consumer mailbag

Move slowly to change kids' eating habits

Now that school has started again, I am faced with the project of preparing sake lauches for my three elementary school children. I want to give them nutritions foods but I also want them to eat what I send.

They complain that I don't include the snacks that their friends have but I refuse to put what I consider Jonk lato their launch bags. How can I get them to at what I think is good for them?

May S., Livonia

Children learn best from example and involvement. It is important for folder to be exposed to variety of foods that are nutritious and the best way to do that is plan family meals with nutrition always in mind, and have the kids help with the preparations.

'It is a fact that a child relates to healthful foods best when he or she is

It is a fact that a chind teales when he or she is involved in the growing, buying on the property of the prop

snack that is fun to eat.

Try this recipe for carrot muffins. They are a perfect substitute for high-in-sugar cupcakes and fit nicely into lunch bags.

CARROT MUFFINS

1 cup unbleached flour
% cup whole wheat flour
2 teaspoons baking powder
% teaspoon baking soda
% cup milk
% cup vegetable oil
% cup hous
2 teup one teaspoon baking soda
milk cup one teaspoon soon soon soon soon soon so

Mix dry ingredients in mixing bowl and set aside. Put milk, egg, oil, honey and carrots into blender. Cover and blend until carrots are finely chopped. Pour over dry ingredients and mix just enough to moisten. Spoon into muffin tin that has been oiled. Bake at 350 degrees for 23 minutes. Makes 12-16 medium sized muffins.

ECO-TIP: If this recipe is a success, send for "This Can't Be Healthy, I Like It," a cookbook with recipes that take the junk out of snack foods. For each copy send a check for \$5.17 to Concern, Inc., Detroit, 1 Northfield Plaza, Troy 48098.

Consumer Mailbag answers your questions. Address mail to Grace R. Gluskin, Concern, Inc., 1 Northfield Plaza, Troy 48098.

Make toys together with your kids

Practically all fathers work outside the home. These days, many mothers do too. In fact, according to U.S. government statistics, 60 percent of women with children aged 6-18 work outside the

whenen with children aged 6-18 work outside the home.

Whether this trend is due to the high cost of goods and services, or to the emotional needs of women to work, this way of life is unlikely to change. Obviously though, working takes parents away from home and children.

Perhaps because of guilt over not always being readily available, or because free time is so limited when both parents work, we often turn to the toy shop to fill our children's empty hours. Store-bought toys are a quick and easy way to satisfy many needs our children have. There are some things that have been also selected, there are some things that have a solected, there are some things that our children's selected, there are some things that the toy. You cannot buy imagination, nor pay for creativity. Inventiveness does



not come wrapped in cellophane.

No matter how much money is spent, you'll never buy the independence that comes from making your own toys together. These essential attributes can come about only from within the individual. Children have to feel that they can do something on their own that it is possible for them to accomplish. They need repeated experiences, attempts and exposure to do-it-yourself activities to realize they have the ingenuity to be successful. By furnishing everything for them already made, pre-formed, mass-produced, they will not learn to rely on their own sense of what works, what is

good, what fits their needs and walms.

THE PALM PADDLE is a good project to work on together. It uses scrap materials and can be altered to fit the desires and capabilities of the user. A store-bought racket could casily be substituted, but it wouldn't be half the challenge.

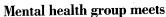
To make a palm paddie, used to good the user plywood the palm paddie, used to good the palm paddie, but it wouldn't be half be completed for the palm paddie, and the challenge. The control of the palm paddie, and the challenge for a wery young or uncoordinated child, a larger circle will produce a bigger target rare. Judge by your child's abilities and increase or decrease the circle size accordingly.

Sand the edges on top and bottom to prevent splinters. Using elastic tape, measure a piece that will stretch across the paddie and fit snugly over the child's hand. Staple the elastic to the plywood circle so the hand can slip under the elastic and still

the child's hand. Staple the elastic to the plywood circle so the hand can slip under the elastic and still be held tightly to the paddle.

Either a ping pong, hollow rubber or tennis ball can easily be batted back and forth using this paddle, for the eye doesn't have to compensate as with a racket with a long handle.

c 1981 by Pat Bordman



Mental services, as affected by Reagan, research and community placement, will be discussed at the meeting of the Mental Health Association in Michagan, holding lis 4th annual conference 9 a.m. to 3:30 pm. Friday at Mercy Center, 8200 W. Outer Drive, Detroit.

In the morning program, the affect of service under the current administration will be discussed by Dr. Gary Bass of Washington, D.C., who directs programs at a federal level, and Dr. Gerald Miller, Michigan's director of management and budget.

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Dr. Herbert Pardes, director of the National Institute of Mental Health, will discuss research in his role as luncheon speaker, and the afternoon workshop will feature Marshall Rubin, former Detroiter who directs a rehabilitation center in Minimi His topic will be "The Brighter Side of Deinstitutionalization — a Community Placement Program that Works."

The conference costs \$6 for members and \$10 for nonnements, and lunch is \$6. Register by calling

non-members, and lunch is \$6. Register by calling the association office, 557-6777.



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Julie A. Baba, A.S.I.D.



Ms. Babo is a graduate of Michigan Stare University and hos a B.S. degree in Fine Arts. Her mojor field of study was Interior Design. Ms. Baba has several years experience in the various areas of residential the various areas of residential design. The is especially known for her contemporary design work but enjoys all styles of designing. Says Ms. Baba, "I design around a client's wonts and needs. Therefore, my work doesn't have a designer look, but has a look that matches the Citent's personality."

She is an actively involved professional member of the American Society of Interior Designers and has served as the Society's local president and an several committees. A member of the Founders Society of the Detroil Institute of Arts, Ms. Baba designed a room in this year's Detroil room in this year's Detroit Symphony A.S.I.D. Showcase House.

Ms. Baba's design expertise and services are available to you at Gorman's Southfield.

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