

### No Monkey Business

There can be no more monkey business about nibbling than about a fourth grader clambering over a geodesic playground climber. With growing scientific support for smaller, more frequent meals for Americans, nutritionists caution:

Calories should total the number you require to keep you to your ideal weight.

Nibbles should furnish the nutrients you need and include these foods: meat or an alternate, milk or cheese, fruits and vegetables, enriched or whole grain bread and other cereal foods.

**RESULTS OF A** recent study at the State University of Iowa may accelerate the trend away from the established three-meals-a-day routine.

As one phase of a research project aimed at learning why young adult men are more subject to coronary heart disease than are young women, researchers compared food habits. Men, they learned, ate more food than women, ate more fat which furnished a higher percentage of their calories, consumed more protein.

**ONE NEW ANGLE** was apparent: men stuffed. They tended to eat huge quantities of food at the evening meal, then nibble until bedtime.

The scientists questioned male wisdom in concentrating so many calories into this four to six-hour time slot. Recent research shows that men who eat in this fashion may have a higher level of a fatty substance in the blood called cholesterol—a finding suspect in heart disease—than do men who eat smaller, more frequent meals throughout the day.

A simple solution? Accelerate the trend toward nibbling in order to provide a steadier supply of all nutrients.

### Laundering Trick

### Remedy for Doors

If your curtains tend to hang unevenly after laundering, run a rod through the bottom corners and screw on their hinges. Another method is to rub some wax or This usually straightens them out.

Sticking doors can often be remedied merely by tightening the screws on their hinges. Another method is to rub some wax or This usually straightens them out.

# The Lady's a Very Good Listener

**EDITOR'S NOTE.** The following was written by Mrs. Vogt after reading a story in the Jan. 31, 1963, issue of The Eccentric, beginning, "Listen to your furniture!"

By RUTH VOGT

Madam, may I please ask you a question?

"Yes, what is your inquiry? Confine it to a few seconds, I have not much time here," this nice lady retorted.

When she was asked, "do you consider yourself a good listener," she immediately opened wide her front door and invited me in even though it be her wash-day.

After we both seated ourselves, she on her sofa and me in a big red armchair, she sort of slammered (or heattated) and remarked that it was quite strange my question would be along these lines because everyone had always labeled her as a very good listener.

"THIS MIGHT sound as if I were bragging, but I don't mean it is such," she said, "I'm not. With little encouragement she did relate, right then and there in her lovely front room, that not only her husband, her children, (even the dog too as well as the bird) considered her as having a receptive ear, "my neighbors declare if they want anyone to listen to their woes, I'm the one they think of at once," she added in a quiet, well educated tone of voice.

**TRY TO IMAGINE,** if you can, how the next question struck her. "Do you listen to . . . your . . . furniture?" she was asked point blank.

Without showing any signs that her visitor had fallen out of her highchair at an early age and hit hard on her head, she swallowed, smiled, choked and slowly admitted:

"Why, 'er, no, come to think of it, I don't."

She threw back, as if in alarm, "Should I? Who said you should."

Furthermore, how could you?"

AT THIS POINT she did appear as if she wanted to terminate this unusual conversation but when a newspaper was extended where the words were underlined, "listen to your furniture; it has a way of telling you about its personality."

If you are aware of this, your furniture can become a tool for your own self-expression."

She leaned back on the sofa, laughed and said what a clever way this introduction was trying

to sell her some new stuff for her house.

"GO ON. Don't be afraid. Look about this front room," she pleaded. "What, by listening to it, does it have to say to you, a stranger, just coming in to it?"

Before I could answer, I had to inquire if she had been putting the 'bee' on her spouse for some new stuff? Since she admitted this had been their chief topic of conversation for the past year, I felt much freer in relating what her furniture was trying to 'tell me.'

"YOUR LIVING room reveals the fact to me that you had a lot of relatives who possessed some

## Watermelons Are Abundant

Who can resist a watermelon, that happy-memories treat of summertime?

There was such an early and bountiful supply of watermelon this year that the U. S. Department of Agriculture placed it on its plentiful foods list. Prices dropped from their usual early-season highs to levels that make watermelon a "must buy" on every shopping list, says Mrs. Josephine Lawyer, consumer marketing information agent.

**HOW CAN YOU** tell if watermelon is ripe? The surest way is to cut a plug, but this practice damages the melon and is usually forbidden by the seller.

If buying a whole melon, look for one that is symmetrical in shape and has a velvety skin. Whether the melon is light or dark skinned, the underside (where it rested on the ground) should be yellowish in color. A white or pale green underside means an immature fruit.

IF THE melon is cut and sold in pieces, then your eyes can tell whether it is ripe. In general, the redder the color and less white rind, the riper the melon. White seeds usually indicate a melon that was picked too early. A brownish color in the flesh may indicate over-ripeness.

Whether you plan wedges of watermelon for summer picnics or a watermelon boat heaped high with fresh summer fruits for a party, you'll find that family and friends can't resist watermelon.

mighty fine pieces in their day and they were generous when you and your husband set up housekeeping. Right?"

She seemed amazed. She urged that I continue.

She was then asked if she didn't enjoy auctions?

"Oh, I love 'em! I try not to

miss too many and if I say so myself, I can pick up some unusual pieces, bring them home, polish, cover, break down and come up with, say, this pair of lamps here," and she pointed to an outstanding pair of rose covered vases converted into reading lamps.

(See LISTENER, 6-D)



## Melon Souffle Salad

Souffle salads are particularly suitable for summer as they can be prepared ahead of time, allowing you to get out of the kitchen early and relax with the rest of the family.

This melon souffle salad makes a refreshing light lunch, served with crackers and coffee. It also enhances more substantial meals and makes an attractive addition to a buffet table.

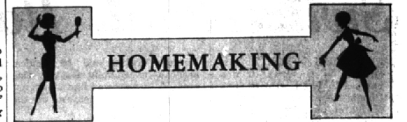
### Melon Souffle Salad

- 1/2 honeydew melon
- 1/2 cantaloupe
- 1/2 cup boiling water
- 1 (three-ounce) package lime flavored gelatin
- 1/2 cup cold water
- 3 tablespoons lemon juice
- 1/2 cup real mayonnaise
- 1/4 teaspoon salt

Scoop out six balls from each melon half, using ball cutter or small spoon; reserve for garnish. Remove remaining pulp from shells; dice and measure. (No more than two and one-half cups should be used in salad.)

Pour boiling water over gelatin in bowl; stir until gelatin is completely dissolved. Add cold water, lemon juice, mayonnaise and salt; blend with rotary beater. Pour into freezing tray or metal loaf pan. Chill in freezing unit until firm about one-inch from edge of pan but still soft in center, about 20 to 25 minutes.

**TURN MIXTURE** into bowl and whip with rotary beater until fluffy and thick. Fold in diced melon. Pour into quart mold or individual molds. Chill in refrigerator (not freezing unit) until firm, about 45 to 60 minutes. Unmold. Garnish with melon balls. Serve with salad greens, if desired. Makes four to six servings.



## Carpets Have Variety Of Colors, Textures

Color continues to make news in carpets and rugs. Whatever your taste or budget may be, you'll find a wide color range available in decorative soft floor coverings.

Current favorites in carpet and rug colors include blues and greens, plus many combinations of these two hues; rich golds and clear reds, and the always-popular beige. This neutral is seen in many shades, with emphasis on the yellow-beiges, rather than the rosy shades which were popular in the past.

**AS IMPORTANT** as interesting solid colors, are the numerous color mixtures—carpets and rugs combining two or more tones of one color, or several contrasting shades. Some are lively tweeds, others suggest a subtle pattern with rich color blending.

Texture—carpet's unique contribution to a decorative scheme—continues in wide variety. Many new styles are shown with a light-colored surface pile, a texture which is extremely practical underfoot. More formal textures include the familiar "sculptured" surfaces and thick plush piles, as well as combination textures such as high-low loops.

**WATCH FOR** more and more carpets and rugs which are "meant for each other"—compatible colors.

## Iron Can Be Used In Removing Tile

You can remove asphalt tile quickly and easily, without damage to the square you are removing or to the adjacent ones, merely by using an electric iron.

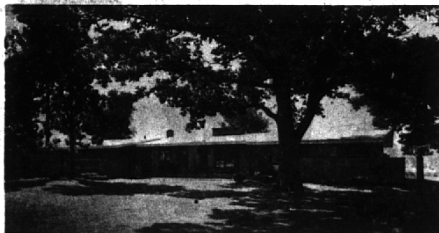
Put a piece of wrapping paper between the iron and the tile for protection of the iron, then heat the section of tile thoroughly. When enough heat has penetrated the tile, it can be lifted out easily, since the mastic adhesive under it will revert to the liquid stage. You can reseat the same tile or a new one afterward.

## Keep Milk Chilled

Store your milk in the coldest part of your refrigerator, at about 40 degrees, to protect its flavor and food value. If it cannot be kept cold, use the milk as soon as possible. To save the riboflavin, one of milk's important vitamins, keep the container away from strong light.

## Hotshot Table Top

You can effect your own heat-proof table top. First, remove the old finish. Mix one-third turpentine and two-thirds linseed oil, shake well, and rub this into the wood/using an old, soft, clean cloth. After a thorough application, rub the surface dry. Then hot dishes will not leave marks on your table!



LOOK AT THAT BEAUTIFUL TREE — and the house faces Forest Lake Golf Course! Large living room with fireplace. Three bedrooms and a delightful kitchen with built-in oven and range. Twenty foot screened porch. Garage is heated (don't forget ice and snow are on the way). Sprinkling system, carpeting and draperies.



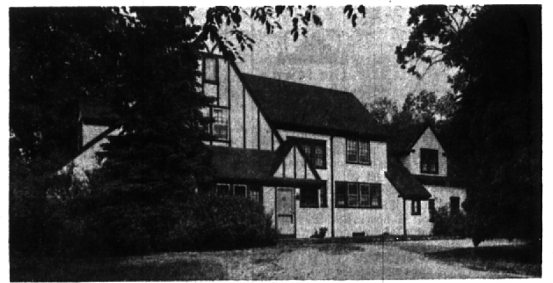
"TWIN BAYS"—In living room and dining room. Three bedrooms (master is 20 x 13), and 2 1/2 baths. Paneled family room and recreation room. Carpeting and draperies included. Near Grade and Jr. High School.



NEARLY NEW—MUST SELL. Four twin sized bedrooms and 2 1/2 baths. Large living room with fireplace. Dining room plus family room. Marvelous kitchen with double ovens. Intercom and carpeting. Near St. Regis School. SEE IT!



A WONDERFUL OPPORTUNITY for gracious living in Bloomfield Village. Five bedrooms, three baths and a lav. Separate dining room, paneled library or family room with fireplace and a recreation room. Excellent kitchen and do you SEE the 20 foot screened PORCH? \$52,500.



LOOKING FOR PRIVACY? Beautiful setting on five acres in Bloomfield Hills. Five bedrooms (master bedroom with fireplace and dressing room), 3 1/2 baths, dining room and library. Elevator from 1st. to 2nd. floor. Large porch, summer house and grass tennis court! \$52,000

# Weir, Manuel & Snyder, Inc.

298 South Woodward  
Birmingham, Michigan Realtors

Birmingham 644-6300  
Phones: From Detroit 566-2323