

MAY 1, 1991

# Woman's Day

**SPECIAL**  
**GOOD NEWS ISSUE!**  
**99¢**

## 235 Reasons to Cheer



■ HEALTH ■ MONEY ■ KIDS ■ MORE

**Swimsuits to Make You Look  
10 lbs Thinner  
Plus a So-Long-Cellulite Diet**

**Feed a Family of Four on  
Just \$84 a Week**

**HOW TO SAVE  
2 HOURS A DAY**

**COULD YOU LIVE  
ON LESS MONEY  
(AND LIKE IT)?**

**IS YOUR WATER  
MAKING  
YOU SICK?**

**WIN BIG IN  
OUR T-SHIRT  
CONTEST**

**CLEVER IDEAS  
TO PERK UP  
YOUR KITCHEN**



*Our Best*  
**SALADS THAT  
ARE GOOD  
FOR YOU**





**Mail Order**

# Fifth Avenue Jewelry at Bargain Basement Prices

Beautiful bracelets with the look and feel of designer jewelry that sells for hundreds of dollars more. Just in time for Mother's Day!



To order, see page 97 or call toll-free 800-345-8112.



EJ01 EJ02 EJ03 EJ04 EJ05 EJ06 EJ07 EJ08

Elegant bracelets by Imposters—Copy Jewels feature 18K gold overlay and exquisite stones of Austrian crystal and cubic zirconium. These lovely lookalikes have all the earmarks of high-quality construction found in the finest jewelry. And, there's no sizing for bracelets, so they're wonderful gifts! Order by the numbers above. Prices begin at \$19.95.

## Is Your Water Fit to Drink?

CONTINUED

(800-858-7378) and the Citizens Clearing House for Hazardous Waste (703-237-2249).

A good schedule for well owners to follow is yearly testing for bacteria and petrochemicals if any gasoline storage tanks are nearby, and a one-time test for lead. Neighbors might consider taking turns testing for pesticides or herbicides, which would probably be present in the area rather than in just one well. Often county health departments will test for bacteria free, and sometimes for pesticides as well. Try them first.

The county health department is also a good source for names of nearby state-certified labs. Sometimes local labs will come to your home to collect the water samples; most often you'll have to draw and deliver them yourself.

A good lab should provide special containers into which to run the water, along with specific directions on mailing the package back. "To do an accurate bacteria test, water must be kept chilled and tested within thirty hours; to do lead, the water must be acidified to the correct pH, in a special container," says Water-Test's Gene Rosov. Commercial labs usually charge \$25 to \$30. If you know what to look for, testing for an assort-

ment of contaminants can usually be done for about \$200, though some substances run considerably more. Asbestos, for instance, costs around \$500.

Three reputable national labs, with efficient delivery systems for picking up samples anywhere in the country, are: WaterTest (800-426-8378); Suburban Water Testing (800-433-6595) and National Testing (800-458-3330).

## Cleaning Up Bad Water

Few contamination problems are so bad that they can't be cleaned up, though with some 500 manufacturers now hawking gadgets, the shopper must beware. Already the Federal Trade Commission has ordered one company to stop marketing a device that was leaking carcinogenic chemicals into the water it was supposed to be purifying.

For any major expenditure, a Water Quality Association certified dealer is most reliable. (Never buy from the same business that tests your water.) The WQA, a trade association, sets industry standards, and any customer with a grievance can contact them. For a list of local dealers, write WQA, 4151 Naperville Road, Lisle, IL 60532 (or call 708-505-0160).

The best-selling systems are:

- **Activated carbon filters:** The cheap way to remove many chemicals and pesticides. Used alone, though, it is not effective for lead or bacteria, and it requires vigilant maintenance to prevent bacteria breeding in dirty filters. Most water taste good. Can be placed under the sink or at end of faucets. Cost: \$50 to \$800, depending on size and capacity.
- **Reverse osmosis:** Water is forced through high-tech membranes that filter out impurities. This machine gets rid of most known contaminants but uses up to three gallons of water for every one produced. It's installed under the sink, with water delivered through a faucet on the sink. A special pump will be needed for homes with low water pressure. Cost: \$250 to \$1,000.
- **Distillation:** This device turns water into steam and back again, leaving contaminants behind. Used with a carbon filter, distillation produces the purest water available; newer models use less electricity than formerly and don't give off odors. Cost: \$225 to \$1,500.
- **Ultraviolet:** Extremely effective against microbes but little else. This device is popular because it requires no maintenance or changing of filters. Cost: \$500.