

Chase summer blahs with an at-home project

Are there kids in your home who need a summertime project? Here's one that will keep them busy around the house, teach them a skill, and produce something you've always needed.

Interest them in making a photo inventory of your entire family's belongings. Whether they do it for the fun of using a camera or for a bonus on their allowances, a home contents inventory is invaluable for settling insurance claims, says SAFECO agent, Jack Swick, Insurance Broker of Swick, Bauman Insurance Agency.

"Without an inventory it may take days after a fire or burglary to recall all that's missing—and then you still can't be sure you've remembered it all or valued it correctly," he said.

"Photos are the easiest and fastest way to start an on-going inventory. You can keep it up-to-date just by saving the receipts of your next major purchases."

It doesn't take elaborate equipment to put your photo inventory together. You'll need:

- ...at least one kid who's looking for something to do this summer, a camera with "fast" film—one that produces instant pictures, 110 or 35mm prints, 8mm movies or even video movies, a dark towel or blanket to act as backdrop for small objects, and paper or note cards to record details about the belongings in the pictures.

Your photographer should take overall pictures of every room, with closets and cup-

boards open, and take closeups of special or costly items.

When the pictures are done, write down the model numbers, styles, original prices, and special features of the belongings in each photo to help you establish their value, and store the pictures and descriptions in a fireproof place.

A good way to get your picture inventory started is to list all the rooms in your house—don't forget the basement, garage, or storage shed.

Then, in each room, the photographer opens closet and cupboard doors and takes a picture of the belongings against each wall. (Often it's easiest to stand in the corners and take pictures of the opposite walls.)

After you have an

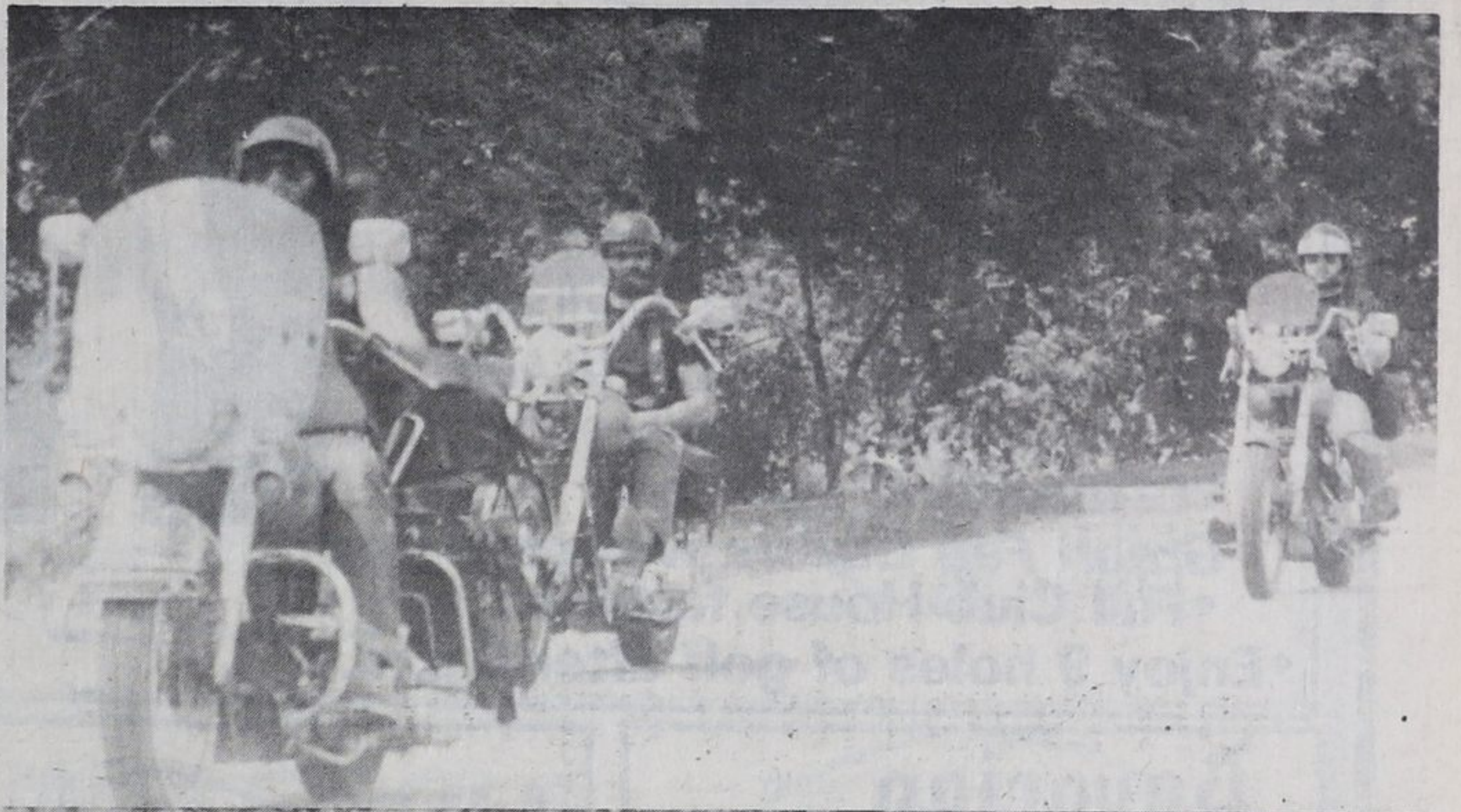
overall record of the room, take closeups of valuable belongings either singly or in small groups. "You'd probably want closeups of your silverware, jewelry, collections, musical instruments, tool, or even hobby equipment," Swick

said. After your pictures are developed, store the negatives or an extra set of prints in a fireproof location—the refrigerator, a safe deposit box, your workplace. Mark them with the date they were taken.

The final step in preparing your inventory is to number each photo and write descriptions of the major items in the pictures. "Your insurance adjuster will want to know when you purchased it, where you purchased it, what it

originally cost, the model, style or identification number, and any special features that would affect its value," he said.

When the descriptions are stored with the prints and negatives in a fireproof place, your inventory is complete.



Canadian salad greens are here

Salad lovers look forward to July's arrival with enthusiasm, for this is the time of year when gardens and markets show an abundance of Canadian salad greens.

In contrast with winter, summer brings us a rich variety of reasonably priced Canadian lettuce. Look for crisp, green leafy vegetables and buy no more than you can consume within a few days of purchase.

Salad greens are delicate vegetables. To preserve their quality and nutritional value, store them in the refrigerator in a tightly sealed container. A small container is best since it holds less air and will minimize moisture loss by evaporation. With the exception of escarole, curly endive, Chinese cabbage and Belgian or French endive, all salad greens should be washed and dried before storing.

Salad dressing adheres better to dry leaves.

Before serving a salad, refrigerate the plates and bowls. Add the salad dressing or vinaigrette just before serving.

Rich and creamy salad dressings will undoubtedly be among the next products to be swept up in the wave of so-called "light" foods. In keeping with this trend, Agriculture Canada's food consultants recommend a lightly seasoned vinaigrette which adds just the right touch to the flavour of fresh salad greens. Vine is better than any other condiment at bringing out the fragrance of herbs and spices, combining them with its own aromatic flavour.

Herb Salad Dressing

250 mL vinegar
175 mL water
125 mL oil
15 mL sugar
5 mL dried parsley
5 mL dry mustard
5 mL basil

5 mL tarragon
2 mL salt
0.5 mL pepper

Combine all ingredients; mix well. Refrigerate covered. Stir before using. May be stored up to 6 weeks in refrigerator. Makes 550 mL.

There are four main blood types: A, B, AB, and O. Whatever your blood type, the Canadian Red Cross needs your help to ensure adequate stocks of blood and blood products to meet the needs of Canadians.

Every month an average of 88,000 people across Canada give blood. Every year the Canadian Red Cross collects more than one million units of blood to ensure that blood is available for those who need it. Help the Red Cross continue to save lives. Call the Red Cross today for the location of the blood donor clinic nearest you.

And how was your weekend?

Some 200 motorcycle gang members from Ontario, Michigan and Texas attended the Vagabond Motorcycle Club's 22nd anniversary party last Friday, Saturday and Sunday at the Vag's property on Con. 18 in Tiny Township. OPP

set up checkpoints in the area with aerial surveillance of the surrounding district being accomplished by utilizing the force's 'chopper. No serious occurrences involving gang members were reported.

Warning!

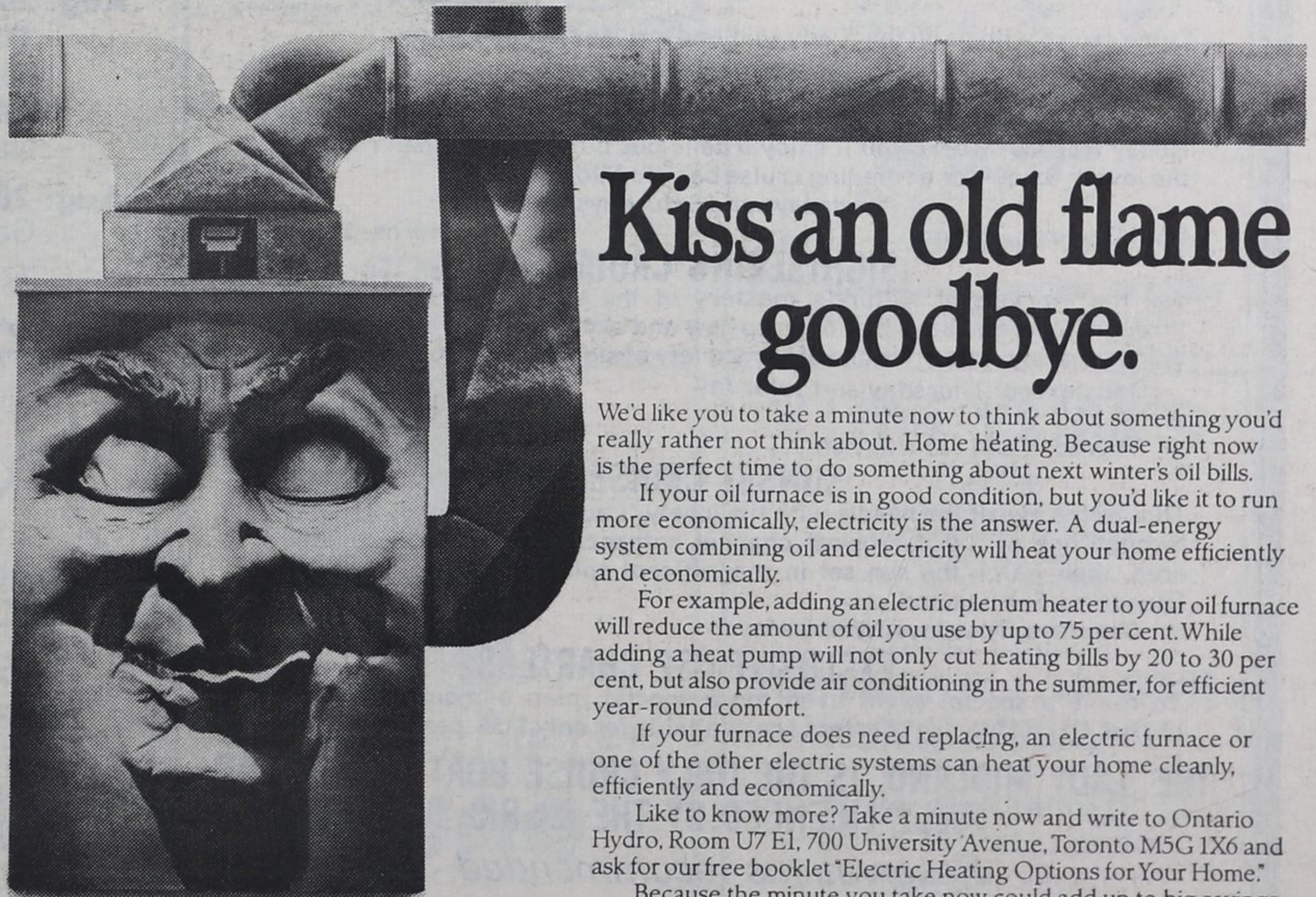


The Chinch Bug

It is an insect that if left untreated can do devastating damage to your lawn. The Weed Man is seeing damage being done already. If your lawn is starting to turn brown in areas it could be the pesty Chinch Bug is starting to show its damaging effect.

THE
Weed Man
526-5977

Call Now For Free Inspection



Kiss an old flame goodbye.

We'd like you to take a minute now to think about something you'd really rather not think about. Home heating. Because right now is the perfect time to do something about next winter's oil bills.

If your oil furnace is in good condition, but you'd like it to run more economically, electricity is the answer. A dual-energy system combining oil and electricity will heat your home efficiently and economically.

For example, adding an electric plenum heater to your oil furnace will reduce the amount of oil you use by up to 75 per cent. While adding a heat pump will not only cut heating bills by 20 to 30 per cent, but also provide air conditioning in the summer, for efficient year-round comfort.

If your furnace does need replacing, an electric furnace or one of the other electric systems can heat your home cleanly, efficiently and economically.

Like to know more? Take a minute now and write to Ontario Hydro, Room U7 E1, 700 University Avenue, Toronto M5G 1X6 and ask for our free booklet "Electric Heating Options for Your Home."

Because the minute you take now could add up to big savings come December.

Go Electric