

Your glasses can go in style

By MARY KAY DAVIS

Glasses are high fashion today, proving that Dorothy Parker was wrong—men do make passes at girls who wear glasses. And the plastic safety lenses that the government requires are scratchable. So glasses cases are more useful than ever before.

Here is a quick, colorful and easy case that can be stitched in one or two evenings. It uses up bits of leftover yarn and looks sensational. I plan to stockpile them for Christmas.

Cut a piece of 10 gauge interlock canvas 84 threads wide and 73 threads deep as diagrammed. Snip out a square of four threads from the upper

and lower right hand corners. Fold the top four threads behind the canvas, leaving two threads on the fold and matching the three rows of holes beneath. Baste the fold in place. Repeat with the bottom edge.

Work two rows of Long Armed Cross over two threads from top to bottom, position them as diagrammed.

Fill in the 28 threads between the rows of Long Armed Cross with vertical rows of Parisian Stitch with its alternating four thread and two thread stitches (see diagram). A big stitch is followed by a little stitch and visa versa as diagrammed. Rows, big is next to little, and little is next to big.

The first row is one color from top to bottom. The second row is another color, as is the third row, etc. Use up your leftover yarns and have as many colored stripes as you wish.

When the center is finished, work each side up to the dotted line. Leave four unworked threads at each edge.

Fold the case on the rows of Long Armed Cross and overlap the four unworked threads. Match holes and baste together.

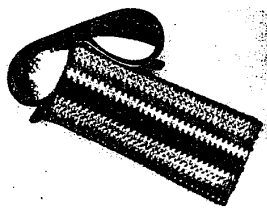
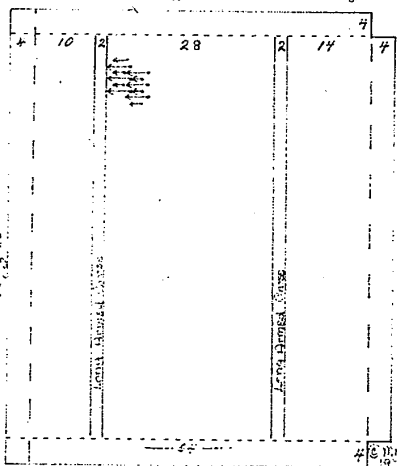
Complete stitching, working down the middle through the overlapped

layers of canvas. This can get bulky in the center of the row, so I dip my needle in and out in one stitch.

Work the Long Armed Cross around the open, top edge, over the two threads you left on the fold.

Match the bottom edges and stitch together with the Long Armed Cross. Work over both edges at the same time. Each stitch will cover four threads instead of two, while being worked as usual.

And it's finished. No lining is needed, and there's no finishing.



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Consumer mailbag

I love your column in the Observer & Eccentric and wish you'd publish more "words of wisdom" for ecologists. My question for today is: Have you any suggestion as to the best possible use for old light bulbs, now that the Edison Co. won't exchange them any more, and for all those plastic egg cartons and baskets tomatoes and strawberries come in?

MARION A., Ferndale

Unfortunately there are some items, such as burned out light bulbs, that cannot be recycled by individuals and must be thrown away.

As for the plastics, Concern recommends that you avoid buying anything packaged in plastic. Eggs are still available in paper cartons, so let your grocer know of your preference. Tomatoes and strawberries can be easily transferred to paper bags, leaving the baskets to be reused by the stores.

Has the phosphate ban helped Michigan waters?

B.C., Detroit

Phosphate levels have declined in 8 Michigan cities since the ban on phosphates in laundry detergents went into effect on Oct. 1, 1977, according to preliminary reports from the Department of Natural Resources.

The Detroit wastewater system shows a 37 per cent drop in phosphorus levels being discharged into Lake Erie, while discharges at Alpena, Ann Arbor, East Lansing, Escanaba, Menominee, Traverse City and Warren have decreased an average of 38 per cent.

My children like to 'snack on dry cereals. Which cereals have the least amounts of sugar in them?

MRS. RICHARD S. WATERFORD

Of course, the pre-sweetened dry cereals have a much higher sugar content, some 50 per cent or more. Of the leading brand of unsweetened cereals, the following four have the least amount of sucrose, or refined white table sugar:

Kellogg's Rice Krispies, 8.62 per cent; Wheaties, 8.69 per cent; Kellogg's Corn Flakes, 5.03 per cent; and Cheerios, 3.97 per cent.

Concern, Inc., Detroit answers your questions on consumer and environmental issues. Address letters to Concern, Inc., Detroit, 1 Northfield Plaza, Troy, MI 48068

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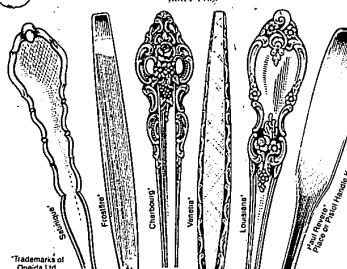
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