

# Anniversary quilt project benefits parks foundation

When Gov. James Blanchard asked citizens to "preserve something of the past for the future" as part of Michigan's Sesquicentennial celebration, women in one Oakland County township were listening.

Violet Melstrom, chair of Addison Township's Sesquicentennial activities, called upon Lil Prawdick and Margot Sternfels. Together they assembled 34 friends to make a quilt of authentic Michigan design.

The women raised \$1,000 through a contest of the quilt and other smaller benefits. The group followed local historian Barbara Stafford's suggestion to donate the money to the Oakland Parks Foundation.

USING WOOL from sheep raised at the local farm of Karen Koski, these women sewed and quilted thousands of pieces as part of the project.

According to Melstrom, the hourglass and bow-tie patterns date back to the 1890s. Prawdick opened her home for volunteers to come and go daily for months.

"It was a wonderful opportunity to re-establish friendships and to participate in a project depicting Michigan history. Lil Prawdick and Margot Sternfels deserve the credit for coordinating this project," Melstrom said.

The quilt was contest off at the Strawberry Festival held in Leonard on July 18. The winner was attorney John Katsoulos. Said Melstrom, "We're especially pleased because the Katsoulos family lives in Addison Township in a restored home."

THE OAKLAND Parks Foundation is working to restore the milkhouse located on the former Buhl estate at Addison Oaks County Park.

John Thurber, vice president of the Oakland Parks Foundation, said that the foundation is hopeful that the milkhouse and Buhl home will be placed on the Michigan State Register of Historic Sites in the near future.

"Our young people today are fascinated by how their ancestors in this area lived," Thurber said. "The mansard roof atop the milkhouse now shows evidence of the years, with the growth of moss and plants."

The interior of the milkhouse will also be restored to its original condition. According to research, shallow one-quart pans of fresh milk were placed to cool in wide water troughs arranged around three interior walls.

These troughs were fed with water piped from a nearby cool spring. They were sunk below floor level. Because of the insulation needed to

maintain a cool temperature, the floor of the milkhouse was stone and the walls, plastered and whitewashed on the inside, were made of brick.

The Oakland Parks Foundation was established in 1983 by a group of residents dedicated to preserving parks and enhancing recreational opportunities in the county.

Q. Which leftover seeds are best for growing indoors in winter?  
A. Almost any plant can be grown in containers.

Those best suited to indoor harvest are leafy salad vegetables — lettuce, miniature varieties of tomatoes, carrots, radishes and chives. Don't forget sprouts, including mung bean and alfalfa.

Some herbs can also be grown in containers and can add wonderful flavors to otherwise ordinary recipes. Try mint, sweet marjoram, rosemary and winter savory.

Vegetables grown indoors are crisp, tender, fun and economical. They will add variety and nutrients to your diet.



consumer mailbag

Terry Gibb

Choose a sunny location, containers with good drainage and fertile soil. If you have a compost pile, mix some of the humus into the soil. This organic matter will help to hold moisture in the soil.

For a complete guide to indoor gardening, send a self-addressed, stamped envelope to "Gardening" at the address below.

Q. For my holiday baking, I've always used brown grocery bags to line the pans. I've just heard that doing this might be dangerous. Why?

A. You heard right! The habit of lining cake pans (and heating rolls in bags) began before the advent of recycled paper. Many ecology-minded cooks re-used the bags rather than used new paper or foil. If you're one of these — STOP!

Most paper bags today are made from recycled paper, which is great. However, upon heating, the toxic chemicals used in the recycling process are released, can mix with the food and ultimately get into your body.

Remember, everything has two sides. Recycling saves resources, but the recycled product may not be reusable as the original product was. Brown grocery bags can be used again for many things — just don't use them when cooking.

The Consumer Mailbag answers your questions. Address mail to The Consumer Mailbag, Concern Detroit, One Kennedy Square, 4th Floor, Detroit 48226.

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