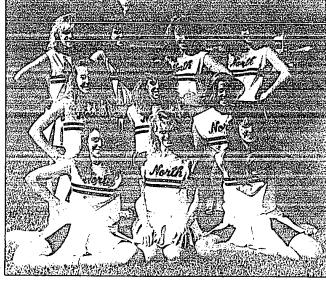
First place winners

North Farmington High School's varsity cheerlead-ors took three first place honors in cheerleading camp this month. They received the first place award for home cheers, state cheers and the "big dance" competition. Mombers in front are Amy Thursdam, Debbie Harrison and Jenniler Hardy, in the middle row, Heather Hoffman, Jenniler Branton and Jenny Weh. In the back row are Amber Davis, Stophanie Hunt, Michele Yuskowsatz and Jill Allison took first place in the individual first place in the individual competition. Weh and Bran-ton took third and fourth place in in the individual competition.



assembly an interesting an encode to share the historical Museum, 460 Woodward at Kirby. All program will be a sensitive and the control of the automobile. The exhibition of the carriages to the automobile chassis from the carriages to the latest force and the control of the automobile chassis from the carriages to the latest force and the control of the automobile chassis from the carriages to the latest force and the control of the automobile chassis from the carriages to the latest force and the control of the automobile chassis from the carriages to the latest force and the control of the automobile chassis from the carriages to the latest force and the control of the automobile chassis from the carriages to the latest force and the control of the automobile chassis from the carriages to the latest force and the summobile control of the automobile chassis from the carriages to the latest force and the carriages of the automobile chassis from the carriages to the latest force and the carriages to the automobile chassis from the carriages to the automobile chassis from the carriages to the latest force and the carriages to the automobile chassis from the carriages to the device chair the

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Can light this season

Home preserved fruits can be safely canned without the traditional heavy sugar syrup and extra sweetness that may hide the natural fruit taste and add unwanted calories, according to Sylvia Treitman of the Oakland County Cooperative Extension Service.

Oakland County Cooperative Extension Service.
For all canning it is essential to follow an up-to-date canning guide for correct processing times and methods, such as the 1989 Bail Blue Book, Sugar does help fruit to maintain its limmest, but lock of it will not affect the safety of the product as long as it is processed correctly. To pack fruit in its own juice. Prepare fruit for canning. Cover fruit with small amount of water and cook until boiling hot. Pack hot fruit into hot Jars. Cover fruit with hot cooking liquid, leaving

correct headspace. If needed, add boiling water to cover. Adjust lids and process in boiling water for recommended time.

SOME TIPS for canning without

Supar: Substitute a light colored fruit. Juice, such as apple or white grape juice, instead of sugar syrup. Pretreat light colored fruits such as peaches or pears with a commercial ascerbic acid misture.

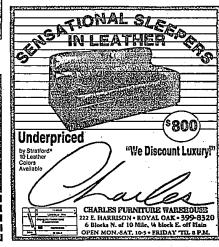
If you wish to use added artificial sweeteners, do so at serving time. They do not can well.

If you need help with canning questions, or other food and nutrition information, call the Food and Nutrition Hot Line, 8:30 am. to 5 p.m. Monday through Friday, at 858-0904.

Tots called to class

Mayfair Co-op Nursery School, at 30450 Farmington Road, is now accepting applications for enrollment for the '89-90 school year. Classes with openings are the 3-4 year old classes, multi-age class and ESF a

Interested parents should contact. Pat Davison at 661-0772 or the school at 625-2759 for registration information.



The week of Sept. 17-23 commemorates the signing of the Constitution of the United States. This great document, the guardian of understand the nature of limited great document, the guardian of understand the nature of limited great document, the guardian of understand and the rights and priviliberties, established our republic as as of the constitution week promised in the properties of the properties of



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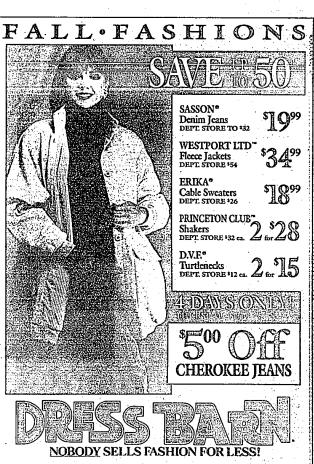
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