

## The Lively NEEDLE

By MARY KAY DAVIS

Dear Mary Kay: Could you give me any suggestions on where I can sell a lovely quilt which my mother made when I was very young? We have moved to an apartment and don't have much storage space.

Since it's a family piece, have you thought of asking your younger relatives if they want first chance at it? Young nieces who are just setting up housekeeping might be thrilled to buy a family quilt.

In general, when you sell your quilt directly to its new owner, you pocket the whole purchase price. But you'll have the nuisance of coping with ads, phone calls, and prospective buyers visiting at inconvenient hours.

In contrast, if you sell the quilt to a middleman, such as an antique dealer or consignment shop specializing in fine antiques, your life will be tranquil. But they must make a profit, so your cash return will be smaller.

To determine what your quilt is worth, do a little shopping. See what comparable covers would cost if you were in the market to buy one.

Then either place want ads in newspapers which have a separate antiques classification, or contact several of the quilt merchants you comparison-shopped. See what they offer you. Whichever way you choose to sell at, good luck.

Dear Mary Kay: I was given a needlepoint purse kit for a present. I will have to work it in tent stitch and the canvas feels flimsy. What can I do to keep it from pulling out of shape?

The most important thing to do is to learn the basketweave or diagonal tent stitch. This gives the same look as your tent stitch, but equalizes tension so that the canvas does not get distorted. Clear directions are in many needlepoint books. Check with your local librarian.

Secondly, if the canvas feels flimsy



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before you've even started stitching, it's probably of second rate quality. And cheap canvas is hard to keep in shape. The remedy is to stretch the work on a frame before you start. Be sure that the canvas is held taught on all four sides.

Inexpensive frames can be made from artists' canvas stretchers. These are available in art supply stores and come in many sizes. Thumbtack the canvas to the stretcher with tacks placed half way between the sections to be stitched and the canvas edge.

Pull canvas on the straight of the grain and get the surface tight as a drum. Then stitch—it can't move out of shape.

Dear Mary Kay: Other stitchers seem to keep their work neat, but mine soon turns into a crumpled mess. I'm just a beginner. What am I doing wrong?

You're crushing the outside of your canvas in order to stitch its center. When most patterns and newcomer nerves don't help either. But try this. Get the cardboard tube from inside a roll of paper towels. Roll your outer canvas around it, and fasten top and bottom with paper clips. This freebie gives you something firm to hold onto while you're stitching centers.

Remember that much of the beauty of needlepoint is in its regularity. But stitches can't be even if the threads beneath them have been shoved out of shape. Be gentle with your canvas and you'll be pleased with your results.

## Displaced homemaker has difficult role

By SHERRY KAHAN

"The woman who has devoted herself to the job of career housewife is given respectful lip service," declared Rosalind Sullivan during the observance of Women's Recognition Week at Henry Ford Community College.

But this doesn't do her much good when she is deprived of her breadwinning through death or divorce and is too young to receive Social Security.

Speaking on behalf of these middle-aged women who find themselves with no money and few job skills, Miss Sullivan titled her talk, "The Plight of the Displaced Homemaker."

"It makes you so mad," continued the speaker. "It's heartbreaking. She's gone along doing the role she was supposed to do, and then she finds herself in this fix."

Miss Sullivan, who works for the Detroit Civil Rights Commission, regards legislation as part of the answer for these women. She urged support of state and federal legislation to create centers for displaced homemakers where they could receive counseling, job training and a boost from other women in the same boat.

THE STATE OF California has established such a program. Miss Sullivan thinks it can serve as a model for other states.

They use only displaced homemakers to man the centers, she noted, adding an apology for the use of the word "man."

These women know of what they speak. Working there they found they had a lot of skills they hadn't known

they had. The center volunteers are treated like employees and are given work evaluations, which can eventually be presented to an employer.

She recalled a friend telling her what a wonderful experience it had been to watch these women who had been so depressed about themselves emerge from dependency to self-sufficiency.

"Part of the change is due to the chance to talk with other women like themselves, who try to stress their strengths to give them confidence," said Miss Sullivan.

The California plan has been carried to Washington by U.S. Rep. Yvonne B. Burke (D-Cal.). Her proposed legislation is known as the Equal Opportunity for Displaced Homemakers Bill. It calls for federally funded job-training for older women, as well as the creation of special community service positions for them.

The bills stated purpose is to "provide the necessary training, jobs, services and health care for displaced homemakers, so that they may enjoy the independence and economic security vital to a productive life."

A SIMILAR BILL is in the Michigan legislative hopper. It calls for the expenditure of \$200,000 for centers offering counseling and job-training. The bill is now being studied in committee.

Miss Sullivan has high hopes for both the federal and state bills. This is the year for it, I think," she said.

## HOW'D WE DO IT?



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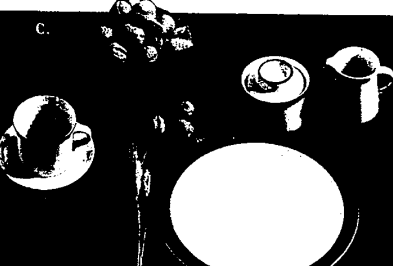


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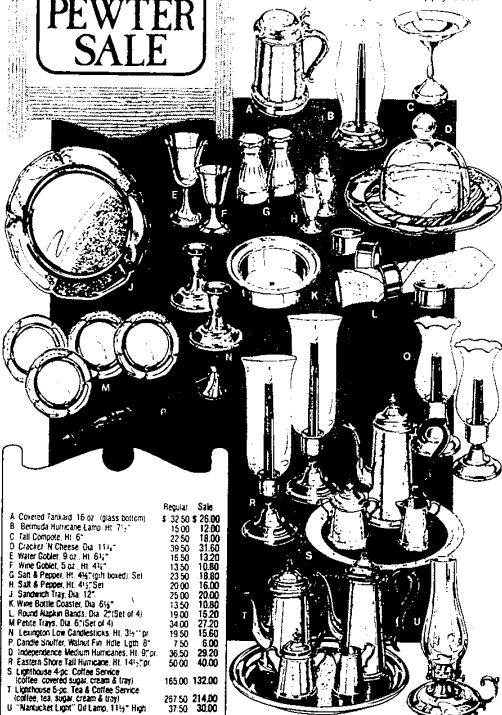
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## Choralaires need director

Search for a new choral director is underway following the resignation of William Edwards as director of the Novi Choralaires.

Edwards, who lives in Detroit, had been director of the mixed chorus

since its formation more than a year ago.

The group is headquartered in Novi but includes members from Northville, Farmington and other nearby communities.

## Learn how you can quit smoking

"How to Quit Smoking" will be the topic for the final program in the 1976-77 Community Health Education Series sponsored by the Family Practice Center of Providence Hospital, 16001 West Nine Mile, Southfield.

The session on smoking is scheduled for 7:30 p.m. Monday, April 4 in the hospital's Fisher Center auditorium.

"Everyone knows that smoking is harmful, but being able to stop is the problem," said Dr. Victor Kelsonson, chairman of the Southeast Michigan Council on Smoking and Health and staff physician at the Providence Center.

The program will explore the various methods used to help people give up the nicotine habit. Among the speakers will be Dr. Arthur Weaver, the metropolitan area's foremost smoking clinic director. Another participant will be Richard Huebner, a volunteer director of community health programs who has analyzed over 150 stop-smoking projects. The evening will feature presentations by advocates of various techniques, including the aversion method, transactional analysis and behavior modification.

## ALWAYS ON SUNDAY

We're a Sunday get-together place where you can relax over a sit-down brunch that's more than a meal. Served 10:30 to 3:00. Dinner served 4:00 to 8:00.

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