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JAN. 2 TO 31. TUESDAY THRU SATURDAY, 11:00 P.M. FOR A LIMITED NUMBER OF PORTRAITS - COMMISSIONS BY APPOINTMENT ONLY 644-5566

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RECENT PORTRAITS WILL BE ON DISPLAY

Feed the birds; it's helpful, rewarding

What can I do to attract birds to my backyard?
J.E., Birmingham

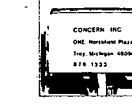
At a time of the year when gift-giving is in order, a thoughtful gift

of food for our wild birds is a most rewarding idea. Their three basic needs can be achieved with a minimum of expense.

Suet packed in a mesh bag and hung from a tree limb will attract a variety of birds. A simple wooden shelf outside a window for bread crumbs, cereal, left-over pancakes, raisins, apple cores, peanut butter and sunflower seeds will soon be popular.

Many birds prefer eating from the ground so you can scatter seed in protected areas, or better still, plant some sunflower seeds and a few hills of corn in the spring and leave them there in the fall. This will give some shelter as well as a food source.

THE MORE feeding areas you create, the more varieties of birds you will attract. A word of caution: if you do start feeding the birds, remember they become dependent on



you for their source of food, so don't discontinue it. In severe weather, especially, keep the feeders well supplied.

You will be repaid many times over for your effort. The vivid colors of cardinals and blue jays in a stark, snowy setting is a sight to treasure.

Bird seed may be purchased in most grocery stores. When buying in large quantities, you may find it less expensive to buy from a feed store. In some localities, an Audubon Society member stocks bird seed for sale to the public.

If space provides, more birds can be attracted by leaving as many natural settings as possible—old stumps and brush piles, for example. Also, a yard with a variety



of plantings (preferably in rows or clumps) brings more wildlife.

A few favorites are: jewelweed, columbine, geraniums, honeysuckle, trumpet vine, viburnum, snowberry, multiflora rose, hollyhock, cranberry, elderberry, chokecherry, mountain ash and crabapple.

A water source is another necessity. A bird bath made from something as simple as a garbage can lid turned upside down on a stump will suffice. Keep it filled with fresh water no more than two inches deep.

In the winter when snow is plentiful, there is no problem; but when moisture is scarce, a kettle of boiling water poured over the ice in the bird bath helps temporarily. Manufactured devices are on the market for keeping water in bird baths unfrozen.

A HELPFUL bulletin that tells how to build bird houses, make your own bird bath, desired lists plantings for attracting birds, and favorite foods of various birds is "Feeding and Attracting Wildlife." To obtain a copy, order bulletin E-759, Natural Resources Series, from Cooperative Extension Service, Michigan State University, East Lansing 48824; single copy price, 15 cents.

Once you start feeding the birds, you will find you have greater numbers and varieties each succeeding year. Ideally you should start your feeding program just before migration in the fall and continue until after migration is over in the spring. To help with identification, a good basic book is Peterson's "Field Guide to the Birds." To enhance your bird-watching, it's a good idea to have a pair of binoculars handy.

Barbara Crandell

The Lively NEEDLE

By MARY KAY DAVIS
Now that everyone else's presents are taken care of, it's time to do something for yourself. Try this quick-and-easy needlepoint frame for a cherished photograph.



By MARY KAY DAVIS

I worked my frame to fit a public school picture 3 1/2 by 5 inches. But you can adjust the size to fit any photograph or mirror.

You'll need 10-gauge plastic canvas, three colors of stranded needlepoint yarn and a tapestry needle. Also have a piece of glass one-half inch larger than your photograph, iron-on interfacing one inch larger than the glass, and felt or Ultrasuede for backing.

Mark the center hole of the frame on the canvas. Mark the outside edge so that each side will be 11 threads deep. Cut out the frame, but don't cut the center hole yet. Snip off all plastic rubbers so that you have a reasonably smooth outer edge.

Cover the outside thread of the frame with a border of gobelet (or satin) stitch in the darkest color. Or work this border in long-armed cross as diagrammed. Your needle will always be pointing away from you so that the stitches will cover the canvas edge.

Stitch the four corners of the frame, as diagrammed. Each corner touches the outer border.

Connect the corners with three rows of straight stitches, as diagrammed. The medium color is on either side,

with the lighter color in between.

Now cut out the hole in the center, leaving one unworked canvas thread inside your needlepoint. Snip off all rubbers and work an inner border to match your outer border. The frame is finished.

Center the glass on the back of the iron-on interfacing and trace around it. Draw a second line one-fourth inch outside the first. Center the interfacing on the back of the frame and iron along the bottom and outside edges. Do not let the iron overlap the lines you've drawn.

When the patch has cooled, insert your glass and picture.

Cover the back with felt or Ultrasuede and hand sew along the line between pattern and outside border. Leave one side open.

Insert a piece of firm cardboard between the frame and backing, and finish stitching up the fourth side.

Attach a ring to the back and hang on the wall, or prop the frame on a small easel to decorate your table. And Happy New Year!

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Courses planned for secretaries

Four new courses have been developed to help the secretary wishing to update her techniques and terminology or the person wishing to re-enter the field.

The non-credit courses are designed by University Courses in Adult Education through the College of Lifelong Learning which involves Wayne State University and the University of Michigan Extension Service. It will begin the week of Jan. 23 in the Rackham Building, Woodward at Farnsworth.

The Executive Secretary is for the practicing secretary who wishes to increase her professional understanding and skills, and sessions guest speakers will cover such areas as human relations in business, secretarial accounting and business law. Sessions are Mondays from 6:30-8:30 p.m.

The three-part Professional Secretary sequence deals with environmental relationships, public policy and economics and management. The fee for each of the courses is \$70.

For course or registration information, telephone 571-4665.

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