

Coasters sail you through summer

By MARY KAY DAVIS

Our Great Lake State is a great boat state too. To combine both themes, how about a sailboat coaster in red, white and blue?

You'll need stranded needlepoint yarn in dark and light blue, white and red, a five-inch square of 14-gauge canvas, felt for backing, and a tapestry needle.

Count out a square containing 48 threads in each direction. Be sure that it is centered on your canvas. Begin in the lower right corner and work the water in the diagonal Milanese stitch as diagrammed. This looks like arrowheads piled on each other, with arrows pointing in opposite directions as the rows alternate.

Work the longest row of arrows up the center of the water first. Then work the left half of the water, and finally, the right half.

I use dark blue yarn with one strand of lighter blue included in each needleful to make the water sparkle.

Next, place the boat on the water as diagrammed. Use enough strands of

red yarn to cover the canvas. The stitches are rather far apart and it will take excess yarn to cover the canvas in between.

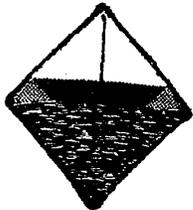
Stitch the sails in white wool, working in rows from the boat toward the top left corner. Complete the left sail before beginning the right. Notice that the stitches of one sail are set at right angles to those of the other.

Stitch a red mast over the center of the sails, using the back stitch as diagrammed. The small triangles of sky are light blue basketweave.

Now work the long-armed cross around the coaster's outside edge, using dark blue yarn.

To finish, place the coaster face down on a folded bath towel. Miter each corner and press very lightly with a steam iron. Fold in each side so that the long armed cross covers the edge and press gently.

Attach felt to the back by tacking it along the line between the design and the long armed cross border. Trim off excess felt and you're done. A gift of one or two of these may keep you in sailing invitations past Labor Day.



The diagram at right shows how to stitch a sailboat coaster and the photo above shows the finished product.



Consumer mailbag

Test your energy knowledge

This quiz is the follow up promised in the last Consumer Mailbag column. Depending on how you fared on the lifestyle questions, the results of this informational quiz should let you know a little effort can sometimes go a long way.

HEALTH CONCERNS

1—How much energy does it take to grow, process and ship food compared to how much energy we get from it?

(a) Same (b) one-half (c) 10 times more

2—During World War II, what percentage of vegetables grown in the United States came from victory gardens?

(a) 10 (b) 25 (c) 40

3—How much refined sugar does the average American consume in a week?

(a) 2 pounds (b) 1 pound (c) 1/2 pound

4—Between 1940 and 1975, per capita consumption of fats and oils in the United States increased by 15 per cent. By what percentage did fresh fruit consumption decline?

(a) 68 (b) 27 (c) 44

5—It requires 19,150 BTUs to produce 1 pound of marketable chicken. How many are required to produce a pound of grain-fed beef?

(a) less than one-half (b) same amount (c) more than twice as much

TRANSPORTATION

6—What percentage of the energy stored in crude petroleum is lost between the oil well and the gas pump?

(a) 90 (b) 60 (c) 20

7—What percentage of commuters go to and from work in a private car?

(a) 25 (b) 50 (c) 85

8—At any one time, what percentage of cars on the road in the U.S. carry only the driver?

(a) 50 (b) 75 (c) 85

9—If we consider calories expended to be the equivalent of the BTUs in a gallon of gasoline, how many miles does a bicyclist get per gallon?

(a) 15 (b) 400 (c) 1100

10—Radial tires can improve a car's fuel economy by what percentage?

(a) 2 (b) 6 (c) 23

RECYCLING

11—The energy required to manufac-

ture one aluminum soft drink can could keep a 100-watt bulb burning for:

(a) 5 hours (b) 30 hours (c) 20 hours

12—The average returnable bottle is refilled about how many times?

(a) 15 (b) 6 (c) 2

13—How much more energy does it take to manufacture an aluminum can from raw materials than recycled ones?

(a) 3 per cent (b) 15 per cent (c) 50 per cent

14—In 1970, the beverage industry used enough energy in the manufacture of throwaway containers to have supplied all the electricity for Washington, Pittsburgh, San Francisco and Boston for:

(a) 2 days (b) 3 weeks (c) 5 months

15—The average American produces how many pounds of household trash per day?

(a) 2.2 pounds (b) 5.8 pounds (c) 10 pounds

HOUSEHOLD ENERGY

16—If only 1000 homes were better insulated, caulked and weather-stripped, how many homes could be supplied with natural gas from the energy saved?

(a) 123 (b) 368 (c) 539

17—What fraction of all gas used in residential cooking is used up by gas range pilot lights?

(a) one-third (b) one-half (c) two-thirds

18—Small appliances account for what percentage of U.S. energy consumption?

(a) 3 (b) 7 (c) 2

19—What percentage of the energy you use today would you have used if you had lived in the year 1900?

(a) 25 (b) 40 (c) 65

20—Turning down your thermostat three degrees would save what percentage of your fuel consumption?

(a) 3 (b) 10 (c) 50

PERSONAL

21—Every year, more than 25 million animals are trapped and killed for the fashion fur trade. How many million are trapped in the United States and Canada?

(a) 4 million (b) 9 million (c) 13 million

22—How much tar does a pack-a-day smoker pour in to his or her lungs every year?

(a) 1/4 cup (b) 1/2 cup (c) 1 cup

23—What percentage of all fires in the U.S. are started by smoldering cigarettes or by the matches used to light up?

(a) 40 (b) 12 (c) 20

24—Americans spend \$2.5 billion a year on commercially prepared pet food. This money could buy food for what percentage of the world's hungry?

(a) 10 (b) 33 (c) 100

25—How many kittens are born every hour in the U.S.?

(a) 500 (b) 3000 (c) 4000

ANSWERS

1-c; 2-c; 3-a; 4-c; 5-c; 6-a; 7-c; 8-b; 9-c; 10-b; 11-c; 12-a; 13-a; 14-c; 15-a; 16-c; 17-a; 18-a; 19-a; 20-b; 21-c; 22-c; 23-c; 24-b; 25-b.

For a copy of our pamphlet Ecological Homemaking Hints, send 10 cents and a stamped self-addressed envelope to Concern, Inc., Detroit, 1 Northfield Plaza, Troy, 48068. Quiz from Environmental Action, April, 1978, issue.

Grace R. Gluskin
Executive Director

AUTO SHOW CARPET SALE!
Slightly used National Auto Show and Convention carpeting now available in a wide range of colors and styles.

\$100 to \$250 per sq. yd.

most carpet in rolls 12' wide, lengths up to 200' long.

DONALD E. McNABB CO.
22150 W. 8 Mile Rd. (W. of Lahser)
Hours: Mon.-Thurs. 9 a.m.-5 p.m.
Fri. 9 a.m.-9 p.m.; Sat. 8 a.m.-Noon
357-2626

SPECIAL WEEKEND

Toronto's most extraordinary hotel offers you a luxurious weekend at a very special rate.

The Bristol Place gives you 2 Nights' Deluxe Accommodations, Continental Breakfast in Le Cafe or in your room and free overnight parking, all for just \$29.75 per person double occupancy, or \$24.25 per person triple occupancy. And children under 12 may share their parents' room at no extra cost.

Stay any two consecutive nights on the weekend. Reservations are subject to availability. Enjoy our pool and sauna. Check out whenever you're ready...we'll airport-bus you to and from the airport at a nominal fare.

For a very special weekend in Toronto, phone or write the Bristol Place for reservations.

CANADIAN FRIENDS

The Bristol Place Hotel
A Sunon Place Hotel

SPECIAL RATE HONORED ONLY IF REQUESTED WHEN RESERVATION IS MADE. FOR RESERVATIONS CALL 416-291-6333 OR SEE YOUR TRAVEL AGENT. 900 DUNDAS ST. W. TORONTO INTERNATIONAL AIRPORT

Our Best-Selling Sofas and Loveseats AT WIGGS SPECIAL PRICES!

Sofas and Loveseats ... \$549 and \$449

Savings Galore throughout our Store!
VALUES IN 16 GALLERIES INCLUDING ETHAN ALLEN

Marvelous Sofas and Loveseats from our Harman Gallery Collection, inspire fresh decorative excitement in many settings. Choose from our wide selection of styles... and a very special fabric assortment... ALL AT ONE LOW PRICE OF \$499 for the Loveseats, \$549 for the sofas, and \$877 and \$977 for the pairs. Many patterns and textures in every color of the rainbow. Each comes with arm covers... some come with matching bolsters. Sofas No. 1, 2, 4, 7 and 9 are available as queen-size Sleepers at \$949.

WIGGS
Since 1903

TERMS, of course!

4080 TELEGRAPH RD. (at Long Lake Rd.) BLOOMFIELD HILLS • 644-7370

Catholic Women's League honors 3

Three Detroit-area volunteers are new members of the League of Catholic women's honorary board, in recognition of long and outstanding service.

Mrs. Walter Sironos of Birmingham, Charlotte Day of Grosse Pointe and Mildred Feely of Detroit were cited by the membership at the league's 67th annual meeting recently.

Mrs. C. Bradford Lumby Jr. of Grosse Pointe continues as president of the 8,000 member organization, assisted by vice presidents Mrs. Leo Marx of Grosse Pointe and Mrs. Robert Kraemer of Dearborn Heights. Other officers include Mrs. Walter Murray of Southfield, recording secretary, Mrs. Alex Motter of Livonia, treasurer, and Mrs. Ralph Rays of Dearborn Heights, assistant treasurer.

Newly elected to the board of directors were Mrs. Albert J. Desmond, Mrs. Terrence Keating and Mrs. Alfred F. Welton, all of Bloomfield Hills; Mrs. Jeremiah Gillette of Birmingham; Mrs. Clayton Alandt, Mrs. Emil Grob, Mrs. Jose Borrego and Mrs. Gerald Gatton of Grosse Pointe, and Mrs. Raymond Fleck of Lathrup Village.

Founded in 1905, the League of Catholic Women operates four social service agencies in Detroit. These include

Barat Human Services, a coordination of residential and counseling services for emotionally and socially disturbed adolescent girls; Casa Maria, a community center in the Tiger area providing recreation, counseling, crafts and tutorial programs; Casgrain Hall, the eight story League headquarters which provides modestly-priced residential facilities for single men and women as well as community meeting and activities facilities; and Project Transition, a total rehabilitation program for women offenders.

An annual league membership drive, Bargain Counter resale shops in Detroit, Dearborn, Berkley and St. Clair Shores plus various fundraising events augment government grants in operating the agencies.

On the fall calendar, board member Mrs. John Hanley of Detroit is coordinating a "Collectable Sale" of recycled home furnishings on Nov. 3-4 at Casgrain Hall, 120 Parsons, Detroit.

The League is soliciting "no-longer-needed-but-still-useful" furniture, lamps, dishes, bric-a-brac and art objects for the sale. Anyone who would like to donate such items and obtain a tax deduction should call 831-1000.