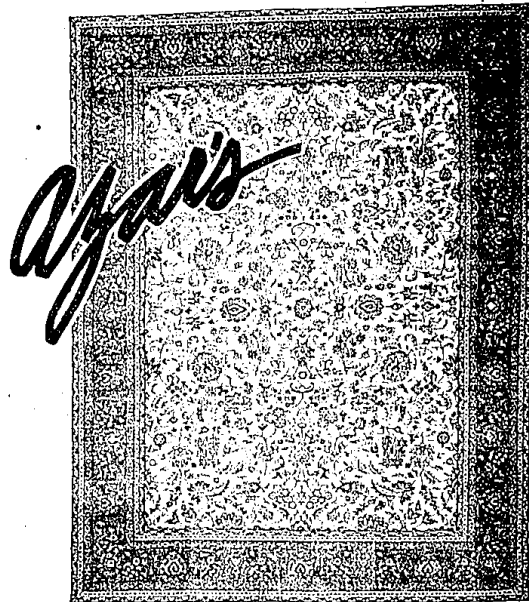


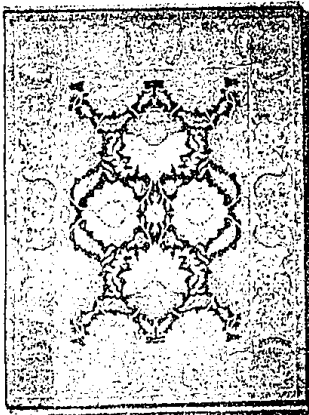
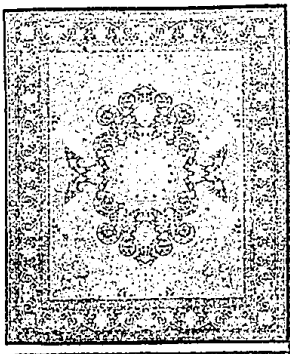
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Accessorizing

Important tips for men

A few months ago I wrote an article on suits, and another on shirts for readers to use as a guideline in selecting a wardrobe. Today we'll focus on choosing accessories.

It's no secret that shopping for clothes is not your favorite thing to do. In fact, psychotherapists say one reason men find shopping for clothes so daunting is that all of their lives they've been dressed by others, usually women. As infants and youngsters, mothers choose your booties and outfits (they may still be choosing your shoes, ties and socks) until this chore is passed into the hands of girlfriends, lovers or wives. This never gives guys an opportunity to learn about fabrics, colors, textures and combinations. As a result, many men get sweaty palms when entering a men's clothing store.

One author says a lot of men hesitate admitting even to themselves that they want to look better. And why? Because they've been taught that any concern about appearance is misdirected vanity. Junk that kind of thinking. It's off base and passé. Looking good isn't self importance, it's self respect.

Women tend to buy clothing and accessories, want a lot of choices and linger longer in stores while men typically buy the first thing that fits them and get out. Men prefer to shop for big ticket items such as cars, stereos or boats which most women will do only when necessary. This quote by comic Rita Rudner hits the nail on the head:

"The cliché is true. Men like shopping for cars and women like shopping for clothes. I only like cars because they take me to

clothes. I look at a car as something that gets me from place to place, and clothes as glamorous. Men look at clothes as something to take them from place to place and cars as glamorous."

Here are some guidelines:
On pocket handkerchiefs: These were first worn by men to cover the head or wipe perspiration from the face. By the Renaissance period, they were considered an essential accessory for use, causing Erasmus to write "To wipe your nose on your sleeve is boorish."

Today, pocket squares have no practical purpose. However, they do add a touch of elegance and marks you as a confident and knowledgeable dresser. They can be of any color, although plain white is generally preferred, and should coordinate rather than exactly match a patterned tie.

The fold can be multi-pointed, square-head, puffed or triangular - all are acceptable and should be of linen or silk with hand-rolled edges. One more point: if your handkerchief is initialed, the monogram should never show.

On belts/suspenders

Even though according to tradition, the bottom button on a vest must always be worn undone, belts should not be worn with vests as they cause the waistline to look lumpy. The color of the belt should blend with the color of the suit or more usually in the same general color as the shoes, that is black with black or brown with brown. Buckles should be simple and unadorned in either gold or brass and should be very plain if you tend to have a "front porch." And unless you're dressing very casually, belts must be worn

ETIQUETTE EXPERT



Margit Erickson

with pants that have belt holders.

Suspenders, however, permit trousers to hang and look better especially if they're pleated. They should be attached to the pants with buttons preferably inside the waistband. Suspenders that attach to the waistband with metal clip-ons are, more or less, novelty wear and worn accordingly. Here are two "never, never, ever's... Never wear a white patent leather belt. And never wear a belt and suspenders at the same time.

What do I do when...
Having been served food, especially soup, that is too hot to eat?

You wait until it has cooled a bit. You can help it along by gently pulling your spoon through it, away from you and back several times. Do not stir it in a circular motion and, above all, do not blow on it. If you happen to take a sip without realizing its temperature, do not spit it out - just grab for your ice water and take a long sip. A burnt tongue will heal faster than your embarrassment if you try to spit it out in your napkin or elsewhere.

Margit Erickson is an etiquette expert who conducts seminars for business and social groups. You can reach her at (248) 471-6170.

Advice on harvesting herbs

The Hill and Dale Garden Club offers these tips on harvesting herbs.



Herbs are useful as well as attractive. Dill, rosemary, savory and sage can translate into teas and heavy-duty seasonings. When you harvest your herbs will depend on whether roots, flowers or leaves are used and on what you will be using them for. Whatever the end result, keep these points in mind:

- Pick herbs on dry days only, late in the morning after the dew has evaporated but before the sun is hot. Or pick at dusk.

- Check plants daily. Many open or mature quickly once they begin.

- For optimal flavor, harvest culinary herbs just before buds open. Once the plant flowers, it concentrates its vitality on blooms rather than leaves.

- Harvest seeds when they turn from green to brown. Some may be brown but still moist inside; so make sure seeds are also brittle and crushable.

- Harvest flowers just prior to full bloom.
- Discard wilted, yellowed or insect-attacked leaves, flowers, seeds or roots.

- Fresh herbs are fragile. Handle gently, taking care not to crush leaves or flowers.

Always dry herbs as quickly as

possible. Choose a warm, dry spot with good airflow. Avoid kitchens, where airborne grease will cling to plants. A dry basement, spare room or airy closet will do. Darkness isn't necessary but it does help retain flavor in culinary herbs and color in dried flowers. If plant material isn't starting to dry in a few days, a little extra air circulation from a fan can help. Just make sure the flow is gentle and indirect and not too hot.

Different ways of drying

Drying upside down: Gather stems together with elastic bands and suspend them with a piece of string from the ceiling or a clothes hanger. Hanging herbs sometimes attracts insects or dust. To avoid this, tie the bundles and slip them into paper bags punched with holes to encourage air flow before hanging them. Select only four to six stems per bundle and tie loosely. This will discourage molding and won't distort the herb's shape.

Drying upright: This is a great choice for overhanging - flowers or herbs with stiff stems. Dry them in empty dry vases, jars or tin cans. Avoid plastic, which encourages mold. Don't crowd the herbs. To keep them separate, fasten a piece of chicken wire over the top and poke the stems through the holes.

Drying on a flat screen: A piece of screening, elevated so that air can flow under it, is excellent for drying small stemmed plants such as thyme

or rose petals. Spread in a single layer and cover them with a sheet of paper towel or absorbent cloth. Stir them daily to change their position so they dry evenly.

Oven drying: Dry in a single layer. The trick is to maintain a low enough temperature (100 degrees Fahrenheit) over two to six hours. Oven drying requires careful watching and regular stirring. If you begin to smell the herbs while they're in the oven, they're losing precious oils.

Food dehydrator: Use according to manufacturer's instructions.

Freezing: Some soft leaf herbs freeze even better than they dry. Basil, parsley, chives, cilantro, dill and chervil are among the most common ones. Wash the herbs and run them through a salad spinner and put them into plastic freezer bags. Freeze them whole. They will crumble easily when frozen. Use one teaspoon of frozen herbs to half a teaspoon of dried herbs.

The Hill and Dale Garden Club offers membership to anyone interested in gardening offers informative lectures with professional garden and nature speakers, workshops with do-it-yourself projects and community outreach.

The Hill and Dale Garden Club meets tonight at 7 p.m. in the Aldo Vagnazzi Visitors Center in Heritage Park. Guest speaker is Jim Mackinder, who will talk on fall gardening. For more information, contact Lita Teasdale at (248) 486-4346.

Out of Africa...for a cause



Africa: Buddy's Pizza continues its charity promotion with a spoof of *Survivor III*. Local celebrities Chuck Gaidica and WCSX FM's Karen Savelly come together with Michigan survivors Mike Skupin and Keith Fante to benefit Michigan charities. Buddy's owner Robert Jacobs is in the safari hat. On Thursday, Oct. 11, all nine Buddy's locations will donate a portion of sales to various local charities. Buddy's will guarantee at least \$6,000.