

The Lively NEEDLE



The Fourth of July is a wonderful time to wave the flag and have a party. Prepare for both by stitching red, white and blue needlepoint coasters from this design. They're pretty, practical and patriotic—and they're quick to stitch.

For each coaster, you will need these materials: a five-inch square of 14-gauge needlepoint canvas, red, white and blue stranded needlepoint yarn; a 4½-inch square of white felt and a tapestry needle.

Determine the center of your canvas. Use the backstitch to form four threads to outline a square enclosing 50 threads, as diagrammed.

Work a second outline square outside the first square and whip the two together, as diagrammed. Use blue wool for both backstitch borders. Or forget the backstitch and outline the square in long armed cross.

White wool tends to pick up stray colors when other wools are worked



By
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first. To avoid this dingy look, work the white areas of this coaster first.

Stitch all white corner squares, noticing that the white stitches in each corner point toward the center of the coaster. Connect corners with white stripes. Stitch the white star in the center of the coaster, working it as diagrammed.

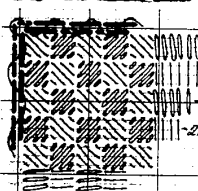
Fill in the four corners with red squares, as diagrammed. Work red stripes to connect corners.

Complete stitching by working blue basketweave around central star.

To finish, cut away excess canvas, leaving five unworked canvas threads on each side. Place the square face down on a folded bath towel. Miter each corner and press lightly with a steam iron. Fold in each side so that the blue border forms the edge. Gently press the sides down.

Use thread to sew the felt square to the needlepoint. Stitch between the stripes and the blue border. Trim off any excess felt, and that's all there is to it.

Wool coasters shed moisture and wear well. Use them and have a happy Fourth of July!



Consumer mailbag

Yes, it's vital to drive 55 mph

How much do you really save on gas by keeping driving speed to 55 m.p.h.? Most people pass me if I keep to that speed.

You can save a great deal. And with warm summer breezes come more cars on the highway. Think of all that gasoline being used. Here are some facts which will answer your question as well as make you and other drivers aware of gas consumption.

• Driving 50 m.p.h. instead of 70 m.p.h. adds four miles per gallon to your mileage.

• Americans consume approximately 80 per cent of the world's gasoline supply.

• If, in 1980, one-half the cars on American roads were to have an average fuel economy of 22 m.p.g. (compared with today's average of 14 m.p.g.), the annual fuel savings would be 17 billion gallons, assuming the same number of cars for both years.

• As compared to the first quarter of 1975, motor gasoline consumption in Michigan increased by 5.4 per cent during the first quarter of 1976.

• The Federal Energy Administration reports that national gasoline consumption today is above the pre-Arab oil embargo record of 7.3 million barrels a day set in August, 1973.

• The amount of energy used in the manufacture, distribution and operation of automobiles in this country comprises 18 per cent of its total energy use.

• Driving 55 m.p.h. instead of 70 m.p.h. saves 19 cents per gallon, figuring 65 cents per gallon as the price paid.

There are about 100 million automobiles registered in the U.S. The aver-

age car with average fuel economy of less than 13.7 m.p.g. travels about 10,000 miles a year and consumes well over 700 gallons of gasoline. Altogether, these cars consume about 16 per cent of all the energy used in the country, almost three-quarters of all gasoline used and 31 per cent of all petroleum.

*What else can you do to save gas consumption, besides keep to 55 m.p.h.?

• Drive less. Join a carpool. (About a third of all private automobile mileage is for commuting to and from work.) Combine errands. Walk or bicycle when possible.

• Use energy-efficient driving practices. Accelerate smoothly; drive at a steady pace; minimize braking; don't let motor idle for more than a minute. Don't overfill gas tank, fill only to the automatic cut-off point. Much of the extra gasoline added after that point evaporates, sending pollutants into the air and your money down the drain.

• Keep your car in prime condition. Have regular tune-ups; keep engine air filter clean; check tire pressure (under-inflated tires increase gas consumption). Remove unnecessary weight from car. Don't buy an air conditioner unless you need it. If you have one, use it sparingly, because it reduces fuel economy an average of 10 per cent (and almost 20 per cent in stop and go traffic!) Items such as air conditioning, power steering, automatic transmission require considerable energy. All accessories add to the vehicle weight, and this reduces fuel economy.

For more ecological information, send a stamped, self-addressed envelope to Concern Inc., Detroit, One Northfield Plaza, Troy, Mich. 48068.

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'Camp Midicha has fun for diabetics

A medically supervised summer camping program geared exclusively for the diabetic child, is open now for children from 6 to 16 years of age.

Sessions, two weeks long, are offered at Camp Midicha, at the Tau Beta Camp in Columbiaville, just northeast of Flint, operated by American Diabetes Association, Michigan Affiliate.

The camp program was initiated because, in most cases, children with diabetes cannot attend other camps because they require daily medical attention.

Doctors, nurses and dietitians live at the camp during the season to provide proper medical care, well-balanced diets and the opportunity for each camper to receive individual attention.

Camp Midicha's wooded grounds, lake, and facilities provide both atmosphere and opportunity for children with diabetes to develop friendships and learn that they are not alone with diabetes. Girls and boys live in separate cabins, according to age groups, so special activities are planned for each age group.

Rules and regulations for acceptance and par-

ticipation are the same for everyone, without regard to race, sex, color or national origin. It is the policy of the association to provide the camping experience for every child afflicted with the malady.

Should financial circumstances restrict full payment of the camp

fee, the association will supply full information on camperships.

Sessions run through August, but pre-registration is required.

Interested persons in this area may call the association headquarters at 342-9333, or the Royal Oak branch office, at 288-6010.

Slimming tips

Many calorie-counters have a slim chance of getting slim because they fail to see a doctor and have proper goals set for themselves. A physician can tell you how to lose how much how soon, and help you to do it.

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