



fabric forum

Prepared by the International Fabricare Institute (IFI), the association of professional drycleaners & laundriers

Before You Tie One On...

A tie is an essential accessory to a man's wardrobe. And with quality ties costing \$25.00 and more, getting a long life from your tie is very important. Most ties are cut on the bias of the fabric, or against the grain. This makes them susceptible to distortion from pulling and stretching. To prevent distortion, knot the tie gently and always remove the knot when you take off the tie. Store your ties hanging straight.

If you spill something on a tie, blot it gently. Never rub a



stain as this may cause chafing of the fibers especially in silk ties. Bring your tie to us, your IFI member professional dry-cleaner as soon as your tie is soiled. This can help the tie last longer and look better. Don't allow your tie to become heavily soiled before cleaning.

Local band enters the "Battle"

Hello once again, good readership. What's up?

Not a real happening week at the old GDHS, but here's a quick and painless update:

On Tuesday, GDHS held a wrestling tournament, inviting several schools from the area to compete. No "Body Slams" or "Pile Drivers" here, this is the real stuff.

GDHS rock band, Smalltown Bringdown recently completed recording a five-song demo tape, including covers of songs by INXS, The Rolling Stones, and Jimi Hendrix, as well as two originals. The band also tried out for the annual high school Battle of the Bands contest last Saturday in Toronto. Results won't be known until the near future on whether or not they made it, but with their talent, we can pretty much assume they did.

In last week's column, I asked if



GDHS News

Jamie Harrison

anyone knew what the wood and concrete contraption was at the front of the school (in rhetoric, of course). Well, yesterday a very well-informed source told me. In actuality, it serves no real purpose other than to take away from the forboding doom and gloom of entering the school's front foyer. Translation: They're trying to trick you into believing that school is pleasurable. (Just jokin'.)

GDHS student Margaret Burns has been given a unique opportunity. Margie was asked to stay in school an extra semester (she was supposed to finish in January), and act as a student teacher.

The latest copy of the GDHS Press was released on Tuesday, and one particular article caused quite a controversy. I won't tell you who wrote it (call it an act of self-preservation). The whole uproar started when the writer gave a very (very, very) unfavorable review to a very (very, very) popular album. The author is now under the "Witness Protection Program," using an assumed identity.

That's all for now, kids. Remember, "Early to bed, and early to rise, will make one wise." It will also make for pretty boring weekends. See ya'.

Little seal goes a long way

For more than 80 years a little "seal" approximately one inch wide and 1/4 inches long has waged a gigantic fight against lung disease.

"The Christmas Seal Campaign was launched Nov. 1, with a provincial goal of \$4.5 million," states Mary Campbell, President. "The goal for Halton Region is \$150,000."

Christmas Seals became the visible symbol of the fight against tuberculosis when funds were sought to

send TB sufferers to sanatoriums. Over the years Christmas Seals paid for millions of Canadians to have chest x-rays or tuberculin tests.

"While many fund raising gimmicks come and go, these bright and colorful seals symbolizing caring and hope, have remained a traditional part of the Christmas Seal Campaign," says Mary Campbell.

"If seals were not included in the Christmas appeal, we are certain we

would receive thousands of letters asking where they were."

"The Lung Association holds a meaningful place in the community because of the many programs conducted throughout the year. Unlike many of the other health care organizations, most of the money raised stays right here," says Mrs. Campbell.

The Lung Association continues to fight vigorously for a smoke-free society. Countdown, a stop-smoking group program is proving so popular, it is hard to keep up with the demand. Also offered is a very comprehensive kit called Freedom From Smoking At Work. Many companies have used the advice contained in the kit to establish a smoking policy.

While the fight to gain a smoke-free society is going on in one corner, the Lung Association also helps people with chronic lung problems, which in many cases have resulted from years of smoking. Better Breathing Clubs provide people suffering from COLD (Chronic Obstructive Lung Disease) with the opportunity to find out how to live a more satisfying life. They learn that knowledge about their medication and regular exercise can improve their well-being and their ability to cope with their disease. The sad fact for emphysema sufferers is that there is no cure - yet.

When you see the suffering experienced by people with lung disease it makes you realize how important it is to educate our children about the importance of good lung health, says Dr. R.W.T. Haddon, Medical Director. The "Lungs Are For Life" school program is a major effort by the organization to reach our young people. It is critical that our youth have the knowledge about the importance of healthy lungs, and how smoking damages the lungs.

OUR LANGUAGE

by Jeffrey McQuain

Collaborate, which contains labor, works together. Remember to double the l; after all, it takes two to collaborate.

The French giraffe refers to a social blunder or mistake. Spelling giraffe without the ir would certainly be a gaffe.

OUR LANGUAGE AD-VICE: The winner of this week's Ad-Vice Award is a Florida clothing business with a big sign promising "Hem's Adjusted." Unless you want a contraction of hem is, try "Hems Adjusted." To form the plural, simply add s. Lose the apostrophe, or you too might have an Ad-Vice Award all sewn up.

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