



fabric forum

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

Do Drycleaners Wet Clean?

Drycleaners have been put in a bit of a quandary recently by clothing care labels and the Federal Trade Commission's rule. The rule states that the manufacturer must recommend a method of care and this care method must be followed if the manufacturer is to be held responsible for the performance of the garment. This much makes sense.

The problem arises when someone takes a dress or a blouse to the drycleaner and the

care label gives only washing instructions. Unfortunately using care methods not specified may carry some risk.

If the customer and the drycleaner have followed the manufacturer's instructions and damage occurs, the manufacturer is responsible and the garment should be returned to the store where it was purchased.



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Should she stop taking tranquilizers?

DR. GOTT



PETER GOTT, M.D.

By Peter H. Gott, M.D.

DEAR DR. GOTT: I overdosed in the '70s on pot, LSD and PCP. I now take Triavil but would like to stop. I get severe anxiety and nervousness when I discontinue the Triavil. My doctor isn't too supportive. How do I kick this drug?

DEAR READER: Triavil is a tranquilizer/antidepressant used to treat anxiety or agitation coupled with depression. The issue of whether to stop or reduce your medication is something you should discuss with your doctor. Perhaps another, milder medicine would be more appropriate for you, or your emotional problems might be helped by counseling and psychotherapy.

Don't stop the Triavil without medical supervision; this could leave a vacuum in your life that should be filled with other treatment. If your doctor appears to be unsupportive in your efforts to be drug-free, request referral to a psychiatrist for a second

opinion.

For more information, I am sending you a copy of my Health Report "Help II - Mental/Substance Abuse." Other readers who would like a copy should send \$1 with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: After three or more bites of food, everything gets stuck. I have a burning sensation in my diaphragm, develop hiccoughs and feel like my esophagus has a knot in it. If I take a drink with every bite, then belch, I'm all right. I'm a retiree, and this is embarrassing and painful.

DEAR READER: You seem to be suffering from an ailment in your esophagus, the muscular tube that propels food from your throat to your stomach. Your symptoms could have many causes, including poor muscular contraction, spasm, inflammation, hiatal hernia, ulceration or tumor.

Ordinarily, esophageal symptoms are diagnosed by either of two tests.

The older, more traditional examination is called a barium swallow. You drink some thick, flavored fluid that coats your esophagus while a radiologist examines you using a fluoroscope X-ray. This test is simple and safe. It requires little preparation and

will show inflammation, blockage or problems with parastalsis (muscular movement of the esophagus.)

The second, newer test, gastroscopy, is usually performed by a gastroenterologist, an intestinal specialist. During the procedure, you are lightly sedated and the doctor passes a lighted, flexible fiberoptic tube through your mouth, down your esophagus and into your stomach. By looking at the lining of your esophagus, the specialist can usually determine the cause of symptoms. In many respects, gastroscopy is superior to a barium X-ray because the doctor is actually viewing what is going on, rather than relying on the shadows produced by a fluoroscopy machine. However, gastroscopy is more dangerous (because of the sedation), more expensive and requires slightly more preparation.

You should see a doctor for one of these tests. Once your condition is diagnosed, the physician can suggest treatment.

For more information, I am sending you a copy of my Health Report "Hiatal Hernia." Other readers who would like a copy should send \$1 with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

Unusual gift ideas

By Polly Fisher

DEAR READERS - Christmas may be just around the corner, but there's still time for these last-minute gift ideas:

For the enthusiastic cook (or enthusiastic eater): a couple of pounds of imported pasta and the makings for an exotic sauce - dried wild mushrooms, sun-dried tomatoes, extra-virgin olive oil, a bulb of garlic and imported Parmesan cheese, for example. Include a favorite recipe or let the recipient use his or her imagination.

For a far-away relative or friend: Special, beautiful stationery and a book or roll of stamps. Or send a telephone company gift certificate for those who like to communicate by phone.

For a child: Make up a craft box with inexpensive odds and ends - construction paper, paper plates, white glue, Popsicle sticks, pipe cleaners, paper dollies, bits of lace, buttons, sequins, paper bags, trims such as rickrack and ribbons, stickers, marking pens, etc.

An older child might appreciate a sewing box outfitted with needles, thread, sewing notions, thimble, scissors, even perhaps a simple pattern and a length of fabric.

A hungry neighbor: If you have the time to bake, present a friend or relative with a "pie of the month" club certificate (or bread or cookies or cake or whatever your favorite baked goods are). Promise to deliver a home-baked goody once a month for a year or six months or whatever.

Here's a before-Christmas present: Offer to decorate an elderly or single friend's home for the holidays. You might buy and decorate a nice wreath for the front door, put up a tree or just hang some festive garlands around the living room. Too often, those living alone or those with little energy dismiss holiday decorating as too much trouble or work. But the cheerful decorations can go far to put them in the holiday spirit. Of course, dismantling the decorations after the holiday also should be part of the gift!

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