

The lively needle

Pin of luck of the Irish

By MARY KAY DAVIS
On St. Patrick's Day it seems that everyone is Irish, if not by descent they by desire. If you plan to have a little green in your heart on March 17, here's a needlepoint shamrock to perk up your wardrobe.

The finished pin measures two inches from tip to tip and can be completed in two hours from start to finish.

You'll need a four-inch square of 14 gauge interlock needlepoint canvas, a tapestry needle, yarn and a bit of polyester fiber fill for stuffing. I used green and white stranded needlepoint yarn, but light and dark green would be effective too.

Use the number of yarn strands necessary to cover your canvas threads. Work the three green leaves as diagrammed. Don't stitch the stem yet.

Work the upper right corner of the background as it is diagrammed, using shamrock green yarn. This is the Hungarian stitch. Then turn the canvas upside down and stitch your lower right corner. It will be an up-

side down version of the upper right. Continue turning and stitching corners until all four are completed. Work one row of green continental stitch around the outside of your square.

YOUR SHAMROCK will be centered within a diamond of unworked canvas. Stitch that diamond in the basketweave or diagonal tent stitch. Use white or light green yarn.

Take one strand of dark green wool and work the shamrock's stem over the white basketweave, using the chain stitch. Place the stitches as diagrammed, and your needlepoint's done.

To finish, cut off excess canvas, leaving four unworked canvas threads on each side of the square. Fold all raw canvas edges to the back. Crease the folds on the rows of continental stitch.

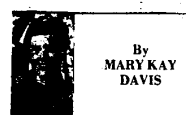
Now fold your needlepoint square in half, right sides out. It will look like a square ended canoe. Stitch together the short, bow ends with an overcast

or satin stitch. Line up your holes and begin stitching at the outside corners. Sew through both layers at every other hole, covering both the edges and the continental stitches.

Sew up the stem end in the same way.

NOW PUSH the outside corners of the bow and stem together until they touch, and tack them. Your stitch will be in the center of a cross made of two open and two closed seams. Sew together one of the open seams.

Push a very little stuffing through the remaining open seam and shove it to the edges of the little pillow. If you want the pin to be rounded, add a bit more stuffing. If you want it indented



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in the middle, stitch the front to the back with one French knot worked through the center hole. Sew up the remaining seam.

Attach a pin to the back and pin it to your collar. Or sew a small ring to the tip and hang it from a cord around your neck. Either way, may the luck of the Irish be yours.

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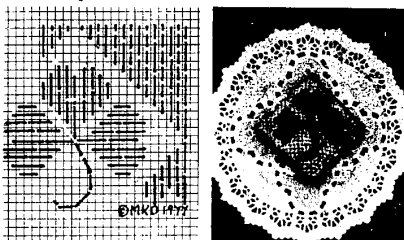
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Here's how to stitch your shamrock pin and how it will look when finished. (Staff photo)

Doctors to talk on estrogen

The March program in the Community Health Education Series, sponsored by the Providence Hospital Family Practice Center, will be devoted to a discussion of the use of estrogen by women over 40.

The program is scheduled for 7:30 p.m. Monday, March 7, in the Fisher Center auditorium of Providence Hospital, 19001 West Nine Mile Road, Southfield.

The guest speaker will be Dr. Edward Cashman, immediate past president of the Providence medical staff

and former chairman of the Department of Obstetrics and Gynecology. Board certified in obstetrics and gynecology, Dr. Cashman is a fellow of the American College of Surgeons, the American College of Obstetricians and Gynecologists and the Royal College of Surgeons (Canada).

Other speakers will be Dr. Murray N. Deighton, chairman of the Family Practice Department, and Dr. Gary Otsubi, staff physician in the Family Practice Center.

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A Significant Bedroom Collection... European Elegance at Winter Sale Prices!

This bedroom collection is so flexible, so adaptable, it can go anywhere! Curved drawer fronts, canted and posts, sculptured bases... shapes like these make furniture more beautiful and more valuable, too. The rich walnut woods are lustrously finished and hand-rubbed to a soft patina. Hand-carved highlights every piece. King-size Headboard, Sale \$430... Queen-size Headboard, Sale \$299... Night Stand, Sale \$254... 29" w. Armoire, Sale \$532... 75" Triple Dresser, Sale \$914... Mirror, Sale \$249. See this complete collection, including other pieces at Mid-Winter Sale Savings, on the first floor of The Colorcade.

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When the factory notified us of the availability of their last 27 consoles, we jumped at the chance to bring you a repeat of our mid-winter Year choice: antiqued yellow trimmed with white, or white with yellow, or distressed fruitwood finished cherry. Hurry... when these are sold, that's all no more can be obtained.

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