

Try blocking to stay in shape

Your needlepoint is finally finished but, to your horror, it has bowed 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 upholstery 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 better 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 necktie should you soak the canvas in water. Then wrap it in a towel and blot out excess moisture.

If you must wash needlepoint, use Woolite 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. Pound in a tack at the upper left corner, half way between needlepoint edge and the edge of the canvas. (There should be a minimum of 1 1/2 inches of unused canvas around all work.) Pound tacks down only half-way, for you may want to reposition them later.

Pull the upper right corner very firmly to the right and tack it down. Place your ruler along the top needlepoint edge and adjust until the line is straight. Tack as you go, placing tacks 1/4 to 1/2 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 fasten. Check the lower right corner and make it square.

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 corrections if they are necessary.

Place the board flat, not vertically, in a cool area away from sunlight and heat. Needlepoint should take approximately 48 hours to dry. Check from time to time and if it's drying too fast, spray lightly with your spray bottle.

Remove tacks and you're ready for finishing or framing.

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 consumer 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-

By
BOB TRENZ,
Ph.D.



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 \$40 regardless of whether you pay for it with your tax dollars, your health insurance premiums or cash. 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 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 ethics can vary tremendously among professionals. And, because all professional 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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Class Reunions

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, Detroit.
Tickets are \$13 per person or \$25 per couple, and reservations should be made with Kathy Peacock, 284-5137, or Pamela Hyde, 322-4090.

ROYAL OAK 1943

Members of the class that graduated from Royal Oak High School in January, 1941, will hold their 35-year reunion Friday, June 23, in the Main Event restaurant of the Pontiac Silverdome. 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) McCarty, 647-1856, or Jean (Anstock) Stauffer, 288-3293.

TAYLOR CENTER 1968

The Taylor Center High School 1968

graduating class will hold a 10-year reunion in Barrister House of St. Clair Shores Saturday, July 15. Those interested in more information should call Janice June, 981-0514.

DEARBORN HEIGHTS RIVERSIDE 1968

The class that graduated from Riverside High School in 1968 will hold its 10-year reunion Saturday, June 10, in Cameron Hall, 3837 S. Telegraph, Taylor.

Graduates who have not received information about the event should call Anne Wysocki Hutchins, 653-5042.

DETROIT WESTERN 1948

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.

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