



Last summer I worked at a summer camp and I enjoyed it, but I would like something a little more involved with nature. Does Concern have any summer jobs that will pay me to work outdoors?
Fred H., West Bloomfield.

Sorry, Fred, but the summer job opportunities at Concern are of the volunteer kind and most of the work is of the indoor variety.

More to your liking might be the Youth Conservation Corps (YCC) of the Michigan Department of Natural Resources.

The YCC offers work-learn programs for young people between the ages of 15-18. There are streambanks to build, park facilities to construct, trees to plant, animal habitats to study, air and water samples to collect, land to be surveyed and a number of similar conservation projects.

Work sites will be located across the state. Some will be resident camps where youths will live, work and learn together. Other projects will be designated non-resident projects, employing youths within commuting distance.

For more information, contact your local school counselor or write to YCC, Dept. of Natural Resources, Box 30028, Lansing 48909.

I recently read about a statewide litter cleanup project scheduled for spring. Who is organizing it and how do I get involved?

K. C., Troy.

Michigan United Conservation Clubs is planning an extensive statewide litter pickup campaign for April and May. The Michigan bottle bill gives us a great opportunity to rid our roadides, parks, and neighborhoods of the throwaway beverage container once and for all. To get involved, write to Statewide Cleanup, c/o Michigan United Conservation Clubs, P.O. Box 30235, Lansing 48909.

Several years ago supermarkets were encouraging shoppers to reuse grocery bags. Was that a "save a tree" campaign? Is it still important to think "save a tree"?

A. S., Detroit

The program you refer to was more to save a buck than a tree. But, yes, "it is still important to think 'save a tree.'"

It takes one 15- to 20-year-old tree to make 120 lbs. of paper. And it takes about 120 lbs. of paper to make 700 paper grocery bags. Even more important today is that by saving a tree you will help prevent soil erosion, loss of soil nutrients, siltation of rivers and streams, air pollution, water pollution and ease the mounting waste disposal crises being faced by our cities.

I would like to substitute honey for sugar in some of my cake and cookie recipes. Is there a special formula I should use? S. D., Troy

Honey and sugar are interchangeable in all recipes. Replace sugar with equal amounts of honey. In baked goods the general rule of thumb is to decrease the liquid called for in the recipe by 1/4 cup and to add 1/2 teaspoon of baking soda. In other recipes, only your taste determines the amount of honey you substitute for sugar.

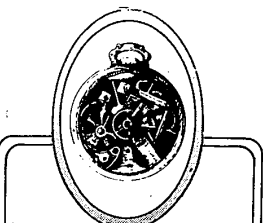
Concern's new cookbook, "This Can't Be Healthy, 1 Like It," offers recipes for snack foods that are free of sugar and white flour. For your copy, send \$4.61 to Concern, Inc., Detroit, 1 Northfield Plaza, Troy 48068.

Grace R. Gluskin
Executive Director

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The lively needle

Match stitches to furniture

Today's needlework decorates not our backs but our homes. Certain types of embroidery fit particular furniture styles. They grew up together way-back-when. Here's how to know which embroidery suits your living room couch, and where to find patterns so that you can stitch it.

Much of what's called "hard rock maple" or "early American pine" is really modern William and Mary style furniture (approximately 1700-1725). These were solid hunks of wood with turnings, knobs, and indented lines. They must have been hard on the sitter, for they had mighty little upholstery.

So women stitched lots of cushions with blackwork and other kinds of embroidery. They worked curving designs with large, bold flowers and leaves, interspersed with little insects and tiny animals.

The colors used depended on what dyes or yarns were available. Blue embroidery on white linen was popular in early America because we always had indigo dye.

Good pattern books are "Deerfield Embroidery," by Howe, and "The Art



By
**MARY
KAY
DAVIS**

of Blackwork Embroidery," by Drysdale.

NEXT CAME Queen Anne furniture with its graceful legs, beautiful proportions, and smooth surfaces. Upholstery made sitting comfortable.

This is the great period of American crewel work. Graceful flowers, vines, leaves and trees of life were worked with silks or crewel wools on linen or wool. The delicate, small scale, and grace of the embroideries mirrored

that of the furniture.

Colors that you used still depended on what you could get your hands on. Only in 1740, more yarns and dyes were available. Rich purple, indigo blue, red and sepia were fashionable. Yellow could be stewed up from dandelions and other goodies in the countryside, but green was a problem. There was no one green dye and you had to re-dye yellow on top of blue (or vice versa) until you got the green you wanted—if you were lucky.

"The Art of Crewel Embroidery" by Davis gives excellent Queen Anne designs.

WE THINK of Chippendale chairs, from just before the Revolution, being covered with bargello needlepoint. And so they were, only the needlepoint was called "canvass work" and the bargello was "Florentine embroidery."

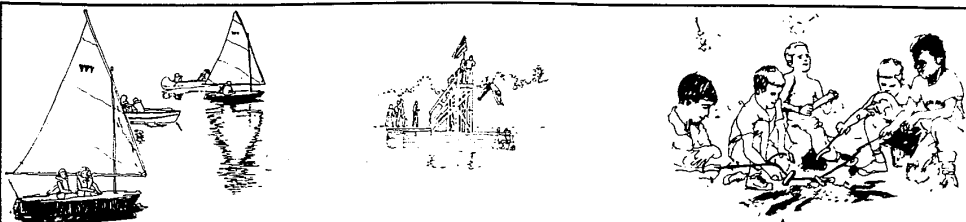
Most bargello patterns were variations on two basic designs—the carnation and the flame. Fashionable colors were still those popular in the Queen Anne period, though now many shades of each color were used.

Cabinets,
desks
at
antique
show

Ruth Ewald of Redford Township, who specializes in storage pieces, will display several walnut cabinets and an oak file cabinet at the Livonia Mall Antique Show Jan. 31 through Feb. 4.

Mrs. Ewald's booth will also have decorative trunks from the late 1800s and a selection of antique tools.

Carol Millar of Livonia will bring Victorian decorative pieces such as an old barber's cabinet with two towel bars and several inside drawers. Her booth will also include a walnut cylinder desk, brass and several brass pieces including chandeliers.

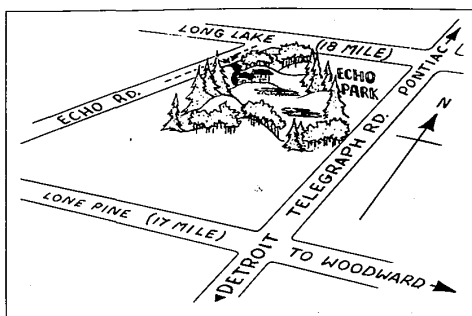


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