

**CONCERN INC.**  
ONE Northfield Plaza  
Troy, Michigan 48098  
879-1333

I bought a copy of your cookbook and have been making several of the fruit recipes for snacks and desserts. My husband and kids love them but I'm afraid they are too fattening and so not much better than the regular sugar type desserts I used to prepare. Is fruit fattening?

Mrs. C. F., Farmington Hills.  
Judge for yourself. This chart gives nutritional values of fruits and their caloric content. Compare the figures to your favorite "junk" food type dessert.

Fruit	Amt.	Calories	Vit.C
	(L.U./mg)	(mg)	(mg)
Watermelon	1 cup 90	150	117
20Peach			Imed. 58
2,930388	11Banana	1	
med.100	230 440	14	
Cantaloupe	1 cup 42	940	160
11Strawberries	1 cup 65		
90244	881blueberries	1	
cup 48	5,440 402	53	
Pineapple	1 cup 81	110	226
26Grapefruit	1/2 lb.	68	
750230	67		

FRUITS HAVE many other things going for them. They are extremely low in sodium and with the exception of avocados, olives and coconuts, fruits have practically no fat. Because of their high cellulose and pectin content, fruits are an important source of fiber. So during the coming months while fruits are still plentiful enjoy them

with a clear conscience knowing that you are doing the right thing for your family.

Start with this dessert idea:

- Fruit Salad Cream Pie
- 1 ripe banana
- 1/2 cup strawberries
- 1/2 cup peaches, sliced
- 2 cups cottage cheese or tofu
- 1 cup plain yogurt
- 3 tablespoons lemon juice
- honey to taste
- 1 8-inch pie crust baked

Puree fruit in blender. Add remaining ingredients and mix well. Pour into prepared baked pie crust and refrigerate for several hours before serving. Serves 6.

If you are interested in saving calories, serve as a pudding. Pour into serving dishes and chill well before serving. Top each with a whole berry and you have a low-calorie, low-cost company dessert.

For more healthy snack and dessert ideas send for "This Can't Be Healthy, I Like It." For each copy send \$4.11 plus 60 cents for postage to Concern Inc., Detroit, 1 Northfield Plaza, Troy 48098.

Consumer Mailbag answers questions on consumer and environmental issues. Address questions to Concern, Inc., Detroit, 1 Northfield Plaza, Troy 48098. Grace R. Gluskin Executive Director

## The lively needle

# Will needlepoint bow to oil?

The gasoline crunch is hitting the needlepoint business in very peculiar ways.

Today's trips to see beautiful stitcheries are not determined by the object itself. They're not even determined by how well-known the museum is or how famous the artist would like to become. All travel decisions seem to be predicated on how close the embroidery is to Canada.

Canada seems to have unlimited gas. Why this is true is a bit beyond me, but the most important factor that we have to consider is our car's fuel tank capacity. Multiply that by the number of miles it gets to the gallon and divide by 10 (Half to get there and half to scoot back to Canada). And that's it. If the Metropolitan Museum is five miles too far, scratch the Met.

This makes summer research trips a tad lopsided. Future needlepoint books may have a bias that future readers won't immediately understand. Because, Virginia, there is a pecking order.

It's Canadian, it's beautiful. If it's

in Buffalo, Detroit or Vermont-near-the-border, it's blissfully desirable. Boston is good and it's jammed with textile researchers. Expect a swarm of Boston books next year. New York is iffy. The Smithsonian, forget it.

As for Washington, it's going to have to solve the OPEC situation before I, for one, write any more about it. Which may not bother Washington in the least.

AND THEN THERE'S the Persian yarn problem. Persia is just another name for Iran. If the Ayatollah Khomeini isn't doing all that well with the female constituency there, how do you think he'll cope with three million militant American stitchers angrily clamoring for their yarn? An oil embargo might be tedious, but a wool embargo would be unthinkable.

The possible domino effect on the economy boggles the mind.

Imagine millions of American women without their daily stitching fix. Millions couldn't stand them. Tens of millions of American males would go to work every day full of burnt toast

By MARY KAY DAVIS



return to ironing in front of the television soap operas. The wash-and-wear industry would founder.

Today's farmers would not be able to grow enough 100 percent pure cotton to satisfy demands for irremovable cloth. Southern agriculture would have to shift rapidly from peanuts to cotton. This would have drastic political consequences. Republicans might even control the Senate again.

ALL IN ALL, I think it's time for Washington to cope with the energy crisis. When it affects needlepoint, things are getting serious. Needles, now happily yanking yarn through canvas, can, if necessary, transfer themselves to wifely tongues. And the results would only please Alka Seltzer, Inc.

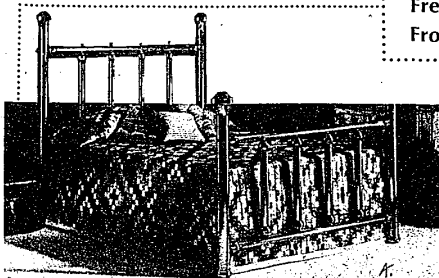
After all in a showdown between governmental bureaucracy and needlepoint, let us not get our priorities confused. Gentlemen, are you listening?

and sour dispositions. The wheels of progress would grind to a halt.

Thousands of needlework shops would go out of business, adding truck loads of part-time saleswomen to already overflowing unemployment rolls. The drain on the American economy would be staggering.

Then, with unexpected hours on their hands, the women of America would

open Mon., Thurs. & Fri. '79



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## Moral perspectives

# Faith and hope still needed today

The economic news is disquieting. The gasoline shortage, now no longer acute, will undoubtedly recur in the weeks ahead.

Productivity is down, inflation is up. Chrysler is in deep trouble, unemployment is increasing, and a recession is reportedly here. Advisors to the president come and go, but they freely admit their inability to control the downward economic trends.

It is hard to recall a period in recent American history when there was less confidence. Some of us have lived through worse times. There was more misery during the Depression, more suffering during World War II, more disorder and turmoil during the latter half of the 1960s.

BUT IN EACH of these cases, there was also an abiding hope, generally shared, that the nation could get back on course.

Even in the worst days of the Depression, the belief survived that the American system was workable. Americans adamantly resisted the call for a radical revolution.

During the war, the promise of victory uplifted the spirit of the nation and assured us that our sacrifice was justified.

And though the disturbances of the '60s seemed to be unending, one saw a spark of messianism in the land which occasionally stirred the hope that even the most grievous wrongs could be righted.

By RABBI IRWIN GRONER



OF LATE, the national mood has changed. The problems we now confront appear to be too complicated as to be almost insoluble. They reach into almost every aspect of life: the work ethic; national goals; personal lifestyles; traditional values; international relations.

Has life become so complex, social reality so unmanageable that we no longer are capable of shaping our future? Or are we suffering from a collective "loss of nerve?"

Each age tends to believe that its problems are the most severe, its crises the most intense, its travail the most agonizing. But even a cursory view of recent history tempers and moderates such responses.

What this country requires today is no less than what was needed in every critical time in its history — a reaffirmation of faith, a renewal of hope, a revitalization of the spirit.

It is in meeting this challenge that we shall move forward from despair to confidence.

## Divorce discussion scheduled

"Divorce — Stumbling Block or Stepping Stone" is the topic of a discussion scheduled at 9 p.m. Thursday, Aug. 23, under sponsorship of SPACE, a community service for widowed and divorced men and women and their families.

It will be held in the offices of the National Council of Jewish Women, Suite 106, 16400 W. 12 Mile, Southfield. There is a \$1 charge. Nadine Bell, executive director of

SPACE, will guide the exploration. She plans to focus the discussion on directions which a divorced person may take. The evening is a regular monthly offering of the Divorced Program Committee of SPACE. Meetings which focus primarily on the needs of the divorced take place on the fourth Thursday of each month.

For further information about SPACE, call Phyllis Chassin weekdays between 9 a.m. and 1 p.m. at 557-9804.

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