

It's an Era for Pushbuttons Everywhere

At Home: Aerosol Goods Are Widely Used

There was a time when things around the house came packaged in bottles, jars and tubes. Now they come sealed in aerosol containers, ready to be pushed into use on a jet of compressed gas.

Instead of lifting bottle caps, twisting jar covers and squeezing tubes, it's the push of a button that instantly puts the product a homemaker wants where she needs it without effort or fuss.

It is this ease and convenience of use that is responsible for the aerosol packaging of everything from insecticides to deodorants, from plant sprays to shampoos, from window cleaners to whipped topping for cakes.

About 40 per cent of all household products bought today are in aerosol form.

AN AEROSOL is a product sealed into a metal, glass or plastic container with a liquefied gas and a propellant. The gas mixture permits adaption of the principle to a variety of products and uses, from suspending a thin mist in the air to spray-coating a surface or producing a creamy pleasant foam.

The first aerosol product ever introduced to the public was an insecticide. The year was 1916. Today, there are more than 400 different household products packaged as aerosols with more still to come.

The latest include a growing range of medicines and home remedies and a steadily increasing variety of ready-to-serve table foods.

Exercise Ought To Be Natural—Not Self-imposed

It isn't eating, drinking and exercising when we feel like it that is bad, it's doing these things when nature indicates there is no need to do so that causes all the difficulties, says Earl F. Ziegler, University of Michigan chairman of graduate study in physical education.

"Today we encourage children to eat a balanced diet, and we like to see them have a healthy appetite, generally speaking," says Ziegler.

"ON THE OTHER hand, we find far too many overweight adults. They are now being encouraged to abstain while keeping balance in their diets. Vast quantities of vitamin tablets and liquid low-calorie dietary supplements are consumed in the U.S. every day. The role of exercise in weight control has not received enough attention."

Ziegler also questions whether girls' constitutions are so different from those of boys that they don't need vigorous exercise.

"There can be no doubt, however, that women are more concerned with their appearance. At the present time physical education courses which cater to posture, figure, and carriage have crowded sections at the university level at any rate."

"TELEVISION programs and magazine articles appear daily which encourage women to exercise regularly through the medium of a series of calisthenics," says Ziegler, "as fine as they may be, they represent an artificial approach to a problem that can be met in a much more natural way through games and sports."

AMONG THE NEW and novel aerosol medical products are emergency pain relievers for quick, anesthetic treatment for painful burns, scrapes and open wounds.

For the nursery, there are diaper fresheners, skin lotions and powders to soothe baby. And for summertime, there are aerosol medicines for the relief of sunburn, poison ivy and muscle strain. Doctors are now testing an aerosol spray for the relief of hay fever, a skin toner for athletes and vitamins.

As for new aerosol household products, there are spray-on gloves

for the kitchen, a hosiery run preventive and a petticoat stiffener.

AMONG THE READY-TO-USE aerosol foods are barbecue sauce, cheese spreads, chocolate syrup, chocolate sauce, coffee, fat-free cooking oil, horseradish, mustard, salad oils, salad dressings, meat tenderizer and a spray to preserve the freshness of eggs. The homemaker can expect many more products to be packaged as aerosols. Today it seems that almost anything that can be applied or dispensed can be aerosol packaged.



HOMEMAKING



Local 4-H Members Win District Honors

Three local 4-H club members were named district winners in projects and will represent the southwest Michigan district at the Michigan area in the state 4-H show Aug. 26 to 29 at Michigan State University.

They were Douglas Norland, 17, of 1950 Lone Pine Road, Bloomfield Township; Linda Jacobson, 17, of 2215 Walnut Lake Road, W. Bloomfield Township; and Kristine Simonson, 16, of 1957 Franklin Drive, Bloomfield Township.

ALSO A COUNTY winner but not a district winner was Barbara Hillier, 4720 Clinton Drive,

Bloomfield Hills. Judgment was based on their over-all achievement in particular project areas.

Selected as an over-all achievement winner (judgment based on all 4-H projects and activities since beginning a member) was Ricki Ann Hoxie, 16, 6650 Willow Valley, Birmingham.

Chosen as the county nominees to participate in the state finals for the National 4-H Club conference to be held in Washington, D. C., were Douglas Norland and Linda Jacobson. (Two boys and two girls will represent Michigan.)

Beef, Pork, Fish Are Currently Good Buys

Beef and pork continue to be low in price to ample supplies, and more fresh fish are in the market. Another example of why prices are increasing every day and a seasonal rise in fruit supplies is expected soon. If any chickens were to be selected as the better value, they might be corn, tomatoes, asparagus and salad vegetables—strawberries, bananas and pineapple.

Another example of why prices are increasing every day and a seasonal rise in fruit supplies is expected soon. If any chickens were to be selected as the better value, they might be corn, tomatoes, asparagus and salad vegetables—strawberries, bananas and pineapple.

Ziegler also questions whether girls' constitutions are so different from those of boys that they don't need vigorous exercise.

"There can be no doubt, however, that women are more concerned with their appearance. At the present time physical education courses which cater to posture, figure, and carriage have crowded sections at the university level at any rate."

good and haddock are in ample supply though haddock is in lighter supply than usual at this time. Whitefish is still relatively scarce because few are available from local waters. Shrimp is down fractionally due to ample storage stocks and slow movement.

EGGS ARE STILL one of the better protein buys and large eggs are holding steady to slightly lower prices this week—down to as little as 6 to 7 cents a serving. Cottage cheese is one of the leading dairy features.

Improved weather has brought on generally good supplies of eastern asparagus but the low temperatures have delayed the Michigan crop again.

Mushrooms are in good supply as is cabbage. Unfavorable weather conditions have resulted in higher prices on green beans, carrots and head lettuce.

Tomato juice, apple sauce, pork and beans, pickles and canned luncheon meats lead the list of better values in groceries.

If you are a discriminating shopper, you'll find it pays to read the classified pages of the *Eccentric* today and every week. Read and advertise in the Classified pages. Call MI 4-1100.

On the Road: Automatic Dinners and Snacks

By CLEO SYMONS
Special Writer

Wise men tell us there is nothing new under the sun. That may be true, but there is something new on Michigan's Interstate Highway, I-75, near Monroe.

We discovered it recently while returning from a trip to Florida after driving many of the 2400 miles (on and off) over the superb highway which one day will be a continuous link between The Straits of Mackinac and Miami.

AFTER FRUITLESS miles of driving from a trip to Florida, we discovered it recently while returning from a trip to Florida after driving many of the 2400 miles (on and off) over the superb highway which one day will be a continuous link between The Straits of Mackinac and Miami.

Use of Cheese Has Increased

Americans are eating more cheese than ever before, according to the consumer marketing information agent Mrs. Josephine Lawler. In 1961, Americans ate about three times as much cheese as in the early 1900's.

Rising incomes partly account for our greater use of cheese. As family incomes increase, so do purchases of dairy products. Higher incomes also allow more travel, and through travel opportunity we have become acquainted with a wider variety of cheeses.

New technology, new processes and packages are other reasons why Americans use more cheese today. Recent studies show that some large food stores stock as many as 140 different cheese sizes, including different brands and sizes.

IN A SIX MONTHS period—April to September, 1960-70—per cent of the nation's families bought natural cheese, of 89me type. Forty-four per cent bought process cheese, 37 per cent bought process cheese spreads and 10 per cent bought process cheese foods.

Of all the cheese purchased by families, 58 per cent was natural and 42 per cent was of process types. Half of the process types were regular cheese, but process cheese spreads were of considerable importance.

Our increased use of cottage cheese is particularly striking in the period 1910 through 1950. Americans ate about one pound of cottage cheese per person annually. By 1961, the per capita use had increased to five pounds.

Michigan's tourist business involves nearly 300,000 individual business establishments directly serving tourists and vacationers. They employ some 100,000 persons.

being hypnotized by speed, the sterile right-of-way, mutilated stands of timber and the chevronic bog-

sides of farms we watched hopefully for a one-stop rest area.

Having overbought the exit that promised relief in Monroe, we resigned ourselves to the pangs of hunger, hoping the gas would hold out until we made our final exit from I-75.

Continuing our better than a mile-a-minute pace, suddenly and unexpectedly (Eureka!) ahead in the left loomed a large sign: "Boron Restaurant," "Stouffer's Food."

Within minutes an uncomplicated crevice gave access to this oasis in the desert of concrete.

INSIDE AN air-conditioned building adjoining that connected with a gas station we found the last word in highway service—an automaton.

First, a machine which produces silver in exchange for currency. Next, the familiar cigar dispenser for those who enjoy a smoke with their news.

Next came a complete picnic assortment in plates, cups, plastic knives and forks, ketchup—for a box lunch to take in the car. Here also were such things as individually packaged breakfast cereals, potato chips, cheese crackers and candy bars.

NEXT IN LINE, a large glass-fronted panel displaying 20 items of food. They included eight dinners (meat, potatoes and a vegetable) and miscellaneous dishes such as macaroni and cheese, sandwiches, soup and such breakfast items as french toast, pancakes, bacon and eggs.

There was a TV-type steak dinner, a Dixie chicken, frank and beans, pot roast, a ham sandwich and a choice of half a dozen sodas. A tempting assortment of desserts followed: apple, peach and pecan pie and layer cake. (Five variations of ice cream, too.)

While the customer selects a soft drink, milk, tea or coffee—with or without trimmings—a single attendant places the refrigerated (but not frozen) dinner, sandwich, pie or whatever in an infra-red speed oven for two minutes.

After this "hotting up" she transfers the food to a serving tray. Now, having put in the required pieces of silver and pushed the proper buttons, the hungry customer has the meal of his choice hot and ready to eat in less than ten minutes. Providing himself with plastic fork and spoon, he carries his tray to one of the 16 tables, which seat from two to six people.

"MY JOB," explained the attendant, "is to keep the revolving trays, which hold 10 servings of each item, filled from the kitchen behind these windowed compartments. I also operate the speed ovens, keep all the other dispensers filled and clear the tables. As you see, I never handle any money. All the items are coin-dispensers."

In the ladies room there is a coin-operated "maid" like those found on the toll roads. Put in your coin, press the button and out come such necessities as baby pins, toothbrush, comb, lipstick and perfume. Be forgetful if you must; you can still be neat and trim—for a price!

NOTHING HAS been forgotten. To appease whining small fry, a quarter will produce anything from a miniature doll or a puzzle to a box of Mexican jumping beans.

Since the purpose of the super-highway is SPEED, today's motorist should welcome all this automation.

But in the name of health and comfort, must we travel 100 miles between these one-stop deals?

Seasoning Control

It has been said there is no such thing as a little garlic. Increased use of pepper garrique is proving this old observation false. By using this popular and potent seasoning in pepper form, salads, soups, meats, bread may be flavored to taste. Pepper garrique is fairly new and very popular. It has given absolute control over that sometimes elusive garlic clove. It makes available a little or a lot, thanks to a pepper mill.

Unless reflector lamps are the main illumination in a room, the ceiling does not have to be painted white, or even a light color. Many people prefer to paint the ceiling the same color as the walls or a slightly lighter tint made by adding white to the wall paint. If you have a very high ceiling and want to make it look lower, paint it a dark color, one that harmonizes with the walls or one that picks up the color of the floor covering or a large piece of furniture.

There were 2,700 automobiles in Michigan when the state highway department was created in 1905. The state now has more than 3.4 million registered motor vehicles.

The longest toll-free Interstate highway in the nation is in Michigan, a 224-mile super-highway extending from downtown Detroit to Lake Michigan.



Tartiness of Spring

Be sure to include tangy fresh rhubarb on your marketing list these days. From May through July, pink tarting stalks of "pie-plant" are at their peak of goodness.

For a fresh tasting dessert or teatime treat, make up a batch of these, delicately pink, tantalizingly sweet rhubarb-lemmon tarts. Calorie-trimmed for the scale-scanning set, these delectable tarts have been sweetened the modern "no-calorie" way, with liquid sweetener rather than with sugar. Dieters and non-dieters alike will be delighted with this sweet-as-rhubarb, fresh rhubarb tart.

- RHUBARB-LEMON TARTS (Low-Calorie)**
- 1 tablespoon cornstarch
 - 2 cups rhubarb, diced
 - 4 1/2 teaspoons liquid sweetener
 - 1 egg, slightly beaten
 - 1 tablespoon lemon juice
 - 8 baked tart shells (pastry for 1 lower crust)
 - 3/4 cup water

Blend cornstarch, liquid sweetener and lemon juice in saucepan. Stir in water. Add rhubarb and egg. Cook over medium heat, stirring constantly, but gently until rhubarb is tender but still holds its shape. Remove from heat; cool; spoon into tart shells. Makes eight tarts. Each tart contains 100 calories; two grams protein; five grams fat; 11 grams carbohydrate. If made with sugar, each tart would contain 173 calories.

Details Rules On Tornadoes

Tornado safety rules have been distributed by the Office of Civil Defense, Birmingham. Following are some of the points stressed.

If you are in open country, move at right angles to the tornado's path. If there is no time to escape, lie flat in the nearest depression such as a ditch or ravine.

If in a city or town, seek inside shelter, preferably in a strongly reinforced building. Stay away from windows. In homes the southwest corner of the basement usually offers greatest safety, particularly in frame houses.

Advance preparation should be made for shutting off electrical circuits and fuel lines if the tornado approaches the plant. Workers at the plant offering the greatest protection.

RAMBLER—THE BEST OF BOTH

← BIG WHERE A CAR SHOULD BE BIG →

← TRIM WHERE A CAR SHOULD BE TRIM →

RAMBLER ALONE OFFERS ALL THESE EXTRA-VALUE FEATURES, THE BEST OF BOTH: Big-car room inside; trim, gas-saving size outside. ■ Double-Safety Brakes ■ Ceramic-Armored Exhaust System ■ Superior Performance ■ Curved-Glass Side Windows ■ More Service-Free ■ Deep-Dip Rustproofing ■ Self-Adjusting Brakes ■ Road Command Suspension ■ Advanced Unit Construction ■ Cushioned Acoustical Ceiling ■ Fabulous Rambler Economy... and many, many more!

Join the TRADE PARADE to
RAMBLER 60R-8
 Winner of Motor Trend Award: "Car of the Year"

Good reasons why more than 2,000,000 owners have switched to Rambler

BIRMINGHAM RAMBLER, INC. 666 South Woodward Avenue

Edward Jones Floorecovering Co.

Bigeow • Magee • Mohawk • Barwick
 Wood-O • Firth • Downs • Loomweave

283 HAMILTON ROW — EAST OF DEMERYS MI 4-4483

WE INVITE YOU . . .

to select carpets and rugs in the latest fashion. Our manner of color arrangement is unique: more than 2,500 carpet and rug samples are assorted in convenient color groupings in shades of blue, orange, beige, blue, brown, red, white, grey, green, gold, purple, blue-green and olive.

SERVICE is yours too, including installation, cutting, fitting, and seaming as well as binding new and old floorcoverings.

SAVINGS are yours through a summer discount on your purchase of any carpet or rug; **CREDIT** terms may be arranged.

Make your acquaintance with fine floorcovering — visit **EDWARD JONES**, a local resident with 30 years experience.

RUGS For PORCH & PATIO

Made from 12-lbch Squares or Broadloom

DELTOX—vinyl coated

SISAL—Broadloom (35 colorings)

SEAGRASS—Squares (Natural)

HEMP—Squares (Natural)

SISAL—Squares (10 Colors)

Edw. Jones Floorecovering
 283 Hamilton Row (Behind Demerys)
 MI 4-4483