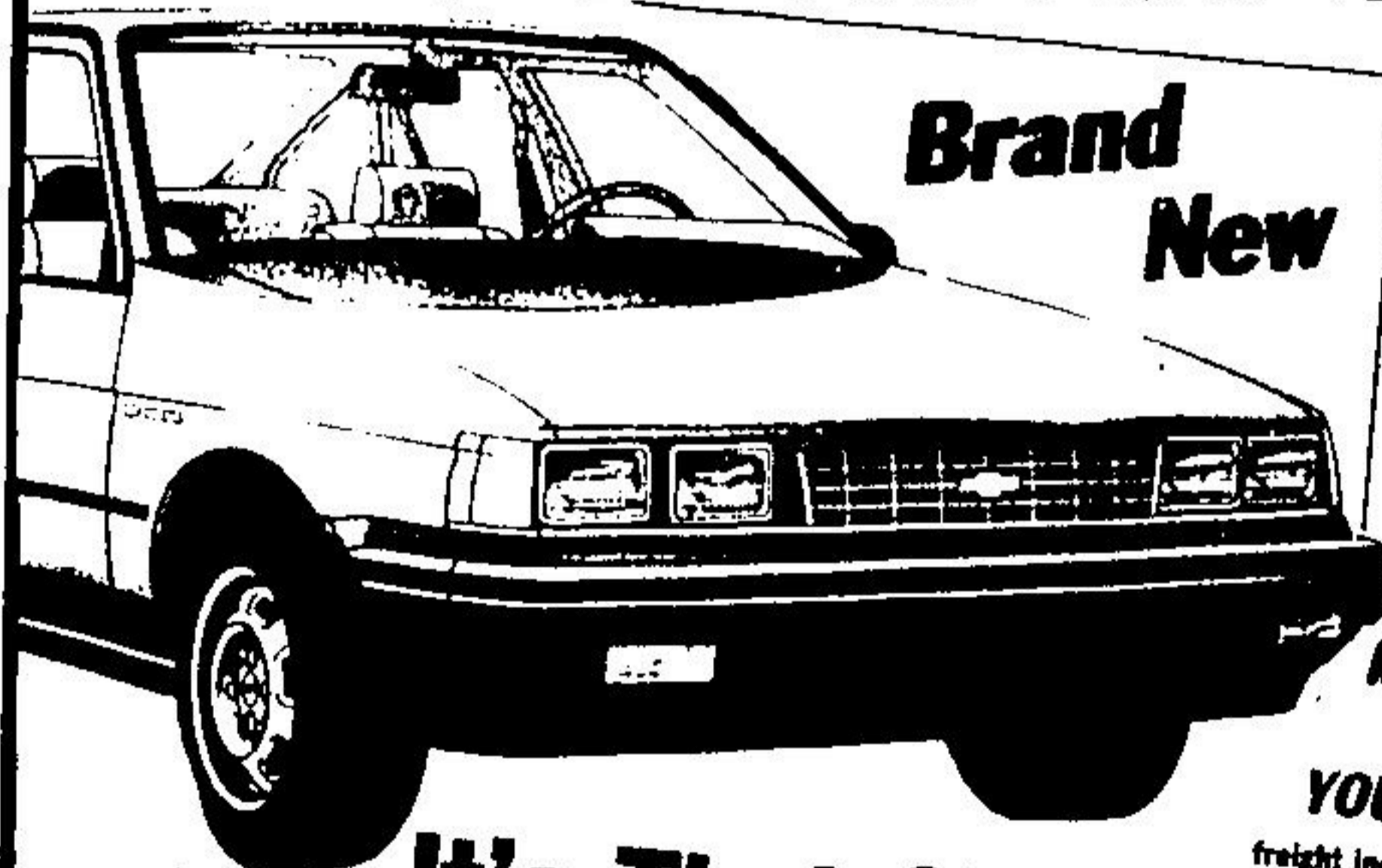
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