(O)5B

# Try blocking to stay in shape

Your needlepoint is finally finished but, to your horror, it has oozed out of shape. Who, or what can

square things for you?

Blocking is the answer and you can do it

yourself.
Question 20 stitchers and you'll have 20 different
ways to block needlepoint. Here's mine.
Collect the following equipment: a plywood rectangle or old chopping board larger than your
canvas, white towel, hammer and non-rusting
blockers leads of conner a pluminum, clean

carvas, white towel, hammer and non-rusting uphobisery tacks of copper or aluminum, clean spray bottle filled with water, ruler, and a T-square or artist's triangle.

Thoroughly wet the towel and squeeze out as much water as you can. Spread the towel on the board. Remove masking tape from canvas edges. You must dampen needlepoint canvas to block it, but wash only if you must. Water removes the starch from canvas, leaving it limp. It's beter not to soak your work more than you have to

Dampen needlepoint in proportion to how badly it is warped. If it only needs a little freshening.

spray lightly on front and back with the water in your spray bottle. If it is slightly warped, spray front and back more thoroughly. Only if it looks like an oversized nectite should you soak the canvas in water. Then wrap it in a towel and blot out excess moisture.

If you must wash needlepoint, use Woollte and cold water. Handle the stitchery gently, as you would a good sweater. Rinse thoroughly, don't squeeze, and blot by rolling in a towel.

Center the dampened needlepoint squarely on your towel and board. Found in a tack at the upper left corner, half way between needlepoint edge and the edge of the carwas. (There is hould be a minimum of 1½ inches own only low around a month of 1½ inches own only low around the properties of the prope

inch apart.

When the top edge is straight, pull down the

lower right corner and tack it. Check the upper right corner with T-square or triangle to see if it is 90 degrees. If the angle is off, pull out the lower right tack and correct. Straighten the right edge against the ruler and tack. Pull the lower left corner to the left and fas-ten. Check the lower right corner and make it souare.

Be sure the lower left corner is directly beneath the upper left corner. Straighten the bottom edge.
Check the lower and upper left corners and adjust until both are square. Straighten the left

edge.

Recheck that all corners are square, and all edges are straight. Now is the time to make cor-

eages are straight. Now is the time to make cor-rections if they are necessary. Place the board flat, not vertically, in a cool area away from sunlight and heat. Needlepoint should take approximately 86 hours to dry. Check lightly with your spray buttle. Remove tacks and you're ready for finishing or framing.

## Class Reunions

Thursday, May 18, 1978

Hotel, 3071 West Grand Bomevaru, Detroit.
Tickets are \$13 per person or \$25 per couple, and reservations should be made with Kathy Peacock, 284-5137, or Pamela Hyde, 922-4090.

**TAYLOR CENTER 1968** 

graduating class will hold a 10-year reunion in Barrister House of St. Clair Shores Saturday, July 15. Those interested in more informa-tion should call Janice June, 981-0514. DETROIT MACKENZIE 1968 The class that graduated from Detroit Mackenzie High School in 1968 will hold its 10-year reunion at 8:30 p.m. Friday June 23, in the St. Regis Hotel, 3071 West Grand Boulevard,

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MAKES THE DIFFERENCE

*MANUFACTURING* 

DEARBORN HEIGHTS RIVERSIDE

1988
The class that graduated from Riverside High School in 1988 will hold its loyear reunion Saturday, June 10, in Cameron Hall, 5837 S. Telegragh, Taylor

#### DETROIT WESTERN 1948

Members of the class that graduated from Royal Oak High School in January, 1931, will hold their 35-year reunion Friday, June 23, in the Main Event restaurant of the Pontiae Silverdom. Music for dancing will be the big band sounds of the Tailgate Ramblers. Those who have not received a mailed invitation may call Dora May (Prior) McCar., 647-1586, or Jean (Anstock) Stauffer, 288-3829. The Western High School classes of January and June, 1948 are planning a 30-year reunion dinner dance Sept. 30 in the Patrick O'Kelly Knights of Columbus Hall in Dearborn.

Those interested in attending should call Barbara Alsobrooks, 382-1248. The Taylor Center High School 1968

#### Getting it together

## Choose counselors with care

Psychology has established itself in your life, whether you like it or not.

'Thanks to widespread technological advances, generous government support, health insurance coverage and an abundance of new professionals pouring from our training institutions; the amount of psychologically-oriented services available to the American nonsumer has increased immensely in the past two decades.

For most of us, the chances that we or our family members will be exposed to some form of psychological technique are very high. School kids are routinely tested and labeled, Marriage partners are turning to profes-

BOB TRENZ.



sional counseling at increasing rates. Seeking psychotherapy from social workers, psychologists and psy-

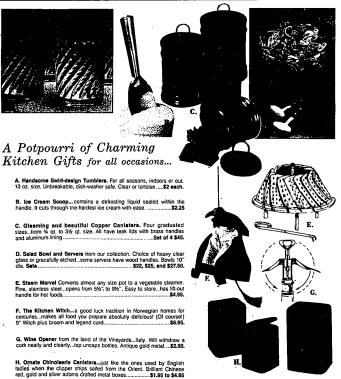
chiatrists is not longer rare.
But is it worth it?
The average psychological counseling interview costs around \$410 regardless of whether you pay for it with your tax dollars, your health insurance premiums or eash. And people often rely heavily on professional advice to make important life-changing decisions. Yet, surprisingly few consumers of psychological services really question their quality.
The truth is that psychological and psychiatric techniques can do a lot less than most would like to believe. They are useful but limited—more limited than even many professionals

are apt to admit. Most scientific stud-

are apt to admit. Most scientific studies of the effectiveness of psychotherapy, for example, find that 30 to 50 per cent of those who seek it are not helped.

Furthermore, the quality of service, the professional competence and professional test can vary tremendously among professionals, And, because all professionals, And, because all professionals counselors are better with some problems than with others, the kind of help you need is another important determinant of your probable success in counseling.

This is not to say that you can't find helpful, effective psychological services. They definitely do exist.



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