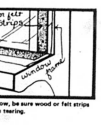
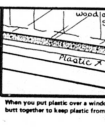
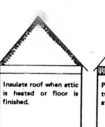
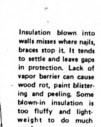
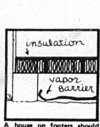
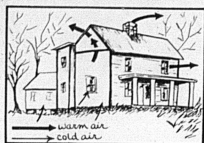


# To keep warm and spend less--insulate



by Jay Hensley  
University of Kentucky

## Extension Information Specialist

Much low-bourning first drives a few dollars to the woodpile, a drafty house and high fuel bill drive us to find ways of keeping warm and spending less this winter.

We found out you don't have to be a pro to put in your own insulation. Both the batt and loose-fill types are easy to install. We wish we'd done it long ago. The perfect time to weather proof a house is when it's built. But not everybody does. Like many other Kentucky farmhouses, ours started out as a one-room log cabin, the place that's the warmest now. It grew over the years into a nine-room house, and nobody thought to include a lick of insulation along the way.

Most heat goes up through the roof. So, taking the advice of UK Extension agricultural engineers, we insulated the attic first. Just last month we took off the siding on the windward log-cabin end of the house and insulated it with batt-type insulation and sheathing board. Now the kitchen, which used to be cold and drafty all winter, can be kept toasty warm. And the pipes under the sink should quit freezing every time the temperature drops below 50 and the roof, put in a double insulation at each end, and use it for a snug sleeping loft, reached by a ladder and trap door. We had the two bedrooms and sitting room underinsulated with a wood-burning stove. We've squeezed a lot of comfortable living space out of what was once just a drafty stripping room and root cellar.

Part of the little house is up on posts, and even though we have carpet on the floor, some cold air and moisture seep in. One of our next jobs will be to crawl under there and staple insulation between the floor joists. Those ag engineers also advise us that important salvaged-in mobile-home skirting around the base to close it in. They say to put down a vapor barrier, too, to keep moisture from damaging the wood construction.

Floors of the big house are still cold. The house is on a mortared-stone foundation, and one of these days we'll have to crawl under there, insulate the floors, and put down a vapor barrier. Floors over an unheated cellar or basement need insulating, too.

If you don't insulate your floors, you can put layers of newspapers or tarpaper down to seal off air leaks, and then put linoleum or rug on top of them. You can cover insulated walls temporarily with fabric or with large sheets of cardboard (such as big packing boxes flattened out).

As for the importance of a vapor barrier, here's how Extension agricultural engineers explain things: The warm, moist air in your house will "weave" until it hits a cold surface, and see it condenses. When loose-fill insulation is in a wall, moisture will go through the warm interior wall, and

rafters. Some stores where you buy insulation will loan out a stapler. They want a refundable deposit, but it's sure it's a snug fit all over the area you're insulating. That warm air won't have a place to leak out. Pretend any hole in the stapper pulled out of a bathtub full of water, and you'll get the picture of how warm air escapes. If the vapor barrier (always placed towards the inside of the house) gets nicked or torn, it will leak with tape.

Insulation can work wonders. Our old farmhouse wasn't big enough for the seven of us, so we cut a desperate eye. There it condenses and starts the destructive processes of decay; peeling and blistering and peeling.

If you have put aluminum siding over old wood siding, the peared or blow-in insulation left moisture pass through until it is trapped by the siding. So it condenses inside your walls and causes rotting, making a worse problem than if you had just left the wall siding.

A vapor barrier on the living-area side of the insulation keeps warm, moist air inside. If you use poly-type or blown-in insulation, one or two base coats of aluminum or other vapor-proof paint on the inside wall surfaces can serve as a moisture barrier.

Another point worth mentioning: Blown insulation with a fluffed up, like cotton candy won't do much good. So you don't get yapped. Thickness is not the only measure of effectiveness; the insulation has to have enough density and weight of material to do the job. New standards tell the amount of insulation needed, by weight and amount of bags, for a given area.

We studied the pros and cons of wall insulation for our big house, and we left it out—except for that important windward wall on the kitchen end of the house.

We found that putting up storm windows and doors, as well as caulking around them, is a must. Also, we found where baseboard meets wall, makes a big difference, too. You can make your own storm doors and windows by covering screens with heavy, clear plastic. Or use plastic to completely cover your windows. Staple or tack the plastic to the window frame strips of cardboard or wood so the plastic won't get torn.

For more tips on how to weatherproof your home, call your county Extension office for a free copy of the UK Extension publication, "Keeping Warm and Spending Less."

## Miss Cameron injured Oct. 30

Miss Cindy Cameron, 22, of Cowan was seriously injured Oct. 30 when she pulled her car out onto Ky. 165 in Fleming county and was hit head-on by a car driven by Ricky Hughes, 19, of Ewing.

She remains in serious condition at the Central Baptist Hospital in Lexington. Two other Fleming county students who were injured in the accident, Miss Cameron is the granddaughter of the late "Maecius" Cameron of Nicholas county.

through the insulation until it hits the cold sheathing or siding of the house. There it condenses and starts the destructive processes of decay; peeling and blistering and peeling.

If you have put aluminum siding over old wood siding, the peared or blow-in insulation left moisture pass through until it is trapped by the siding. So it condenses inside your walls and causes rotting, making a worse problem than if you had just left the wall siding.

A vapor barrier on the living-area side of the insulation keeps warm, moist air inside. If you use poly-type or blown-in insulation, one or two base coats of aluminum or other vapor-proof paint on the inside wall surfaces can serve as a moisture barrier.

Another point worth mentioning: Blown insulation with a fluffed up, like cotton candy won't do much good. So you don't get yapped. Thickness is not the only measure of effectiveness; the insulation has to have enough density and weight of material to do the job. New standards tell the amount of insulation needed, by weight and amount of bags, for a given area.

We studied the pros and cons of wall insulation for our big house, and we left it out—except for that important windward wall on the kitchen end of the house.

We found that putting up storm windows and doors, as well as caulking around them, is a must. Also, we found where baseboard meets wall, makes a big difference, too. You can make your own storm doors and windows by covering screens with heavy, clear plastic. Or use plastic to completely cover your windows. Staple or tack the plastic to the window frame strips of cardboard or wood so the plastic won't get torn.

## Farm and Home

County extension agent  
Ezell J. Neffenger  
Sharon Alexander  
Mrs. Margie Wilson

### Family Research Act

of 1975 (S.2529)  
This bill has been introduced in the Senate by Senator Mondale of Minnesota and eight bi-partisan co-sponsors. It provides for a program of research to help better understand, identify, and, to the extent possible, prevent or relieve pressure on families. The research would be carried out through State agricultural experiment stations and land-grant colleges of the United States. The bill specifies that the research must be developed in consultation with the home economics unit of the land-grant college.

Representatives of the American Home Economics Association and the Association of Administrators of Home Economics helped to draft the legislation and both groups are working for its passage. Additional information concerning this legislation can be found in the

### Congressional Record, Vol. 12, No. 126

(Aug. 1, 1975). Those wishing to support the bill can do the following:—Write to Senators Ford and Huddleston and ask them to support the Family Research Act (S.2529), which has been introduced in the Senate. —Write to the Congressman from one's own district and ask their support in getting the Family Research Act (or similar legislation) introduced in the House of Representatives and to support it.

Extension agents wishing to express their views should write, on their personal stationery or a plain sheet of paper, using a stamp on the letters. Homemakers may, of course, write as individuals, expressing their concern for family issues and concerns. The bill specifies that the research must be developed in consultation with the home economics unit of the land-grant college.

The choir of the Central Baptist Church of Winchester will present 'Alleluia' on Sunday, Nov. 16.

## First Baptist Church of Carlisle hosts 'Alleluia'

The congregation of the First Baptist Church of Carlisle will be hosting a presentation of a contemporary musical entitled "Alleluia" on Sunday, Nov. 16 at 8 p.m.

The musical which is nonsectarian

will give the presentation. A member Carlisle native, G. T. Cowan, is former of the choir as well as other members of his family. The musical which is nonsectarian

will give the presentation. A member Carlisle native, G. T. Cowan, is former of the choir as well as other members of his family. The musical which is nonsectarian

**THANK YOU**

*With deepest appreciation and humble thanks, I take this opportunity to express my feelings to you the voters for the faith you showed in me on election day, by re-electing me to the City Council. Thank you again.*

Sincerely,  
**Calvin Wills**

**The First National Bank**

Carlisle, Kentucky

And

**Moorefield Branch**

Moorefield, Kentucky

*Will be closed Saturday, November 15 in observance of Veterans Day*

**TOBACCO FARMERS**

For High Dollar Sell Your Tobacco

AT

**TATTERSALL**

Tobacco Warehouse So. Broadway Lexington, Ky.

Our commission is only 3.75 per hundred weight. So for the highest dollar at the least selling expense, bring your tobacco crop to us.

For More Information Call

**Billy Ray Hunter**

YOUR LOCAL REPRESENTATIVE

Home Phone 289-7221

Warehouse 252-6210

**Register for FREE color console TV to be given away Dec. 31st**

**Garrett's Furniture Co.**

CARLISLE PHONE 289-2308

**100% SOLID STATE MODULAR COLOR TV**

**25" DIAGONAL**

Model W9825WD

**TIME is running out!**

You may qualify for a tax deduction of up to \$1,500 for 1975 if you act NOW!

Answer the following questions to determine if you should take advantage of IRA.

Then clip and mail to your Kentucky Group Bank

A. Are you an active participant in a qualified retirement program?  
 Yes  No  Unsure

B. Did you earn income in 1975?  
 Yes  No

C. Are you over age 65?  
 Yes  No

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Date of Birth \_\_\_\_\_  
Phone No. \_\_\_\_\_  
Employer \_\_\_\_\_

Upon receipt of this coupon, your Kentucky Group Bank will send you a special Individual Retirement Account Booklet answering most questions you may have regarding this program.

Open a Kentucky Group Bank Individual Retirement Account

**First National Bank**

CARLISLE/MOOREFIELD

Member FDIC

**IMAGE PAINT**

Our GUARANTEE To You On Each Can

GUARANTEED EQUAL IN QUALITY TO THE FINEST MADE. Will cover any color with only one coat when applied at a rate not to exceed 40 square feet per gallon. If you are not satisfied, our \$4.75 store will furnish free additional paint to assure coverage or refund the full purchase price.

**\$6.95** per gal.

ALSO AVAILABLE IN LATEX SEMI-GLOSS ENAMEL!

We can custom mix over 1409 colors! For anything in paint from basement to roof visit our paint department

**Reid & Vice Builder Supply**

101 South Broadway Phone 289-5279

*we make electrical repairs*

Service Your TV or Radio

Contract Wiring—Call for a FREE Estimate

**DUNCAN'S ELECTRICAL SHOP**

A CHANCE FOR

**FREE INSULIN AND B-D PLASTIPAK SUPPLIES FOR LIFE**

PLUS 600 OTHER VALUABLE OPPORTUNITIES

RECEIVE A FREE DIABETIC FOOD PACKAGE SLOW GLUCOSE FOR PARTICIPATING

SEE OUR PHARMACIST FOR DETAILS

"The Drug Store"

**Carlisle Drug Co.**

101 BROADWAY CARLISLE, KY.