Tofu replaces cheese in recipes

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

Marietta L., Plymouth

Totu is an excellent substitute for cheese in most recipes. I use it regulariy in lasagna. Tofu is best eaten as fresh as possible. You can keep your totu 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 better.

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 des-serts?

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

CAROB APPLESAUCE CARE

*ges 1 cup whole wheat flour '% cup
carob powder '% tsp. baking soda 1 tsp.
clinamon '% cup chopped nots 1 cup
applesauce '% cup milk
Beat oil and honey together. Beat in
eggs. Combine dry ingredents and mix
thoroughly. Add dry ingredients, muts,
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.

This moist cake is so good that it disappears quickly.

ECO-TIP: Additional recipes for healthful snacks can be found in "This Cart's Be Healthy, Like it." Sent \$4.71 to Concern Inc., Detroit, I Northfield Plaza, Troy 4808. Proceeds from the sale of this cookbook support the education programs of Concern, Inc.

GRACE R. GLUSKIN

New Sources plans open house Women presently in the network are crystalizing their goals, focusing their time and energy and enjoying the support of other vital women.

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 Neethville.

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.



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Bordman

Recycling kindles their imagination

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

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 lost 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 longether 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

ing an for more building another time, or for other projects. If the geometric design can be formed, or something utilitarian is possible such as a desktop canalizar for pencils, rubber bands, clips and other small idens. Or a collector's storage place for rocks, stells, coines, stamps, etc.

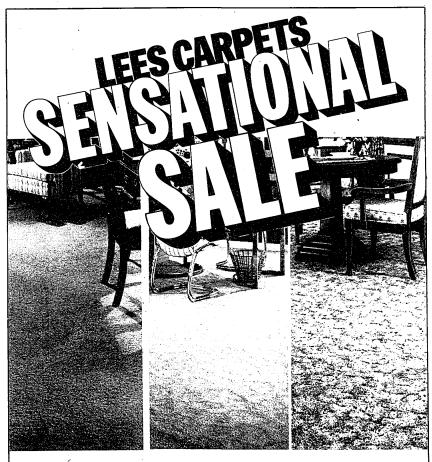
Give your child a puzzle to explore while working on this project by posing questions: How many 3-oz. cups will it take to form a complete dome? How many paper clips will be needed to hold it together adequately?

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

ters and live in Farmington Hills.



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



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