

Six Steps Recommended To Save Lives In Home Fires

In keeping with National Fire Safety Week the Dictograph Security Information Bureau is recommending that homeowners protect their families by following six simple, life safety steps.

1. "The first step requires a change in attitude," said Bureau spokesman Michael E. Horne. "If a family takes the attitude that a fire can happen in its own home, it will be far better prepared to face a fire if it occurs."

2. "Although many people believe that the greatest danger in a fire is posed by its flames, National Fire Protection Association statistics show that only 25 percent of fire victims die from burns," said Horne. "The rest die from other causes, usually asphyxiation caused by odorless gases or superheated, poisoned air."

The Bureau said these silent, invisible gases usually spread throughout a house in two to four minutes, requiring action that will slow it down—if only for a minute.

3. For this reason, the Bureau suggests a third step—sleeping with the bedroom doors closed.

"This step alone will keep out all but a relatively small amount of gases and will buy substantial time," noted Horne. "It should be a habit that is practiced every night for the rest of your life."

4. As a fourth step, the Bureau recommended that homeowners minimize persistent fire hazards that crop up in nearly every house.

"Electric dangers, such as overloaded circuits, should be eliminated and no one should ever, ever

Hospital Rooms Cost More But Stays Getting Shorter

According to the Health of America, the daily cost of semiprivate rooms in the nation's hospitals increased four percent from July 1985 to January 1986. During the same period in 1984, the increase was only 1.6 percent.

During the six month period ending in January 1986, the daily cost of a semiprivate room rose from an average of \$217.19 to \$225.86 per day.

In a related statistic, the average length of a hospital stay in 1984 dropped to 7.3 days. The average has not been this low since the Health Insurance Association of America (HIAA) began compiling these figures in 1946. From 1977-83, the average length of a hospital stay remained a constant 7.6 days.

These and other statistics are reported in the just-published Source Book of Health Insurance Data: 1986 Update. The update is a statistical supplement to the 1984-85 Source Book of Health Insurance Data. The book, which is published by the HIAA biennially, is the insurance industry's primary source of health insurance data.

Other key statistics from the Update are:

- Private health insurers provided about \$108.9 billion in benefits in 1984, a 2.7 percent increase over the 1983 total (\$106 billion).

- More than 188 million Americans were covered by private health insurance for both hospital and medical expenses in 1984 while approximately 172 million had major medical coverage.

- About 83 percent of the U.S. population under age 65 was covered by private health insurance in 1984—173 million persons.

- An estimated 107 million Americans were protected by some form of dental expense insurance in 1984, an increase of 2.9 percent over 1983.

- More than 82 million Americans had some form of disability income protection in 1984, providing partial replacement of income lost because of an illness or injury.

The 1986 Update and the Source Book of Health Insurance Data are widely used by writers and editors, researchers, hospital and medical professionals and others.

Single copies of the 1986 Update are available free from the Health Insurance Association of America, Dept. 1255, 1850 K Street, N.W., Washington, D.C. 20006-2284).

smoke in bed," cautioned Horne. "Furnaces and stoves should be checked annually for proper operation and large amounts of gasoline, kerosene or other flammable liquids should never be stored in the house or garage."

He said flame retardant or resistant materials should be used for drapery, upholstery or clothing, especially sleepwear.

5. Dictograph's fifth step requires planning and rehearsing a fire escape route. It includes setting up routes and alternate routes, and practicing this plan monthly so that all family members are familiar with it. A rendezvous point also must be established so that all family mem-

bers, including a babysitter, can be accounted for.

"The most important factor is to get out of the house," cautioned Horne. "Don't stop to call the fire department or to collect personal belongings. Don't stay behind to fight the fire. Just get out and stay out."

6. As a final precaution, the Bureau suggested that homeowners follow the advice of the National Fire Protection Association by installing smoke detectors outside each separate sleeping area and on each additional story of the family living unit, including the basement.

Horne said each detector should be connected to a central alarm and

be loud enough to be heard anywhere in the home.

"Highest efficiency is provided when all detectors are inter-connected in an overall system so that activation of any one sets off a centrally located alarm signal loud enough to awaken family members sleeping behind closed doors," he said.

More complete information about family fire protection plans is explained in the Bureau's 34-page handbook, "How to Help Protect Your Family Against Fire and Crime." A free copy may be obtained by writing to the Bureau at 26 Columbia Turnpike, Florham Park, N.J. 07932.



'TIS THE SEASON

For fancy baked meats, kids with treats, caroling in the snow, and Santa's ho-ho! Make the holiday complete with Safeway's quality and selection that can't be beat! Safeway, your shopping guide to value!

Wigs, Hairpieces and Beauty Supplies Sale & Restyling

Wigland

Nails Eyelashes

- Eva Gabor
- Born Free
- Rene of Paris
- Carefree
- Zury and more
- Andre Douglas

1106 N.E. Broadway
(across from Safeway Lloyd Center)
 Tel. 282-1664
 Store Hours 10:00 a.m. til 6:00 p.m. Monday thru Saturday

Safeway 1/4 INCH SUPER-TRIM

Beef Round Steak

Safeway "Select" grain-fed beef... Perfect for Swiss steak... Super-Trimmed 1/4-Inch for more good eating for your money!

\$1.39

Lb.

Save Up To \$1.50 Lb., No Limit!

Blue Bonnet Margarine

1-Pound Package. Quarters. Perfect for all your fine foods... Cooked or baked!

2 For \$1

Save Up To 58¢ On 2, No Limit!

100% PURE

Minute Maid Orange Juice

Choose from Regular or With Pulp, frozen, 12-Ounce Can, or Reduced Acid, frozen, 10-Oz. Can!

78¢ Ea.

Save Up To 61¢, No Limit!

Aqua-fresh Toothpaste

Triple protection toothpaste... Fights plaque, with flouride to help fight cavities as it freshens your breath, 4.6-Ounce.

95¢

Save Up To 70¢, No Limit!

Be Sure To Look In Your **This Week** MAGAZINE for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!

EXTRA FANCY

Red Delicious Apples

Orchard-fresh, crisp, juicy and sweet! A great lunch box fruit, perfect for fruit salads & more!

3 Lbs. 99¢

On 3-Lbs., No Limit!

Save Up To \$1.38 3-Lbs., No Limit!

All prices good 12/10 Thru 12/16/86 at your nearby Safeway Store. Sales limited to retail quantities. No sales to dealers.



*COPYRIGHT 1978 SAFEWAY STORES, INCORPORATED