

Weary feet? Try chickweed cure

These are the days when you run into problems with your garden, like visits from insects and four-legged animals who munch off growth of vegetables right at the ground level.

We are fortunate to have a gardening hot line, staffed by the Oakland County Extension Service, a branch of Michigan State University. You can get assistance by calling 858-0902. The office is in the north office building, 1200 N. Telegraph in Pontiac.

I recently visited a friend's garden which had a lot of chickweed in it. My friend, Marion Archibald, scooped up a handful and asked, "Did you know that when your feet are tired, you should rest your bare feet in a basin of the pulled chickweed?"

So I followed her suggestion and rested my weary feet in chickweed while I watched television. After all, many of our remedies have a botanical ingredient. I can't explain the chemistry of resting tired feet on a pillow of chickweed, but it works. Try it.

IF YOU HAVE delayed planting



down to earth

Alice Burlingame

your vegetable garden and still have space, remember many of our vegetables prefer late, cooler summer days for harvesting, so don't pass the vegetable seed racks too fast. Beets, broccoli, carrots, cabbage, kohlrabi (tastes so good raw), peas, spinach, Swiss chard, radishes and some kinds of lettuce can be planted late.

Following three guidelines will improve your chances of success: start the seedlings inside and then set them out — it is the daily care which spells better luck for you; keep the ground moist with a fine spray during the early growing days; and keep the area weeded and fertilized.

If you grow your cucumbers on a trellis, you will have a triple harvest. The cucumbers will be better formed. More light will reach the plants and

improved aeration will reduce disease problems.

If you wish to make some long-lasting labels for your special plants, try cutting a styrofoam meat packaging tray to the right size and punching a hole in one end to attach a wire fastener. Write the plant identification on with ballpoint pen and it should last a long time.

MORE PEOPLE are staying home this summer and dreaming about installing a swimming pool or thinking about improving the pool they have. The best pool publication I have seen is "Ideas for Swimming Pools" from Sunset Lane Publishing Co. in Menlo Park, N.J.; 127 pages; \$4.95.

This book is full of ideas for new pools or beautifying existing pools. It

explores ways to harness the sun to heat water. The book also discusses enclosed pools and hot-water spas, which are ideal for non-swimmers and arthritics. Suggestions for landscaping, decks and fencing, and for pools designed for water games are also included.

The authors also consider ways to protect your investment with legal coverage and maintenance. This is a good reference on operation and upkeep for pool owners. The troubleshooting tips are worth the price of the book.

Have you ever strolled along Maple Road in the evening to enjoy the shop windows and keep up to date on fashions? A visit to our historical homes, west of the shopping district, on the first Sunday of every month, can offer similar inspiration for gardening.

The garden of Hunter House, maintained by the Maplewood Garden Club, has a Williamsburg influence. The Birmingham branch of National Farm and Garden planted the flowers along Maple Road at Allen House, our hospitality center. The Little Garden Club planted the flower garden behind Allen House.

Outstanding dancers to give summer classes

Some of the nation's most important dance artists will help inaugurate a new degree program in dance at Oakland University. It will begin this summer with guest artists and guest performances and master classes.

Beginning as well as advanced dancers (above age 13) may enroll in these non-credit classes.

The first will be James Clouser, July 6-17. He is artistic director of Space/

Dance/Theatre in Houston and will be teaching ballet and modern dance. Clouser was formerly artistic director of the Houston Ballet and ballet master of the Royal Winnipeg Ballet.

July 20-31, Marcus Schulkind, artistic director of the Marcus Schulkind Dance Company, will be in residence. Schulkind has performed with nationally known companies such as Lar Lubovitch, Kathryn Posin, Martha Graham, Pearl Lang and Norman Walker. He studied at Juilliard and has taught at the American Dance Festival for the past two years.

Trisler Dancecompany of New York City.

In addition, Schulkind will give a special lecture demonstration/performance at Varner Recital Hall on July 26. Admission is free to participants and \$2 for all others.

For further information, contact the Oakland University School of Performing Arts at 377-3016.

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