

the lively needle

Mary Kay Davis

Mailman brings array of letters

I love to get letters and thank you for writing them. My mail is always interesting and sometimes it edges over into the hysterical. Let me share a couple of goodles with you.

Normal letters run to amountements from museums, shows and gallette so controlling the short of the state of the s

How awful you must feel to be so obesel And just think of what you're doing to your arteries and to your veins by carring (sic) all that blubber around with you. It's a wonder something hasn't happened to you before this.

I graduated from —— with a phys. ed. major so you know I know what I'm talking about. I can peel that flab right off you in ou time at all. My ladies usually pay me \$25 every exercise class but I'll give you your first one free at no charge whatever. Please call me at \$22 = —— to tell me when you're coming. And do it soon because you owe it to yourself."

A column on antique quilts produced this one: 'Dear Mary Kay,

I was interested to read about your collection of old quilts. I have a lot of old ones that my mother made back in Kentucky. They're all hand made and she was always working on the damn things. They're taking up a lot of room. Do you think they're worth

ullugs. Any received any money?

I could get them out of the trunk and put them on the bed for you to see if you could come around to my apartment. Call 222----after 6 p.m. because my wife just divorced me."

But the very best arrived a few weeks ago scribbled on a Chatham Good Neighbor Free Message form. It was addressed, God knows why, to me.

(I had to check — the number's in Flint and this column doesn't

run there.)

I want you to know that I'm declining all of these kind offers.
However, if any of you want to take them up, all you have to do is write me a letter.

volunteers

The Oakland County Volunteer Bu-eau, a program of the Volunteer Ac-The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of United Community Services, has weekly listings of volunteer opportunities. Further information about these and other volunteer needs at over 200 agencies may be obtained by calling the bureau at 642-7272. Any non-profit organization needing volunteer assistance may also call the bureau.

basic reading, writing, math and money management are needed by The Association for Retarded Citizens in Birningham. Time commitment is for two or three hours per week in the after-

piportunities. Further information bout these and other volunteer medical to ver 200 agencies may be obtained by calling the bureau at 642-722. A value operatific organization needing voluneer assistance may also call the bureau to TUTOR.—Volunteers who can teach Training in providee.

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Create your own rainbows



If there's not a rainbow in the sky, you child can bake one in the oven and pul sunshine in any day. (Photo by Pat Bord

Rainbown have inspired stories, folk tales, and wishes. They have held people in suspended fasci-nation over their beauty and fantas-yilke appear-ance. That an image of such translucent beauty can appear in the sky unbidden, then disappear just as mysteriously is truly the stuff of magic for a child.

Nothing will touch your child's imagination like the chance to eat a rainbow! Here's how:

1 cup soft butter % cup white sugar % cup brown sugar

% cup brown su; 2 eggs 1 tsp. vanilla 3 cups flour ½ tsp. baking sc ½ tsp. salt food coloring

Mix the butter, sugars, egg, and vanilla together. Set aside. Blend together flour, soda, and salt. Now, combine with the sugar mixture. Divide the result-ing dough into four or more parts.

Color each part with food coloring to make a color of the rainbow. Then, on waxed paper, place each color of dough and form into a strip about 4



inches wide and one-fourth inch thick. Stack the strips on top of each other. Press them down so the strips will stick together. Wrap them in waxed paper and refrigerate overnight.

When the dough has thoroughly chilled, slice it in one-quarter inch slices. Gently curve the slice into an arch. Place on an ungreased cookie sheet for about seven minutes at 375 degrees. Now, go munch a rainbow.

PATRICIA BORDMAN has taught elementary school and conducted workshops and lectures on education. While attending Oakland University graduate school, she became interested in photography. Be and her husband have two duaghters and live in Farmington Hills.

*Patricia Bordman 1980

*Patricia Bordman 1980

Save energy--but don't get ripped off

We'd like to insulate our home but are afraid to choose a contractor. One of our neighbors was bad-ly taken by a company that used inferior material. Where can I go for good advice? Mrs. John C., Jr. Livonia

With increased public interest in saving energy comes an increase in the possibility of unsafe products and consumer fraud in energy product sales and servicing. If you have a complaint or a question about the safety of an energy device — insulation, solar equipment, an automotive device, etc. — contact your state consumer protection office. The adverse is Richard Knechiges, Fraud Prevention Specialist, Michigan Energy Administration, Michigan Department of Commerce, P.O. Box 30228, Lansing, 48990 or call 800-292-4704.

Has saccharin been cleared as a carcinogen or will it be banned?

Fred M., Bloomfield Hills

According to the National Cancer Institute, sac-

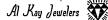
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cer than non-users. The Food and Drug Administra-tion tried to ban saccharin in 1977 but Congress imposed an 18-month moratorium on the FDA's proposal. The moratorium has since expired, but saccharin is still being used as a food additive. consumer mailbag charin is a weak carcinogen and should be regarded Consumer Mailbag answers your questions on consumer and environmental issues. Address mail to Concern, Inc., Detroit, One Northfield Plaza, Troy 48098. as a potential risk in causing bladder cancer. In a 15-month study of 9,000 persons, the NCI observed that heavy users of artificial sweeteners, especially those consuming both diet drinks and sugar substi-

Classes offered

Sex roles, ferns and unidentified flying objects are among the topics of spring classes for adults at Cranbrook Institute of Science, 500 Lone Pine, Bloomfield Hills.

Classes beginning in April and May are:
"Measuring Planetary Motion," beginning at 7:30
p.m. April 15; "Fun With Ferns," beginning 7:30
p.m. April 15; "Reptiles: Past and Present," begin-

ning 7 p.m. April 16.
"Creative Close-Up Photography," beginning at 10 a.m. April 13," Musikroms," beginning 7:30 p.m. April 24, "Introductory Lapidary," beginning at 7 p.m. April 17 and May 15.
"Faceting and Advanced Lapidary," beginning at 7 p.m. April 15; "Basics of Birding," beginning at 7 p.m. April 15; "Basics of Birding," beginning at 7 p.m. April 14, "Sex Roles," beginning at 7 p.m. April 15.

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