

In colonial spirit

Try a low-calorie bicentennial

Weight Watchers International has developed a bicentennial menu for people who want to enjoy the nation's birthday celebration and still keep their waists trim.

Florie Mark, area director for Weight Watchers in this area, said the menu—highly appropriate for July 4 dinner—consists of Liberty Lettuce Soup, Boston Salad with Colonial Dressing, Chicken Brunswick Stew, and Patriotic Pumpkin Pudding.

Mrs. Mark observed that because they had virtually none of the amenities and labor-saving devices we now take for granted, America's pioneers worked longer and harder than we do today, and they ate sparingly. A hard day as well as a spiced people, many killed the soil from dawn to dusk, laboring arduously to put food on the family dinner table. Walking was a prime means of transportation and because the comports of packaged foods available today were non-existent then, few had a weight problem.

Present-day Americans, then, would do well to try to emulate their forbears in at least two respects: To eat properly and to walk more in order to maintain a slender silhouette. Mrs. Mark said:

"America has come a long way in more ways than one in 200 years. Now, as reflected by the bicentennial menu prepared for members of Weight Watchers, people recognize that to be overweight is to be regarded as the 1776 misfit."

BOSTON SALAD WITH COLONIAL DRESSING

- 1 head Boston lettuce, torn into bite-sized pieces
- 1 bunch watercress, stems removed
- 2 cups thinly sliced mushrooms
- 1 medium tomato, cut into eighth Dressing

- 4 tablespoons vegetable oil
- 1 tablespoon wine vinegar
- Artificial sweetener to equal 1 teaspoon sugar
- 1 tablespoon tomato paste
- 1/2 clove garlic
- 1/2 medium dill pickle, finely diced
- 1 tablespoon chopped parsley
- 2 tablespoons dried pimento
- 1 tablespoon capers, with juice
- Combine oil, vinegar, artificial sweetener, tomato paste and garlic in a blender. Process until smooth; transfer to a small mixing bowl and add remaining ingredients. Mix thoroughly. Divide evenly. Makes four servings. Serve over Boston Salad.

CHICKEN BRUNSWICK STEW

- 4 suetens diced onion
- 4 medium canned tomatoes, chopped
- 3 packets instant chicken broth and seasoning mix
- 1 quart water
- 1 teaspoon thyme, or to taste
- 1/2 bay leaf
- 1/2 pounds cooked, diced chicken
- 3 cups fresh mushrooms
- 4 suetens carrots
- 2 cups cooked enriched rice
- Combine onion, tomatoes and seasoning mix in a large saucepan. Simmer 5 minutes. Add remaining ingredients. Simmer slowly until mixture begins to thicken. Remove bay leaf. Divide evenly. Makes four servings.

PATRIOTIC PUMPKIN PUDDING

- 1 cup cold water

- 1 envelope unflavored gelatin
- 1/2 cup boiling water
- 4 suetens canned pumpkin
- 1/2 teaspoon pie spice, per apple or to taste
- 1/2 teaspoon maple extract
- 2/3 cup nondairy dry milk
- Artificial sweetener to equal 4 teaspoons sugar
- 6 to 8 ice cubes
- 1/2 cup cold water into blender. Sprinkle gelatin over water to soften. Add boiling water, process about 20 seconds. Add remaining ingredients except ice cubes and process until smooth. Add ice cubes, one at a time, processing after each addition, until all the cubes are used. Divide evenly into 4 dessert glasses. Serve immediately or chill if desired. Makes four servings.

Troy Athens hosts MSU grad study

Michigan State University professors are coming to the metropolitan area to teach an expanded group of undergraduate and graduate courses this summer.

Accelerating programs, adding lacking credits, and continuing studies without interruption are the benefits of attending undergraduate classes in English, history, math and psychology. Teaching the classes are: Clinton Burbanck, Michael Steinberg, Paul Deussen and Katherine Hill debrandt. Held twice a week, these courses are at Troy Athens High for five weeks, starting Monday, June 21.

Next courses: microeconomics and special workshops also are scheduled locally. In MSU in early summer. Designed in one, two, and three week intensive periods.

ods, these classes allow to meet the needs of adult learners and allow flexibility in summer planning.

A cross-section of these are courses in educational personnel administration, communication, environmental conservation education and transactional analysis, as well as workshops in marching bands, kindergarten and lower elementary education, business resource development, self-concept, occupational education, and supervising high school publications.

Traditional five-week summer term courses also are available. One of these, "Biological Science for Teachers," deals with ways of using current science topics such as the evolutionary theory, controversy, medical information, concerning death, organ transplants, genetic manipulation and environmental values affecting lifestyle, energy, food, and population in kindergarten through senior high.

Another, "School Law for Teachers," deals with teachers' legal obligations, risks and guarantees. "Middle School Administration" will focus on characteristics of teaching/learning strategies consistent with the needs of middle school students.

Career education planning, art for classroom teachers, abnormal psychology, developing learning centers and the open classroom are only a few of MSU courses offering graduate credit in the community.

For brochures, information and registration materials, contact the Michigan State University Regional Center, 605 Cranbrook Road, Bloomfield Hills, phone 645-3442.



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Sports day set for women on June 19

Homemakers, mothers, students, working women will have the opportunity of entering as the Super Sports of 1976 on June 19.

The City of Detroit recreation department and the Women's Athletic Advisory Committee are sponsoring Super Sports 76 for women and girls from ages 14 and up. Super Sports 76 consists of athletic contests which include track, cycling, tennis, swimming, bowling, softball, basketball and walking. Women and girls have been competing in these events since April and the determining and final event will be June 19 at 10 a.m. at Wayne State University Athletic field.

The final competitive event will be the obstacle course. The course consists of a 15-yard dash, a tire run, a weight carry hurdle, broad jump and a 30-yard dash to the finish line.

There will be celebrity races. Spectators will be urged to attempt the obstacle course with bicentennial emblems presented to the winners.

Admission is \$1 for adults and 50 cents for children. Proceeds will be used to fund their athletic opportunities for women and girls. Super Sports 76 offers the entire family a super day filled with action. Prizes will be given away during the day's event.

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STUDENTS ARE PRESENTLY BEING INTERVIEWED FOR FALL ADMISSIONS. FOR FURTHER INFORMATION OR AN INTERVIEW CALL 642-1500.

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Liberation series theme

Richard Barnett, economist and author of "Global Reach," will be the first lecturer in a six-week Tuesday series to begin at Marygrove College at 8 p.m. Tuesday, June 22.

His talk entitled "New Global Economy: A Liberating Approach" is part of the fifth summer lecture series sponsored by New School of Religion at St. Basil Center and by Marygrove College.

Other speakers and the topics to be addressed are: Dorothee Soeder, "The Sub-

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