

# Here's a handy project - with a twist

There they sat. All wearing the same neatly pressed uniform, flashing the same contagious smile, hair cut in the same short style, and all reaching for their pencils with the right hand. These are children of China.

Though the Chinese seem to have settled the issue of handedness, in our culture this question is still a matter of debate, concern and confusion.

Not so many years ago, educators, doctors and psychologists were advising parents to force their children to use the right hand. Even today, an occasional authority still recommends that parents influence their child's hand choice by placing toys and utensils closer to the right hand.

The general trend today, however, is to leave well enough alone. A child with an obvious hand preference should be allowed to follow this preference.

This project uses both hands. In fact, there is so much twisting that the expression "The left hand doesn't know what the right hand is doing," is almost true!



**Pat Bordman**

Pinch off a piece of dough (slightly bigger than a golf ball). Roll this piece into a rope about 14 inches long and as thick as your thumb.

Shape it into the common pretzel design. The design is formed by taking one end of the rope in each hand. Cross the hands and let go of the rope. Twist the rope once more. Now, take the two ends and fold them to the back of the pretzel and press down.

- Homemade pretzels**
- 1/2 cup hot water
  - 1 package yeast
  - 1 1/2 cup warm water
  - 1/2 cup brown sugar
  - 5 cups flour
  - Coarse salt
  - Baking soda (1 tablespoon for each cup of water used for boiling)
  - Shortening
- In a large bowl, mix hot water and yeast. Stir in warm water and brown sugar, then add the 5 cups of flour slowly. Stir until the mixture is smooth and doesn't stick to the bowl.

This young man is challenging his brain - visually, logically and spatially. (Photo by Pat Bordman)

Knead with hands until smooth (about 5-10 minutes). Grease the cookie sheet with shortening and sprinkle with the coarse salt. Set aside until the pretzels are ready to be baked.

Fill a frying pan with water and add the baking soda in the proper proportion. Bring this water to a boil.

Lower the pretzel into the boiling water. When the pretzel starts to float in the boiling water - about half a minute later - lift it out of the water and lay on the greased and salted cookie sheet.

Sprinkle the top with coarse salt. Repeat until the cookie sheet is filled. Bake at 475 degrees about 8 minutes or until browned.

Patricia Bordman, a free-lance writer and photographer, has a master's degree in early childhood education. She has taught elementary school and conducted workshops and lectures. Mrs. Bordman welcomes suggestions and comments. Please write her c/o the Observer & Eclectic, 36251 Schoolcraft, Livonia 48150.

# Cookbook for diabetics is nutritional guide

The American Diabetes Association and the American Dietetic Association have joined forces to create "The Family Cookbook," a complete nutrition guide for the entire family, containing an approved system of healthful living through proper diet for the diabetic.

THE FIRST and only total cookbook and nutrition guide jointly prepared by the American Diabetes and the American Dietetic Associations, "The Family Cookbook" offers more than 250 kitchen-tested recipes for the diabetic and his or her family.

Family Cookbook is an encyclopedia of nutrition "how to's" ranging from using these recipes in the daily meal plan to balancing food and medication during illness.

It is also a guide. Perfect also for anyone who must control carbohydrates and calories.

There are an estimated 10 million diabetics in the United States and though diabetes is an incurable disease, it is controllable through medication and proper diet. For the diabetic and the family with a diabetic member, the selection and preparation of the proper foods is extremely important.

It offers daily menu tips, meal planning for the family with a diabetic member, innovative "nutrients per serving" guides for each recipe, important tips on eating out, "brown bagging" it, weight control, exercise, and much more.

THE FAMILY Cookbook is fully endorsed by the American Diabetes Association Committee on Nutrition, the Scientific Advisory Committee of the American Diabetes Association and the Publication Advisory Committee of the American Dietetic Association.

The book is published by Prentice-Hall and is available in most local bookstores. Copies are also available, at the same price, \$12.95, by calling American Diabetes Association-Michigan Affiliate, 342-9333.

## Jazz quintet at art institute

The Heath Brothers jazz quintet will return to Detroit for an 8 p.m. concert Feb. 19 in the Detroit Institute of Arts Auditorium.

Saxophonist Jimmy Heath and bassist Percy Heath are featured members of the group, which includes pianist Stanley Corwell, guitarist Tony Purpura and drummer Akira Tana.

Tickets at \$6 are available from the art institute ticket office, 832-2730.

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