

Tofu replaces cheese in recipes

I bought tofu in the supermarket but I don't really know how to use it. Can it replace cheese in my recipes? Does it keep well?

Marietta L., Plymouth

Tofu is an excellent substitute for cheese in most recipes. I use it regularly in lasagna. Tofu is best eaten as fresh as possible. You can keep your tofu fresh by storing it in the refrigerator in water and changing the water every few days. Slightly sour tofu can have the freshness restored by boiling briefly.

My husband and son really enjoyed the carob milkshakes you offered us at the Nutrition Fair at Harlan School. Can I use carob as I would cocoa? Do you have any recipes for carob desserts?

B.L. Bloomfield Hills.

Carob is interchangeable with cocoa in your own favorite recipes. Carob brownies, cookies, milkshakes, cream pies and more. Try this easy nutritious dessert using carob powder.

consumer mailbag

CAROB APPLESAUCE CAKE

1/2 cup vegetable oil 1/2 cup honey 2 eggs 1 cup whole wheat flour 1/2 cup carob powder 1/2 tsp. baking soda 1 tsp. cinnamon 1/2 cup chopped nuts 1 cup applesauce 1/2 cup milk

Beat oil and honey together. Beat in eggs. Combine dry ingredients, nuts, applesauce and milk to honey mixture. Stir until blended. Pour into greased, nine-inch square pan and bake at 350 degrees for 45 minutes. Recipe can be doubled and baked in 9 x 13 inch pan. This moist cake is so good that it disappears quickly.

ECO-TIP: Additional recipes for healthful snacks can be found in "This Can't Be Healthy, I Like It." Sent \$4.71 to Concern Inc., Detroit, 1 Northfield Plaza, Troy 48068. Proceeds from the sale of this cookbook support the education programs of Concern, Inc.

GRACE R. GLUSKIN

New Sources plans open house

An open house to acquaint women with New Sources, a network of women helping each other is planned at 7:30 p.m. Thursday, March 6, in the Lexington Condominium Clubhouse, south of Eight Mile, a block west of Taft in Northville.

The network provides an environment for contacts, ideas, resources and motivation for women to achieve their full potential and take more control of their lives.

Women presently in the network are crystallizing their goals, focusing their time and energy and enjoying the support of other vital women.

The public is welcome to attend an open house without obligation and it provides an opportunity to meet the New Sources staff, women in the network and learn about the program. For further information, contact New Sources, 851-3150.

Recycling kindles their imagination

By PAT BORDMAN

Cats and some batteries have nine lives. To "turn over a new leaf" means to start fresh. And to "start a new life" is to use our personal resources in new ways.

Each has to do, in effect, with a second life. Each has to do with using over and over again what is available. Until we stop using our resources strictly as throw-aways, there will be lots of handy usable "second life" items. Discards and throw-aways are the stuff of fascination for a child.

Children need to see our everyday usable items in unique ways and be helped to realize that the end of usefulness does not come from just the simple way the item was intended by the manufacturer.

All that's needed are lots of used paper cups, the same size and type, and either a stapler or lots of paper clips. The cups are fit together by using the stapler or the paper clips as connectors. Either

way, fit only one cup at a time to the others already connected. If paper clips are used, when the building is done, it can be taken apart and the items used again for more building another time, or for other projects.

A fine geometric design can be formed, or something utilitarian is possible such as a desktop organizer for pencils, rubber bands, clips and other small items. Or a collector's storage place for rocks, shells, coins, stamps, etc.

Give your child a puzzle to explore while working on this project by posing questions: How many 3-oz. cups will it take to form a complete dome? How many paper clips will be needed to hold it together adequately?

Patricia Bordman has taught elementary school and conducted workshops and lectures on education. She also has studied photography at Oakland University. She and her husband have two daughters and live in Farmington Hills.



Paper cups clipped together have more than one lesson to teach. (Photo by Pat Bordman)

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