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Look to the Seal for Live Yogurt Cultures

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Consumers will have an easier time spotting yogurts that contain health-enhancing live, active cultures thanks to a new seal appearing on cartons that is endorsed by the National Yogurt Association, a trade group that represents yogurt manufacturers.

Only yogurts that contain 10 million living organisms per gram (either *Streptococcus thermophilus*, *Lactobacillus bulgaricus* or *Lactobacillus acidophilus*) may carry the seal, which is fashioned from the letters "LAC." (Though all yogurt products are fermented with live organisms, they can be killed later by post-fermentation heating.) For more information about yogurt, including cooking tips, the association is offering an updated version of its "Yogurt & You" brochure. Send a self-addressed, stamped, business-sized envelope to: "Yogurt & You," 708 Third Ave., Suite 1100, New York, N.Y. 10017.

TO DYE FOR: Ursula and Don Astras will conduct Lithuanian Easter egg workshops on April 3 from 10:30 a.m. to noon and from 1 to 2:30 p.m. at the Balzekas Museum of Lithuanian Culture, 6500 S. Pulaski.

Adults and children over age 10 are invited to learn the scratch-carve method of embellishing eggs dyed with onion skins. The history and customs of this ancient technique also will be discussed.

The fee is \$8.50 per person, which includes all materials and museum admission. For reservations, call (312) 582-6500 between 11 a.m. and 3 p.m. daily.

LA JULIA: America's favorite French chef, Julia Child, will teach a rare cooking class with **Jill Prescott** at 11 a.m. May 1 at Prescott's Ecole de Cuisine cooking school in Mequon, Wis., a Milwaukee suburb. The class, which is co-sponsored by the American Institute of Wine and Food, will feature a traditional French menu, including lobster with wine and cream and chicken Marengo. After class, Child will sign copies of her cookbooks, which will be available for sale.

Tickets are \$150, which is a tax-deductible contribution to AIWF, a not-for-profit culinary organization. To reserve a place, send a check with name, address and business and home telephone numbers to: **Jill Prescott's** Ecole de Cuisine, 10050 N. Port Washington Rd., Mequon, Wis. 53092. For information, call (414) 241-8066.

If you have news of new products, classes or other food events open to the public, send the information at least two weeks in advance to: Bits and Pieces, Chicago Sun-Times Food Department, 401 N. Wabash, Chicago 60611.

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