

Make an easel

Illness needn't end your child's fun

By Pat Bordman
staff writer

Children get sick quickly and suddenly, regardless of the good care and attention we give them. Some-

times they are confined to bed, and other times they are told simply to be less active. But, for youngsters that are used to unlimited and unrestricted activity, this can be a difficult situation.



Changes in their normal routine and the discomfort from their illness increase the demands on the parent for comfort and attention. And, in spite of your desire to provide that comfort, there will be times when your attention is diverted or you need a break.

This is an opportunity to provide projects and materials that are fun but not too exhausting or challenging. Avoiding frustration is important with a sick child.

When sit-up activities are allowed, and a change of scene is needed, make a lap easel to take to the family room couch or library easy chair.

All you need is a sturdy cardboard

box and some scissors. Simply cut the box diagonally in half.



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Do this by first examining the box and finding the smallest sides. These will become the sides of the easel. The largest side of the box will be the front of the easel.

Now, draw a diagonal line from the opposing corners on the smallest sides of the box. Cut along these lines. Now cut away the bottom portion of the box. The easel is formed.

It can be decorated with markers or crayon, or made fancy by applying adhesive backed paper. Anyway it looks, it is a sturdy, yet child-size support Use it by taping drawing paper to it, or for resting reading books or workbooks on it.

consumer mailbag

Ride-sharers save gas

Q. I would like to join a carpool this fall. Is there a service locally that matches riders?

— D. S. Southfield

A. Nearly one-third of the nation's 73 million commuters share their ride to work with others in carpools and vanpools. That still leaves two-thirds who ride alone. In 1980, over 200 ridesharing information exchange programs in the United States brought commuters together to form car and vanpools.

The programs each operate differently. Some deal with individuals on a one-to-one basis, providing matching service over the phone to callers looking for carpool partners, and others work through employers.

In Southeast Michigan the Ride-Match program currently uses the latter approach, though matching for the general public is in the program's future.

In 1980 car and vanpools who signed up for ridesharing through Ride-Match saved over 500,000 gallons of gas and kept 300 tons of hydrocarbons

out of Southeast Michigan's air. Southeast Michigan Council of Governments, the Oakland County Road Commission and The Ann Arbor Transportation Authority furnish ridesharing information to area residents. For more information contact RideMatch at 961-4266.

Q. Our apple tree is giving us a bumper crop this year. Even after I fill my freezer and give away several bushels I know I will have lots of apples left I would like to try drying them for storage. Is this a possibility?

— Mary E. L. Garden City

A. Not only a possibility but a very good idea. Dried foods offer many advantages. They are easy to store, have a long shelf life, are nutritious and offer variety to a long winters diet. A workshop on Solar Crop Drying is being offered October 10 at the Up-Lands Hills Ecological Awareness Center. For registration information call 693-1021.

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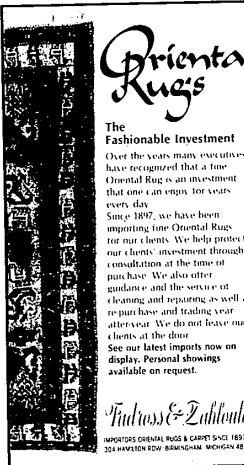
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