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Woman's Day

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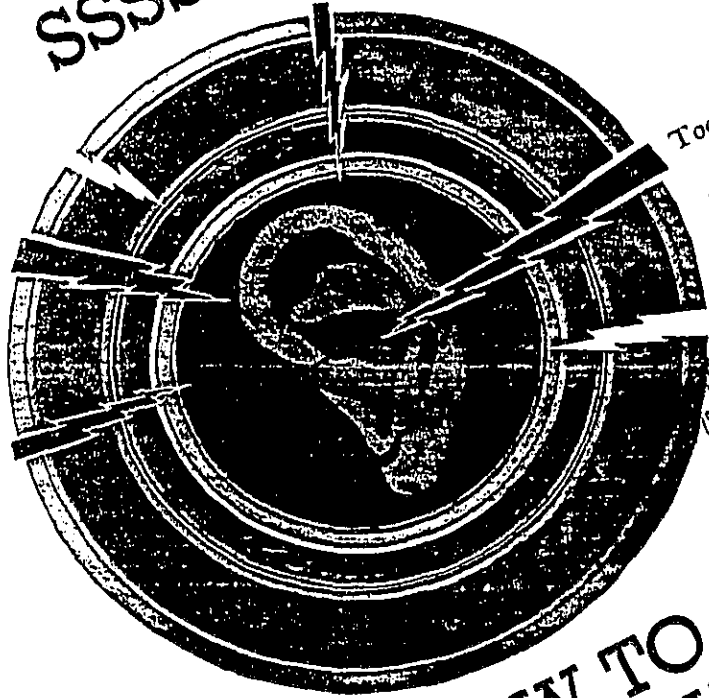
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SSSSHH...



Too much noise can cause everything from hearing loss to high blood pressure—but the good news is that you can do something to protect yourself.

HOW TO LIVE IN A NOISY WORLD

By LUCY KAVALER

On a visiting day at a junior high school near the Los Angeles airport, a teacher was speaking to a room full of parents. A plane flew overhead drowning out her voice. A few minutes later she was interrupted again. One mother decided to count the number of times this happened. By the end of the morning, the teacher had been stopped by the roar of planes sixty-five times.

Such noise is not only annoying, it is detrimental to students. A California study showed that reading-test scores of children in schools near freeways were much lower than those of students elsewhere in the state. And in one New York City elementary school, reading levels of children whose classrooms overlooked an elevated train track were three months to a year behind those of children in rooms on the quiet side of the building.

Noise is usually described as "unwanted sound," but a better definition would be "unsound sound." A child may want to hear the sound of a cap pistol or disco music, yet still be harmed by it.

Noise is experienced by the whole body. When you hear a loud, unexpected sound, there is an automatic "fight or flight" response. Hormones rush into the bloodstream and your heart beats faster. Fingers get icy cold; your mouth dries, your stomach churns. The reaction is the same whether the sound is a fire alarm that could save your life or your neighbor's power mower.

This violent response puts a strain on the nervous system, heart and other organs. As a result, hearing loss, heart trouble, high blood pressure, stomach upsets, ulcers and nervous disorders are all more common among workers in noisy factories than those who work in quieter places.

Noise in school or at home can produce the same results. A recent study showed that children from noisy neighborhoods who went to noisy schools had higher blood pressure than those who grew up in quieter surroundings. And according to Dr. Jack C. Westman, professor of psychiatry at the University of Wisconsin, "The stressful atmosphere (continued on page 148)

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produced by noise in the home is a significant factor in headaches, stomach problems and nervous tension."

Noise is much more harmful to our physical and mental well-being than most people realize. Loss of hearing is the most obvious effect, but even that is often overlooked. "People don't realize in time that they are losing their hearing," warns Charles L. Elkins, director of the national noise control program for the Environmental Protection Agency (EPA).

That's because the loss of hearing is very gradual. Certain sounds disappear first: the *f*, *s*, *ch*, *th* and *sh* sounds, high-pitched bird songs, the lilting melody of the flute. This process, long associated with aging, often begins early in life today. From 30 to 60 percent of 4,100 incoming college freshmen tested in two years at the Uni-

versity of Tennessee in Knoxville, for example, could not hear perfectly. "I suspect the reason is many youngsters listen to rock, go shooting, ride motorcycles," says Dr. David M. Lipscomb, who conducted the tests.

Fewer women than men develop hearing loss, possibly because more men are likely to work in factories, drive trucks, use construction equipment and otherwise surround themselves with loud noise. As more women enter traditionally male fields and as the world outside keeps getting noisier, however, the difference in hearing loss between the sexes may begin to even out.

How loud must a sound be to damage your ears? That depends on several variables, including the strength of your ears, the length of time you're exposed to the sound and its decibel level. The difference between decibel levels is much greater than it seems. The loudness doubles with each multiple of 10. In other words, 80

decibels is twice as loud as 70 and four times as loud as 60. Normal dinner table conversation generally reaches 60 decibels, and a screaming baby may get up to 92 decibels. The music in a disco reaches 110 to 120 decibels of sound, which is nearly that of a jet plane at takeoff. (For the decibels of other common sounds see box on page 150).

The clearest indication that noise is loud enough to damage your hearing is pain in the ears. If your ears ring or you can't hear normally for more than a few minutes after a sound stops, that also means it's dangerously loud. But even sounds that aren't loud enough to cause pain can be harmful if heard long enough. According to Dr. Luther Terry, president of the Hearing, Educational Aid and Research Foundation, "Noise heard repeatedly over a period of time can produce a permanent hearing deficiency."

The federal legal limit of noise at a workplace is an average of 90 decibels over

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an eight-hour period. Listening to 90 decibels of noise steadily, however, has been found harmful; 80 or 85 decibels would be safer, according to the EPA. The EPA has also identified an average of 70 decibels over a twenty-four-hour period as the dividing line between safety and danger. That doesn't mean it's unsafe to listen to rock music for an hour or to the garbage disposal for a few minutes; it does mean that the noise you're exposed to throughout the day should average no more than 70 decibels. Thus, a person who works in a noisy factory all day should spend time off in quiet surroundings in order to keep the average daily exposure at a safe level.

Excessive noise can do more than damage hearing; it's also disturbing and emotionally upsetting. It can make even normally calm people feel nervous and irritable, and can be the last straw for those close to mental illness. Examples of bizarre behavior triggered by noise are

numerous. Sanitation workers, whose trucks make up to 100 decibels of sound, have been assaulted by angry homeowners. Vacationers have fired shotguns at motorboats crossing a quiet lake at night. And one night worker shot and killed one of four boys playing on the street in front of his window. When arrested he explained that he couldn't stand the noise the boys were making while he was trying to sleep.

The stress caused by noise in the home can lead to emotional outbursts that create friction and contribute to marital conflicts. Noise also generates tension between parents and naturally noisy children. A mother who shouts at or hits a child for no apparent reason may be simply reacting to too much noise.

As unpleasant and even dangerous as noise can be, it's one problem we can do something about. Here are some suggestions for making your house quieter and protecting you and your family from noises

outside your home:

- Be sure windows fit tightly. Place weather stripping around the edges. If your neighborhood is especially noisy or you live on a busy street, consider installing storm windows or double panes of regular glass.

- Keep windows closed as much as possible, particularly during the noisiest hours of the day (when the traffic is heavy, construction is going on, or airplanes are flying overhead, for example).

- Replace hollow wooden doors with solid ones.

- Plaster over any cracks inside or outside your house. Builders say that if a crack is wide enough for an ant to pass through, noise can pass through.

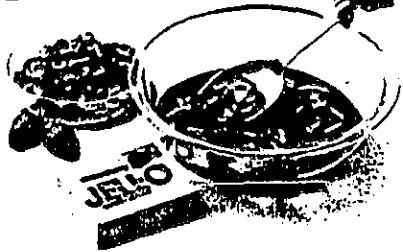
- Add insulating material or an extra layer of plywood paneling to thin walls and under the roof.

- Cover your ceilings with acoustic tile. This can reduce high-pitched sounds (the

(continued on page 150)

Make this light 'n' fruity pie in just 8 minutes
with fresh fruit, COOL WHIP® Topping, and any flavor
JELL-O® Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n' Fruity Pie

- 1 pkg. (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin, or any other flavor
 - $\frac{1}{2}$ cup boiling water
 - 2 cups ice cubes
 - 1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
 - 1 cup fresh fruit (sliced strawberries, peaches, bananas or whole raspberries or blueberries)*
 - 1 packaged graham cracker crust
- *Optional
- 1 can (8 $\frac{3}{4}$ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained.
 - 1 can (8 $\frac{1}{2}$ oz.) crushed pineapple, drained



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SSSSHH... HOW TO LIVE IN A NOISY WORLD

continued

most annoying) by five to ten decibels. (Even putting tile just in the corners of the ceiling provides almost as much noise reduction at much less cost.)

- Furnish rooms with heavily upholstered sofas and armchairs with plump cushions. They absorb the sounds of voices and footsteps, which bounce off hard surfaces and get louder.

- Carpet your floors—the thicker the better—and use an underpad of felt or rubber. If you don't want carpeting throughout the house, at least carpet the upstairs rooms.

- Hang lined draperies on walls as well as windows. Cloth wall hangings also absorb sound.

- Partition large, open living spaces. Modern houses in which the living, dining and kitchen areas flow into one another are often noisy. Dividing up the area divides the noise too.

DECIBELS OF SOME COMMON SOUNDS

Decibels (dB)	
0-1	Softest sound the ear can hear
10	Breathing
30	A whisper
55-60	Window air conditioner
60-85	Dishwasher
65	Office with nine typewriters
70	Moderate traffic
60-85	Vacuum cleaner
60-80	Hair dryer
80-100	Power mower
90	Heavy truck
60-95	Blender
105	Jet plane one thousand feet overhead
110-120	Music in a disco
120	Thunderclap
120-130	Jet plane at takeoff
130	Sound that causes pain
140	Firecracker
150	Artillery fire
175-180	Space rocket blast-off

- Soundproof one room, such as a playroom in the basement, with acoustic tile, carpets and drapes. You can then keep the television, stereo, musical instruments and other noise-producing equipment there.

- Put a soft rubber or foam rubber mat under large appliances to absorb vibration and sound. A folded towel can be placed under small appliances used infrequently. Fasten down appliances if possible.

- Avoid using several appliances at the same time. The sound in a typical kitchen can reach one hundred decibels when all appliances are on.

- Replace worn-out appliances with quieter models. Mr. Elkins expects noise-level labels to be required for vacuum cleaners and air conditioners within the next two years, and for other appliances thereafter.

- Decorate with as much fabric as possible in the kitchen, the noisiest room in the house. Carpet the floor, use heavy fabric for curtains, cover the table with a thick cloth and put cushions on the chairs.

- Plan your schedule so you can leave

(continued on page 152)

SSSSHH... HOW TO LIVE IN A NOISY WORLD *continued*

- Plan your schedule so you can leave the kitchen after you turn on the dishwasher or washer-dryer.

- Arrange to be out of the house when your husband or anyone else is using power tools or is engaged in other noisy activities.

- Keep the television and stereo at low volume. Earphones and headphones are useful when only one person wants to listen, but should not be used regularly. Both direct the sound into the ear of the listener, which can be damaging. (Keeping the volume at a moderate level reduces the risk, however.)

- Consider covering up unpleasant noise with pleasant background sounds—such as soft music, the whir of an air conditioner or fan, tapes of the soothing sounds of waves at sea or of white noise. White noise isn't a sound you can identify; it's a hum that blots out louder sounds. (Many people find, however, that such background noises get on their nerves more than the noise they conceal.)

- Turn your telephone down so it rings

more quietly.

- Teach your dog to bark for a good reason only. The Humane Society of the United States recommends squirting water on the animal with a plant mister and saying "no" every time he barks needlessly.

- Wear ear protectors whenever you are in a noisy place. Muffs that go over the ear or plugs that fit inside can be bought in drug or sporting goods stores. (Putting cotton in your ears doesn't help.)

- Keep the windows of your car rolled up when you drive through noisy traffic.

Join with others in your community to solve noise problems. A PTA group in Montgomery County, Maryland, hired engineers to determine suitable noise limits for the rock bands in the junior high and high schools, according to Dr. George W. Fellendorf, executive director of the National Information Center for Quiet. Students were then taught how to work the noise meters that measure the amount of sound so the music could be kept at safe levels.

In many communities, citizens' groups have succeeded in getting noisy night land-

ings and takeoffs banned at local airports and in getting planes routed away from residential areas.

Laws against much of the most annoying noise are already on the books. In many cities, for example, it is against the law to honk a car horn except as a warning, to drive cars without mufflers and to have noisy late-night parties. If you're disturbed by noise in your community, it's important to complain. The National Information Center for Quiet (Box 57171, Washington, D.C. 20057) can help you find out what laws apply in your area and where to complain.

Sometimes the complaint of one person can be effective. A young mother caring for a sick child was annoyed by the din of street repairs in front of her house all day. When dusk came and the blessing continued, she marched up to the foreman and said, "We can't stand this any longer. You have to stop, or I'll report you." She expected an argument, but the man replied, "OK. The boss told us to keep working until someone objected."

Perhaps we should all stand up and shout against noise more often. **WGD**

STAMP-IT STATIONERY

shown on page 142

GENERAL DIRECTIONS: Materials: Small blocks of scrap wood about 1" thick, 1" x 2" for Dots And Dashes and for Circles, 2½" x 3¼" for Butterfly, 1¾" square for Stripes; double-faced cloth tape used for carpets; rubber bands, two ¼"-wide bands for Dots And Dashes, seven narrow round ponytail bands for Circles, seven ¼"-wide x about 3½"-long bands for Butterfly, three ¼"-wide bands for Stripes; contact or rubber cement for Butterfly or Circles; ink pads (see To Ink Stamp, below, for alternatives); fairly smooth, nonglossy paper for printing.

To Prepare Block: Without removing protective cover from tape, apply tape to surface of wood block. Trim edges. Cut out pattern (if you're using one) and center it on the covered-tape surface. Use pin to pierce enough holes through pattern and tape covering to mark pattern outline on tape (remember, for nonsymmetrical patterns printing is reverse).

To Make Stamp: Following individual directions, cut rubber bands, if necessary, for design. When cutting lengthwise, as for Stripes, use fairly large scissors and make one long cut instead of snips to avoid jagged edges.

Remove protective covering from tape on block. Carefully apply bands to sticky-tape surface, following pinhole outlines or making free-form designs. If sticking wide bands on edge, as for Butterfly, the stamp will be more permanent if you add a little contact or rubber cement. Narrow bands applied on edge or any bands applied flat need no glue. **Note:** Be sure to use bands of the same thickness on a stamp, otherwise the shallow bands may fail to print and the printing will be uneven.

To Ink Stamp: You can use a standard ink pad or, for a wider variety of colors, an uninked foam pad that you saturate with concentrated liquid water color. If you are making a small stamp, such as the Circles or Dots And Dashes, you can ink the stamp's surface with a felt-tipped marker.

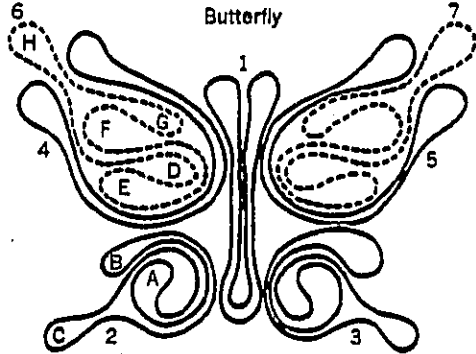
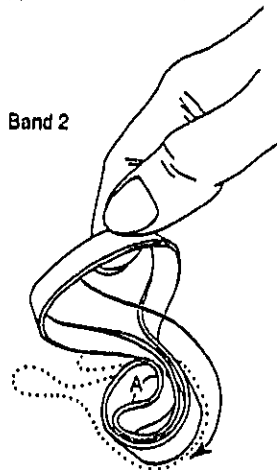
To clean stamps, use a soft cloth and plain water or soap and water. Dip the stamp in and out of the water, wiping carefully. Try to keep the wood block as dry as possible.

To Print: (Note: Practice on scrap paper first.) Make cushion of several layers of newspaper under the paper on which you're going to print. Ink the stamp and press it firmly and carefully on paper, using even pressure. If edges of stamp pick up ink, use knife to whittle them down slightly. Be sure to keep stamp well inked. Clean at once if it becomes muddy.

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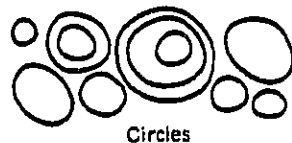
DOTS AND DASHES: See General Directions. For dashes, cut 3 strips of bands about 1", 1½" and 1¾" long. Press them flat side down on stamp, as shown in photograph, leaving about ¼" free at one end of stamp. For dots, cut 8 small squarish pieces of band and cluster them at end of dashes.

BUTTERFLY: See General Directions. Trace actual-size pattern, at right, with pin as described. Remove cover from tape. Fold No. 1 band (butterfly body) in half and stick it edge down on stamp, using a little cement if desired. Apply all bands on edge and in following sequence: Press down end loop of band 2 (loop A on pattern and on diagram, below), wind around to right, then, following diagram, turn remainder of band inside out, stick down in direction of arrow and form loops B and C (on pattern). Apply band 3 in same manner, reversing position.



Form bands 4 and 5 into wide loops and apply. (Note: Bands 6 and 7 are shown in broken lines to distinguish them from bands 4 and 5.) Press down end loop of band 6 (loop D), then turn remainder of band inside out as for band 2. Bring lower section around to form loop E, then bring it around loop D and form loops F and G; finish by forming long loop H. Form band 7 in same manner, reversing position.

CIRCLES: See General Directions. Trace actual-size pattern, below, with pin described. Cut ponytail bands to size and join ends with dab of cement. Remove cover from tape and press circles edge down on stamp.



STRIPES: See General Directions. Cut 5 strips of band about 1½" long. Press 3 of them on stamp (see the 3 solid stripes on each repeat of stamp in photograph, page 142), flat side down, leaving about ¼" at one side for other 2 strips. Make 3 lengthwise cuts, a little over halfway, in 4th strip. Press uncut half onto stamp about ¼" from 3rd strip, fan out cut ends a bit and press. From 5th strip cut two 1/16"-wide lengths and press one on each side of 4th strip. **WGD**

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