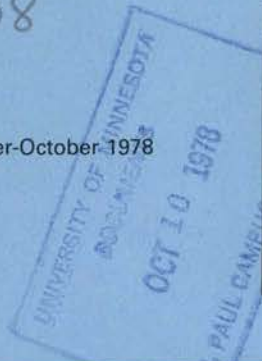


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First Things First For Heat Conservation

Energy costs for home heating are going up an estimated ten percent a year. Either prepare to have more of your paycheck going for fuel and heating costs, or make some investments in your home for the future. There are four steps to take that will help reduce the amount of fuel you use and will help save you money.

1. Adjust indoor temperature
2. Weatherize windows and doors
3. Have furnace tuned up
4. Add insulation

These are listed in the order of greatest savings for amount of money spent. They are also steps to be completed before considering any supplemental form of heating, such as solar or woodburning.

1. Adjust Indoor Temperatures

Turning down your thermostat to 65°F during the day and 60°F at night can save a significant amount of fuel. A lowering from 70°F to 65°F can reduce heating costs up to fifteen percent. Persons may have to change the type of clothing worn inside your home. Layers of warm air trapped between your body and clothing, or between layers of clothing, will keep you warmer. So two thin shirts may be warmer than one heavy one. A lightweight shirt over a heavy sweater could add three degrees.

If there are complaints about being cold, it's time to move on to step number two, to eliminate uncomfortable drafts.

2. Weatherize Windows And Doors

Your windows and doors can be the place of the highest heat loss in your home—warm air is flowing out and the cold air is coming in to cause the drafts. If you need to prove to yourself (or your landlord) that this is happening use the candle test. Carefully hold a candle about one inch from where windows and doors meet the frames. If the flame moves, there is a problem that needs correcting.

Weatherstripping and caulking can be done around windows, doors, and other holes and cracks in the foundation. Perhaps your greatest need is to add a second layer of glass to your windows in the form of storm windows or plastic sheeting. These can reduce heat loss up to one-half.

The Minnesota Energy Agency has two detailed, well-illustrated pamphlets on these subjects. Call them at 296-5175 and request No.

4 Windows and Doors and No. 5 Weatherstripping and Caulking (outstate call toll free 800-652-9028).

3. Furnace Tune Up

Cars need tune ups to give more miles to the gallon; likewise, a furnace will be more efficient if it is kept clean and tuned up. No matter what heating fuel you use, your heating system should be tuned up every two or three years. Furnace filters should be changed every month during the heating season. If there are leaks in the furnace duct work, these can be fixed with duct tape which is available at hardware stores.

4. Add Insulation

After you've completed the first three steps, you will want to consider adding insulation to various parts of your home. The first place to check is your attic. The joists (horizontal boards) should be completely covered. Insulation thickness should be 4 to 6 inches over the top of the joists for an overall ceiling R-value of 38. The next place to insulate with rigid insulation board is the basement walls, especially the part above ground. Generally the most expensive and difficult place to insulate are the walls of your home, so these may be left till last.

When adding insulation to your attic, it is very important to add more ventilation. The two are closely related to the proper functioning of your house. Two fact sheets are available on insulation and ventilation from your county Agricultural Extension Service. Call and request FS Ag Eng 18 Home Insulation and Heat Loss and FS Ag Eng 19 Controlling Household Humidity.

Some books to look for in your library on home energy improvements are Home Energy How-To by A. J. Hand, and The Solar Home Book by Bruce Anderson which explains passive solar heating also.



Parent As Teacher

Reading and writing are everyday activities we tend to take for granted. They are taught in the school, but can be reinforced at home to help children enjoy and continue reading and writing as they grow.

Here are some activities to help children in reading and writing.

- Labeling objects in your home can be a fun reading game for younger children just learning to read. Label the bed, sofa, rugs, refrigerator, etc. Use masking tape for easy removal.
- A trip to the supermarket can be a reading and writing adventure. Let the children write up part of your grocery list—canned goods are a good place to start. Using this list at the store and finding the

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Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>

items provides good reading practice. Be specific in making the list so you don't get cream style corn when you want whole kernel corn.

- Let young readers dictate stories to you or older brothers and sisters. Then they can read back their own words.
- Use pictures to tell a story by having both parent and child choose four or five pictures from old magazines and newspapers. Mount the pictures together on cardboard and label them 1,2,3, etc. Then each person tells the story using the pictures in whatever order desired. It's best to tell the story aloud first. Those who can write should put their stories on paper.
- Check yourself to see if you are:
 - Listening to your child
 - Speaking with your child often
 - Showing interest in what your child does
 - Praising when your child does the best he or she can
 - Going over school papers with your child
 - Reading stories with and to your child

World Food TV Program

This fall a television series on "World Food Problems" will provide a look into the world food situation and issues involved. The six programs will focus on:

- how Minnesota is linked to the world food situation
- the differences in food and health between the privileged and underprivileged
- the potential for increasing food production
- the changes that must happen socially, economically, and politically
- how Minnesotans can contribute to solutions of world food problems

This University of Minnesota program series will be shown:
Twin Cities KTCA, Channel 2, starting September 28, 7 am; September 30, 10 am

Twin Cities KTCL, Channel 17, starting September 28, 6 pm
Rochester (Cable), same as KTCA

Duluth WDSE, starting September 28, 7am; September 29, 6pm
For information on degree credit, or if your church or study group would like a study guide, call Continuing Education and Extension, Minneapolis campus, 612-376-4925.

A Word From Our Sponsor

You may wonder where this newsletter comes from and just what the Agricultural Extension Service is, especially here in the Twin Cities area. It is an educational service, supported jointly by local county governments, the University of Minnesota, and the U.S. Department of Agriculture. Some 60 years ago it had its start in rural America, hence the word agriculture in its official title. Major program offerings by county extension services in the Twin Cities area are:

- home economics and family living
- home horticulture (lawns, gardens, trees, etc.)
- 4-H Clubs and youth programs

This newsletter is one educational program service; others are consumer answering service, University publications, television programs, special interest shortcourses, study groups, and 4-H Clubs. The Agricultural Extension Service office in your county is usually listed under county offices in the telephone directory.

If Your Child Is Poisoned

The Hennepin Poison Center, a part of the Hennepin County Medical Center, answers questions about poisoning 24 hours a day.

If your child is poisoned call your doctor or the Hennepin Poison Center immediately at (612) 347-3141. They will tell you what to do.

Don't hesitate to call, even if you are unsure a poison was taken. Provide your doctor or Hennepin Poison Center with the following information:

- Identify the patient's age, sex, and weight
- Have the package or poison in your hand and read the label.
- Estimate the amount taken.
- Remain calm. There is always time to act.

Syrup of Ipecac is for emergency use in poisoning. It is a medicine that can be purchased in any pharmacy without a prescription that when given to a child or adult will make him or her vomit.

Syrup of Ipecac must never be used before calling your doctor or the Hennepin Poison Center, because with some kinds of poisons it should not be given.

The Hennepin Poison Center also has printed information on poisons and Mr. Yuk stickers available.

"If sunbeams were weapons of war we would have had solar energy centuries ago." Sir George Porter

This Issue

This newsletter is published by the Agricultural Extension Service of your University of Minnesota for young families in the Twin Cities area. I would appreciate your suggestions for its content. Call me at 823-5241.



Eileen G. Anderson, Urban Extension Agent.

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