

consumer mailbag

Move slowly to change kids' eating habits

Now that school has started again, I am faced with the prospect of preparing sack lunches for my three elementary school children. I want to give them nutritious foods but I also want them to eat what I feed.

"They complain that I don't include the snacks that their friends have but I refuse to put what I consider junk into their lunch bags. How can I get them to eat what I think is good for them?"

May S., Livonia

Children learn best from example and involvement. It is important for children 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 involved in the growing, buying or preparing of them. Start slowly and simply in adding new tastes and textures to your family's diet.

Prepare your favorite cookie recipe with half whole wheat flour. Try serving fruits and vegetables in new ways. An apple cut in half cored and filled with peanut butter is a dessert most kids will enjoy. It is easy to eat and the peanut butter keeps the cored apples from turning brown.

Vegetables that often get a "no thanks" when cooked offer a new taste treat when eaten raw. Peas right from the pod make a wonderful afternoon snack that is fun to eat.

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

CARROT MUFFINS

- 1 cup unbleached flour
- ¾ cup whole wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ cup milk
- ½ cup vegetable oil
- ½ cup honey
- 2 medium carrots, cut into small pieces
- 1 egg

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 25 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 48068.

Consumer Mailbag answers your questions. Address mail to Grace R. Gluskin, Concern, Inc., 1 Northfield Plaza, Troy 48068.

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 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 many fine toys to purchase.

But no matter how well designed and constructed the toy, or how carefully it is selected, there are some things that cannot be purchased and placed in the bag along with the toy. You cannot buy imagination, nor pay for creativity. Inventiveness does



Pat Bordman

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 whims.

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 easily be substituted, but it wouldn't be half the challenge.

To make a palm paddle, use a piece of scrap plywood ¼- to ½-inch thick. Cut out a circle 8 or 9 inches in diameter. This circle forms the base of the paddle. For a very young or uncoordinated child, a larger circle will produce a bigger target area. Judge by your child's abilities and increase or decrease the circle size accordingly.

Send the edges on top and bottom to prevent splinters. Using elastic tape, measure a piece that will stretch across the paddle 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 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.

© 1981 by Pat Bordman

Mental health group meets

Mental services, as affected by Reagan, research and community placement, will be discussed at the meeting of the Mental Health Association in Michigan, holding its 44th annual conference 9 a.m. to 3:30 p.m. 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.

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 Detroit who directs a rehabilitation center in Miami. His topic will be "The Brighter Side of Deinstitutionalization — a Community Placement Program that Works."

The conference costs \$5 for members and \$10 for non-members, and lunch is \$6. Register by calling the association office, 557-6777.

GARAGE DOOR OPENERS

GS820D	GS880D
\$190.00	\$205.00

INSTALLED - 1 YEAR WARRANTY

ALADDIN GENIE Sales & Service

722-0610 335-9079

NORTHVILLE ANDY ROCHESTER-BIRMINGHAM
PLYMOUTH-CANTON WEST BLOOMFIELD TROY-PONTIAC
FARMINGTON-SOUTHFIELD

HERE'S HOPE FOR TEACHERS!

SELECT THE EXTRA "GOODIES" FOR YOUR CLASSROOM!

Bulletin Boards, Ditto Masters, Idea Books, Award Stickers and many other items to enrich your classroom.

HERE'S HOPE EDUCATIONAL MATERIALS

MONTROSE OFFICE BLDG.
17250 WEST 12 MILE SUITE 1A
SOUTHFIELD, MI. HOURS: 9:30-6:00
569-5216 SAT. 10-3

HAVE DRAPERIES CLEANED ON YOUR WINDOWS

Now you can enjoy the convenience and safety of drapery cleaning on your windows. Pleats and swags are not disturbed and you avoid the problem of living without draperies. The average window treatment takes about an hour to clean. And results are as good or better than old fashioned methods.

Call for free estimate. **353-1910**

Steve Hagopian & Co.
CARPET AND FURNITURE CLEANING SPECIALISTS

SALE

WE'RE YOUR DISCOUNT DEALER FOR WINDOW TREATMENTS

50% OFF

- EXCITING NEW GRABER FASHIONS
- GRABER VERTICALS
- GRABER WOVEN WOODS
- MACRAME VERTICALS
- 1" HORIZONTAL BLINDS
- 1" & 2" WOOD HORIZONTAL BLINDS
- VEROSOL SHADES 40%
- DEL MAR SOFTLIGHT SHADES 30%
- LEVOLOR BLINDS 40%
- CUSTOM WINDOW SHADES
- PLUS INCOMING FREIGHT

FACTORY-TO-YOU-DIRECT

WE SPECIALIZE IN TOTAL WINDOW TREATMENTS THE BLIND ITEM

25611 COOLIDGE, OAK PARK, MICH.
542-5425

HONEYMOONING...

...at Northfield Hilton is memorable.

Call 879-2100 for a free color folder.

NORTHFIELD HILTON
5300 Crooks Rd. at I-75
Troy, Michigan 48098
(313) 879-2100

"Fur Specialists for over 55 Years"

ARPIN FURS

Our early purchases offer you the advantage of laying away now the most luxurious furs styled for 1981 at unprecedented prices! Such as mink in a range of shades, Norwegian Blue Fox, Red Fox, Lynx and many others.

DUTY AND SALES TAX REFUNDED
Save US dollars on exchange

484 Pellissier St.
Opposite YWCA
2 minutes from Tunnel
1-519-253-5612
Windsor, Ontario Canada

EFFANBEE DOLL SALE

Best Quality Collector Dolls

Special Pre-Holiday Savings

10-40% OFF

Every Effanbee Doll in Stock

- Storybook Series
- Les Effant Collection
- Pride of The South
- Petite Filles Collection
- International Collection
- Crochet Classics
- Over the Rainbow
- Grandes Dames Collection
- Bridal Suite Collection
- Legend Series

ALSO SAVINGS ON DOLL CLOTHES & ACCESSORIES

Sale Ends Sept. 30

The Doll Hospital & Toy Soldier Shop

3947 12 Mile Rd. • Berkley
543-3115
3 blocks east of Greenfield

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

Ms. Baba is a graduate of Michigan State University and has a B.S. degree in Fine Arts. Her major field of study was Interior Design. Ms. Baba has several years experience in the various areas of residential design. She is especially known for her contemporary design work but enjoys all styles of designing. Says Ms. Baba, "I design around a client's wants and needs. Therefore, my work doesn't have a designer look, but has a look that matches the client'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 on several committees. A member of the Founders Society of the Detroit Institute of Arts, Ms. Baba designed a 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.

GORMAN'S

Telephone at 12 Mile, Southfield — Phone: 353-9880
Open Daily 10 to 6; Monday, Thursday & Friday till 9; Closed Sunday

BONUS BUCKS AT NORTHLAND!

THEY'RE FREE WITH ANY PURCHASE... AND YOU CAN USE 'EM AT OUR AUCTION WEDNESDAY, SEPT. 30 AT 6 P.M.!

\$1 Bonus Bucks

\$20 in Bonus Bucks FREE

1. Purchase any item at any store at Northland Center.

2. Take your sales receipt to the centrally located Bonus Bucks Bank.

3. For each full dollar of purchases, you'll receive a dollar in Bonus Bucks.

4. Bonus Bucks are only valid at the auction in the center where purchases have been made.

5. Attend the Bonus Bucks Auction at this Center on Wednesday, September 30 at 6 p.m. You'll be able to bid on dozens of fine items donated by your favorite merchants. And bring the family!

NORTHLAND

GREENFIELD SOUTH OF NINE MILE RD.