

Suburban Life

Lorraine McClish editor/477-5450



Thursday, August 10, 1984 O&E

(F11)

An introduction to basketry

Hill and Dale members gear up for 'Country Fair in Farmington'

By Lorraine McClish
staff writer

Hill and Dale Garden Club members took an introductory lesson in basketry last week as they worked toward "A Country Fair in Farmington," the club's first standard flower show in three years, set for Sept. 21-22.

Penny Slais, chairman for the show, expects about 500 entries in the horticulture division alone, in addition to entries from members as well as from The Chickadees, the club of 25 junior gardeners sponsored by Hill and Dale.

The show will be staged in the newly renovated interior of Antioch Lutheran Church.

Entrants will be vying for two new awards in the show. One will be given for the outstanding entry submitted by a novice. The other is a silver cup, a one-time award, given in the horticulture division in observance of the club's 25th anniversary.

The club enters its 25th season under the presidency of Janet Gould who has most recently overseen the production of the group's first videotape which will be shown on Metrovision at the end of the month, depicting the workings of the club.

She follows Mary Rahma, who left the office after a year that brought Hill and Dale six awards from the Michigan State Federation of Garden Clubs, and the "Service to the Arts" award from Farmington Area Arts Commission.

THE HISTORY, the art and the revival of basketry, a subject dovetailing with the country-fair theme of the gardeners' flower show, was told to the members by Helen Maki, a teacher in Northville's historic Mill Race Village. "I think there might be three people left in Northville I haven't taught," Maki said, a statement not so unbelievable as she started and spread her enthusiasm through her audience.

Basketry, believed by archeologists to precede pottery for carrying purposes, is a dying art even in the third-world countries.

"Young people these days are much the same as they are here. They just can't be bothered with the gathering, the stripping, the drying and the dying that making baskets takes, and besides, plastic is as cheap in the developing countries as it is here," Maki said.

"There are very few of our American Indians still making baskets and if you do find one out west you will pay dearly for it. Early Appalachian baskets are so rare that an antique dealer will ask for more than \$100 for one that is broken or even has its binding gone."

For anyone lucky enough to own an old basket they want to revive, she suggests a bath and scrubbing with a soft brush, warm water and soft soap flakes such as Ivory.

"That will give it a new life," she said, "because all baskets are made of natural material."

BASKETS CAN be made out of most every natural material there is, Maki said, as she displayed and passed around baskets made of silver lace vine, cattails, pine needles, iris and raffia.

She also showed her audience examples of many ethnic shapes and designs. Her nomination for best basket-makers are the Chinese, "If you can get one direct from China. Most of these baskets will hold water."

In yet another display, she pointed out baskets that had been dyed with beets, onions, walnuts, tobacco, and in one instance, Rite.

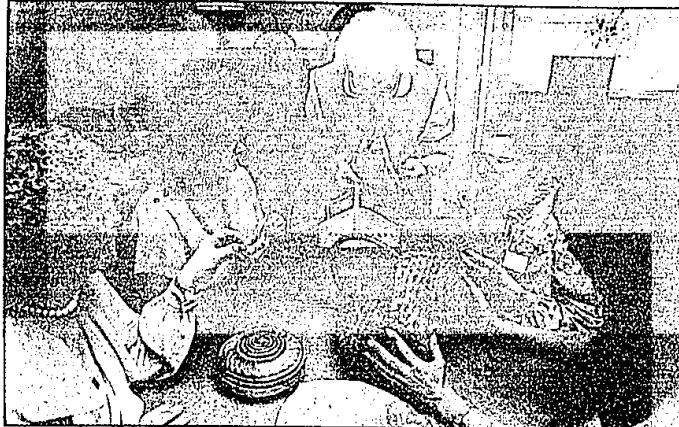
She believes the country look in decorating has done much for the revival of basketry.

"More people are making them now and more people are collecting them. We even have a Michigan Association of Basketmakers now that stemmed out of this increased interest," she said. "It's a pastime that does not require a heavy investment of expensive tools. And with one workshop session you can learn if you are going to like it."

Hill and Dale members will be taking a lesson in wildflowers next month, still leading up to their September show, and plan an open house for area residents in lieu of their October meeting.

Meanwhile they will be preparing an exhibit on garden therapy, their number-one project that they have been requested to do by the Michigan Federation of Garden Clubs, for its spring show. The local club has been recognized statewide and nationally for the garden-therapy classes members bring into all special education rooms in the public school district.

Helen Maki, (in center at right) is flanked by Hill and Dale Garden Club members Margaret Jones and Anna Sarkisian on her left, and Rosemary Burns and Sandy Kopacz on her right, for a close-up look into the art of basketry. Below Maki, who is an instructor of basket making in Northville's historic Mill Race Village, tells her audience why baskets are more than just containers.



Staff photos by
Randy Borst

Getting a firm control on skin care

IT'S MIDSUMMER. You have worked on a glowing tan, found the perfect swim suit, and gotten a short, chic summer hair cut. But, every time you pass a mirror wearing the season's popular French cut swim suit, the sight of that high cut bathing costume prompts little (or big) twinges of concern. Can you better yourself saying, "Gee, my legs could look better?"

Since now is the time when everyone focuses on legs, Mary Glance, a Birmingham skin care and beauty specialist, has devised a program geared for prettier legs. Knowing that beauty treatments solve only half of a problem, Alice Belfie, a health and fitness specialist, has established a private studio in the Glance salon. Together Glance and Belfie combine talents to offer the best of two worlds... the world of creams and beauty treatments and the realm of exercise personalized to each person's hopes and have-nots.

Isabelle Nicolae of Royal Oak recently experienced a two-hour session designed to make her legs look summer perfect. As a model she says she needs perfection. But, explains Glance, most clients just want to look better than they did last year.

THE PROGRAM begins with beauty expert Mary Glance performing leg and bikini waxing to create a softer skin. After too much sunbathing, she says, she uses a skin peeling procedure to remove superficial dry skin.

This is followed by a hot leg mask that contains cocoa butter. The result is a conditioned, softer skin. A hand massage completes the treatment.

For the woman who is attending a pool party the same evening or afternoon, but who hasn't exercised for several weeks, there is emergency treatment to define and firm her legs. When Mary Glance uses a leg tone machine, this miracle worker firms the legs which results in the loss of inches on a temporary basis.

The technique is unique and fun, Nicolae says. The procedure includes thigh high boots placed on the legs. Pockets in the boots are filled with air and a chemical solution. Once pressure is exerted and the boots are left on for a short time, legs do look firmer and thinner.

FOR PRETTY feet Mary Glance used a hot paraffin treatment on Nicolae. "I try to take care of myself, but nothing I do compares to what a pedicure and foot treatment can do," said Nicolae.

Feeling better already Nicolae strolled down the hall to Alice Belfie's private workout room. The walls feature pictures of fabulous legs that belong to 54-year-old Ms. Belfie. Belfie truly looks 15 years younger than her age. Her body impresses model Nicolae.

Also, two impressive degrees hang on the wall. One is a master's degree in physiology and recreational therapy, and the other is a master's degree in gerontology, both from Wayne State University.

Belfie gets right down to business, telling Nicolae she looks great because she is fit. But, says Belfie, Nicolae needs to firm and define her legs. Then the exercises begin. Each one is designed to specifically work on a certain leg area. Two pound weights are placed on Nicolae's ankles and both women begin kicking and stretching. At the end of an hour Belfie creates a 15 minute tape for Nicolae so she can do the exercises at home.

"I believe no one should go for the burn in exercising," said Belfie. "Violent workouts don't keep muscles toned. Getting in shape should be a gradual pleasant and enjoyable experience. I use ballet and yoga stretches to help posture and movement."

The routine, "My aim is to make each person unique in that they be fit, firm and flexible and healthy regard-

less of age, or size, or sex."

The experience over, Nicolae was visibly impressed, saying she wishes she had come months before. "I had more than a beauty treatment today," she said.

"I really learned how to have prettier legs."

For information regarding treatments and private exercise sessions call the Mary Glance Salon, 122 Pierce Street, Birmingham, 642-5787.



Even young women, such as Isabelle Nicolae (left) are learning that there are ways they can enhance their youthful attractiveness. Mary Glance demonstrates the leg tone machine which can temporarily firm the skin of her legs, making them appear inches smaller.



STEVE GANTRELL/staff photographer

The program for shaping up legs that have been overexposed to summer sun is waxing, which Mary Glance says will remove superficial dry skin. Then comes a hot leg mask that will condition the skin.