### Consumer Mailbag CONCERN INC. ONE Northfield Plaza Troy, Michigan 48098 879-1333

I voted for the bottle law, but now I'm having second thoughts. Just what does the law require? E.F., Garden City.

The Michigan Bottle law, which went

The Michigan Bottle law, which went into effect in December, requires all soft drinks and beer containers sold, of leading the sold drinks and beer containers sold, of leading the sold drinks and beer containers sold, of leading the sold drinks and been sold drinks and sold drinks and

How can I tell if my bair dryer bas

D.A., Birmingham

Look down the nozzle of the dryer. If your dryer has an asbestos liner, you will see it. It is a grayish color and cir-

cles the nozzle.

Do NOT try to remove it yourself.

That would only release the asbestos particles into the air. If you are not sure, call the U.S. Consumer Product Safety Commission and see if your model is listed. The toll free number is 800-638-8326.

I would like to try and make some of my favorite recipes more nutritions. For instance, can I make chocolate cookies with whole wheat flour? Do you have any information to help me get started?

Yes, you can substitute whole wheat flour cup for cup in your cookie recipes. Expect a coarser texture and a nuttier flavor. For a free copy of Con-cern, Inc. Detroit's "Introduction to Alternative Cooking Ingredients," send a stamped self-addressed envelope to Concern, I Northfield Plaza, Troy 48098.

GRACE R. GLUSKIN Executive director

### The lively needle

## How to pick a canvas

By MARY KAY DAVIS

A picture is worth a thousand words, especially if it's painted on needlepoint canvas. Some are so tempting that they practically leap into your arms. And then you have to pay the bill. How do you know if you're getting your money's worth?

Hand-painted canvases are available

Hand-painted canvases are available in most needlepoint shops. In most cases, each shop has its own artists who work exclusively for that shop and do their own designing.

This is the most expensive way to go, but you don't see your own design duplicated in anyone else's living room. Shop different stores. Their artists, their designs, and the look of the canvasses will differ widely.

HAND-PAINTED hits with canvas, yarn, needle and instructions in one package do exist. But these package do exist. But these view of the package do exist. But these view of the package do exist. But these view, though less so than a one-of-a-kind original. Production is necessarily limited by the time it takes to do the hand work and the cost reflects this. Next to hand painting, the best results are obtained from silk screening. This is a type of stenciling with a different stencil or screen for each color used.

when well done, colors are very good, edges are sharp and the effect may be as good or better than hand

painting. Because some hand work is involved in the lining up of the stencils, the process isn't 100 percent mechani-cal and the cost can be lower.

cal and the cost can be lower.

THE CHEAP KITS are stamped with a hot wax transfer. This multi-on-or picture is applied to canvas by a machine in one process. No hand work is required. The results may be good or awful depending on the materials used. Some problems exist with hot wax transfers and, to a lesser degree, with silk screening. Watch for the design's straight lines. If the threads of the canvas being painted are not quite straight, the painting will appear straight even though it may cross several threads. But you won't be able to stitch it straight without some creative cheating.

Be sure that the unprinted canvas border around the design is large enough to allow it to be blocked. One time is the aboulter minimum, and its better to have 1½ inches.

LOOK FOR TINY details. They may be charming, but are there enough canvas threads for you to skitch them as they're drawn? Many canvas designers are not stitchers, and they paint what is pleasing to the eye instead of what can be skitched.

Read the kit directions before you loy. If they specify the half-cross stitch, watch out for low yarn volumes.

# The half-cross looks like the bask-etweave from the front — sort of. But it uses much less yarn and hasn't enough wool on the back to hold the front stitches in place over the long haul,





## Past smoking can endanger unborn

Pregnant women who smoke put their unborn babies at risk. So do wom-en who've quit smoking, even before

pregnancy.
New evidence from a major study in-New evidence from a major study in-dicates that a mother's past smoking has an effect on her later pregnancies. Financed by the National Institutes of Health, the study involved 50,000 preg-nancies at 12 hospital centers.

Dr. Richard L. Naeye of Pennsylva-nia State University, director of the study, said it is not clear how long the effects of smoking continue after a woman quits. As a result, he advised women who plan to have children to give up smok-ing as soon as possible, long before pregnancy. Some aspects of the study, which in-

Madrigal club sings

French and American ballads and popular and liturgical music will be included in a spring concert of the Madrigal Chub of Detroit at 8 p.m. Friday. May 4, in Grosse Pointe Memorial Church, 16 Lake Shore Dr., Grosse Pointe A women's choral group, the club has been in existence since 1915. It fea-tures singers from more than 10 metro-politan Detroit communities.

Tickets are \$3.50, with students and senior citizens admitted for \$2.50.

volved collecting data over a ten-year period, are still being analyzed. However, some conclusions are not the control of the collection o

plications throughout pregnancy and during the birth process itself. Women who smoked throughout pregnancy, the study found, experi-

enced premature separation of the pla-centa from the womb. Other adverse effects were spontaneous abortions, stillbirths, and premature births. A much higher percentage of babies of smoking mothers died from erib death than did babies of non-smoking moth-ers.

than dic Baures or morsumoning most-ers.

A publication of the American Lung Association, 'Smoking and the Two of You," outlines the urgent reasons why pregnant women should stop smoking and suggests ways to help them. Con-lact the American Lung Association of Southeastern Michigan at 361-1897 to get a copy.

#### Lupus Foundation meeting scheduled

The Michigan Lupus Foundation will hold its statewide spring meeting at 1 m.m. Sunday, May 6, in the Macomb County Community College, "S" Audious College, "S" A

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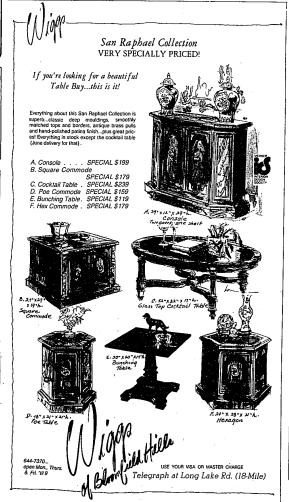
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