



CORNMEAL AND SPICES MAKE SOMETHING NICE.

An Indian Pudding Is Whooping Good

No wonder the early settlers chose corn meal for their favorite dessert: Their new-found grain, corn, which was introduced to them by the Indians, made a beautiful, light, golden-colored pudding with a rich taffy flavor when mixed with unsulphured molasses and good spices.

Spray Way To Glamour For Holidays

Holiday proms and festive gatherings are welcome opportunities to wear your most feminine fashions and flattering makeup.

But just as you use cosmetics to enhance your prettiest feature, holiday finery needs an extra touch to make it look its loveliest.

A whisk of spray-on starch in the clothes cosmetic for net formal and party-perfect petticoats.

NET FORMALS and stoles should be crisp and billowy. Just a puff of spray-on starch and a touch of the steam iron will make last year's formal look like new.

The spray-on "cosmetic" also stimulates dress-box crash from a new gown. For multi-layered formal, press the inner skirts first, leaving the outer layer for the final touch-up.

To make a crinoline petticoat stand-out, use this umbrella trick: Open an old umbrella.

UNLESS IT IS white or plastic, cover it with a plastic sheet to prevent dye transfer. Next, drape a clean petticoat over the open umbrella.



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Growing Children Need Right Foods, In Right Amounts

If you are really interested in the health of your children, psychologists say you will do certain things to assure their good health. What can happen if the interest becomes superficial is illustrated by the cases of two mothers, Mary A. and Sally B.

Mary A. is the mother of three fine youngsters of grade school age. She's a fine woman—she thinks—but her youngsters collectively are about 80 pounds overweight, and Mary A. tips the scales at an uncomplimentary 175 pounds.

"The kids love to eat" is the rationalization for what has become a dangerous situation to the health and happiness of herself and her family. A fat child too often grows into a fat adult. Medical records are filled with the all-too-frequent health problems that come with obesity, and even psychologists and psychiatrists must often wrestle with the mental problems that occur in overweight patients.

Sally B. also has three youngsters, but they, like their mother, are described by their neighbors as "thin as a rail." And small wonder.

SALLY B.'S morning breakfast has for years consisted of a cup of coffee and a piece of toast. The youngsters often skip breakfast altogether.

The family doctor (if called in) could quickly analyze the situation: This family is living on a nutritionally-deficient diet. Often overlooked by mothers such as these is the basic reason for consuming food—to provide for proper growth, maintenance and energy.

Teaching children to eat meals and snacks that are well-balanced in both quantity and quality of foods is definitely a parental responsibility. To avoid it spells trouble.

By following a few simple rules, parents will necessarily contribute to the longevity and happiness of their children. The best way to start is by example.

FORTUNATELY for all of us, nutritionists have simplified food selection by analyzing the nutrients our bodies need and then suggesting food patterns that will experts are not certain about all our nutritional needs, they recommend a variety of foods.

How can you inaugurate a good nutritional program for your children? By making sure, with the least fuss and prodding possible, that they get an ample supply of foods from these four main groups:

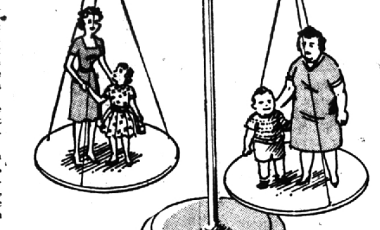
Fabric Scraps Can Create Unusual Packages for Gifts

A pile of colorfully wrapped gifts under the tree is a decorative and tantalizing sight. Packages in bright red and green wrappings; mysterious-looking packages, odd-shaped and interesting; packages that rattle when shaken... these are all part of the excitement of Christmas.

Wrapping gifts imaginatively is a big part of the fun of Christmas. You can find unusual and inexpensive gift wrap ideas around the house... especially in your sewing room.

Fabric scraps—anything from velvetene to calico—make excellent wrapping material, as do cotton terry cloth towels, or sheets of decorative Christmas tree cotton.

To tie up packages, there's colored yarn, bias tape, lace, or cotton rickrack.



Use cotton dish towels in colorful prints for wrapping and tuck small kitchen accessories in the bow arrangement. Decorate a gift wrapped in white tissue paper with a set of red cotton terry cloth polisher.

Or use red shelf paper for wrapping and pin on a doll-size apron cut from a small-fringed red cotton print.

If the gift is for the bath—fragrant soap or bath salts—wrap it in a cotton terry cloth hand towel set in a matching floral-printed bath towel. Decorate with an arrangement of artificial flowers.

SINCE A CHILD is eager to tear off the wrappings and see what's inside, the simpler the wrapping for a child's gift the better.

Why not use the color edition of the comic book and red and green cotton yarn. Or wrap in plain tissue paper, and tie with a red jump rope that has jingle bells attached to handles.

If there's a baby on your Christmas list, delight the mother by wrapping his gift in one of the new cotton stretch diapers. Fasten with colored diaper pins and use pink or blue bias tape for tying.

Whatever materials you use for wrapping gifts, remember that the personal touch is the ingredient that makes giving a fine art. Wrap each gift with imagination, to suit the contents or the person who receives it, and you'll add an extra measure of thoughtfulness to the simplest present.

Brush and Steam For Suave Suede
When your suede shoes become stained looking first brush to remove dust particles. Then hold the shoes over the spout of a steaming teakettle—enough to raise the nap, but not long enough to get the shoes wet.

A steam iron is wonderful for this, too. Then brush the nap with a soft brush and let the shoes dry before donning them again.

Soak Stiff Chamois
When your chamois has stiffened up, soak in warm water to which a spoonful of olive oil has been added. The chamois will emerge as soft and clean as when you bought it.

OF THE FROZEN FOODS studied, one-fifth were less expensive than the fresh or home-prepared. Less expensive items included frozen peas and lima beans exclusive of the pods which are wasteful and expensive to ship.

Frozen prepared foods were generally more expensive than the home-prepared. The large amount of added services and special packaging adds to costs, says Mrs. Josephine LaWyer, district consumer marketing information agent.

Frozen prepared foods are time savers, though. They particularly save active time or that taking the cook's attention.

For example, frozen cakes saved from 88 to 92 per cent of the 40 to 41 minutes of active time needed to prepare homemade cakes but little or no total time because thawing was involved. Thawing does not require close attention but does require planning ahead.

The first Kentucky Derby was held at Louisville's Churchill Downs in 1875.

Flours Vary According to Their Usage

Mix and match may serve you well when buying sport clothes, but when buying flour choose the kind as well as the size of container that's tailor-made to fit your needs.

Flours vary in the type of wheat from which they are made and in the way in which they are milled, reports the district consumer marketing agent. Hard wheat produces a flour especially suited for bread-making, whereas soft wheat flour is best for cakes and pastries.

In the milling process different types and varieties of wheat are blended to yield flours that particularly suit a special use, such as bread flour, pastry flour, and cake flour.

ALL-PURPOSE flour may best suit your needs for general baking and cooking. This flour is usually made from blends of hard and soft wheat, states Mrs. Josephine LaWyer.

If you bake often, it may pay to buy the large 10 or 25-pound bag of flour. The cost per pound decreases as the size of container increases.

But if you seldom use flour, the 14-ounce shaker can be your best choice even though the cost per pound is higher than for other size containers.

If you bake a lot of cakes, chances are that you will want to have cake flour on hand in addition to all-purpose flour. Cake flour is milled from soft wheat and is the most finely-ground of all flours. Cake flour costs more than all-purpose flour but produces light, delicate cakes.

Avoid Abrasives
Since one of the chief ingredients of linoleum is linseed oil, alkaline cleaners should be avoided. Abrasives should not be used except on soiled spots. Strong soaps should also be shunned.

MILK AND DAIRY FOODS

Children and teen-agers should drink at least three glasses of milk each day or the equivalent in such dairy foods as cheese and ice cream. Not a bad selection for a start, is it?

Parents are not excused here either. Adults should have at least two glasses of milk or its equivalent.

Milk is a prime source of high quality protein, as well as calcium, vitamin A, riboflavin and thiamine. It is a good source of calories, too, which become undesirable only if too many are consumed in relation to those expended.

MEAT, FISH, POULTRY, EGGS: Two or more servings each day from this group provide additional high-quality protein to that received from milk, plus iron, thiamine, riboflavin and niacin.

If your youngsters are a bit on the overweight side, select lean cuts of meat to keep calories down.

VEGETABLES AND FRUIT: Select four or more servings from the tremendous variety of foods available today. This will assure adequate consumption of vitamins and minerals. Be sure to include a citrus fruit or vegetable rich in vitamin A.

Don't try to force Junior or Susie to eat any particular fruits or vegetables. Try a variety but don't battle the youngsters if they prefer one kind to another.

BREADS AND CEREALS: Again, try four or more servings each day from this food group: good for protein, iron, B-vitamins and calories. If you spell calories with a capital "C" around your house, don't overdo the bread and cereal category.

A GOOD TIME to get started on this program for your youngsters is now, when lifetime eating habits are being formed. There is plenty of variety in this schedule so there won't be any empty tummies.

Children should also be taught, again by parental example, that

Frozen Foods Vs. Canned in Recent Study

Choosing frozen prepared food can be complex for the thoughtful shopper. The shopper usually cannot see the package contents and may find it difficult to judge the cost and degree of convenience of products made from a mixture of ingredients.

But a study just released by the U.S. Department of Agriculture suggests some guides for those

daily exercise is an important element in building and maintaining good health.

All youngsters go through periods of lethargy. Watch for these, and if your health is okay, get out the basketball, or football or baseball and get them to join you in fun.

And don't be afraid to call Junior in and say: "Tennis, any-one?"

A free booklet outlining a family physical fitness program can be obtained by writing the American Dairy Association, 20 N. Wacker Drive, Chicago, Ill., 60606.

MERRY CHRISTMAS



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