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Home Improvement

SPECIALS

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Skip junk, go fresh

By KATHLEEN MORAN

Each year. American coronime pound
after pound of food additives, preservatives, junk foods, dyes, sugar and
food containing lifters with aboutsidy or
neutrine value.

The properties of the present properties of the
Matthews a self-taught authenty on foods
and nutrition. "Many of the foods we consume have no vitamins or minerals, notigo or maintain growth no or books we consume have no vitamins or minerals, notigo to maintain growth no or books we consume have no vitamins or minerals, notigo to maintain growth no or books we consume to maintain growth no or books we consume to the properties of the properties of the
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SUGAR IS FOLND in most foods including camed fruits and vegetables lunch meants hot does, cereal pops and we creams she said. The amounts of sugar consumed contribute to obesity half the prople in the United States have abesity problems, the said tools dreap abertal does also be perfension, diabetes and other ill.

The process of basing a circuity some formed consumer is wortholding it some formed consumer is wortholding it some problems, the said tools dreap heart discussed in the preference of the properties of the properties

these additives, the federal Food and Drug
Administration doesn't text items, she
said

"They are tested by the manufacturers
who self them, the FDA does no testing
she said, noting that some like red dive
No. 2 and 4 have been board harm added which
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proceEDG from the backets will ende Concern an environmental awarderes prough to maintain its office in Troy and provide information on environmental and evological issues for the tire country area. Mrs. Matthias and whe hoped to "raise your consciousness today in the area of food." An advocate of matter as "health food nut." and now believes that any nutritious foods and ingredients can be found in the supermarkets. She is office halfinged to explain why she believes there is a problem with processed foods. Nits Matthias and "We have believed believes there is a problem with processed foods. Nits Matthias and "We have believed believed that the more of the food of a long internal and the food in the world so why the believes there is a problem with processed foods. Nits Matthias and "We have believed believed to statistics on the high states of infant mortality and chronic diseases as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as lower long-vity to indicate health problems in the united states as well as

THE WOMENS association will hold its morthly meeting at 1 pm. Tursday of Morin Lake Clab Harre. First Meet A for the Clab Harre First Meeting at 1 pm. Tursday of England Property of the Prop

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Best Carrier

Marsha Kitch (center), of 25320 Hidden Valley Ct., Farmington Hills, has been selected carrier of the year for the Farmington area by the Farmington Observer. Participating in the award ceremony was Joe Sloan (left), Farmington area circulation manager and Fred Wright, circulation manager. (Staff photo)

Dignity

and Good Taste Distinguish Every Phase of

SCHMALZRIEDT SONS

THE THE CHIMAL PROPERTY OF THE PARTY OF THE

about it he is on a map.

FRIDAY, MIKE was late for school, detuned by police who were questioning him
in connection which were consistent
in the school of the stand it was differtively believed the stand it was differtively believed to the two me past
look at one and give me a stare All my
friends past asked me if I was all right.

They think it is all glamour and all that
the don't how what I went through.

Its ordeal began when he was in a

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All Star Converse\$6.95 Jack Purcell \$12.95 Mens Loafers \$5.00 a pair Second Pair \$2.50

HURRY HURRY HURRY MASTER SHOEMAKER, 13 Mile at Orchard Lk. Rd., 477-2276

Victim shuns 'celebrity' status Mae Uytendarle was something of a creativity at Athers High School Profess But it want anything be stated. Finds The system of the profess of the state of the st

It injure the only timing he waited in few as a mid-own south somewhate.

WHILE THERE was no convenation, there was plently of blought, and during the ride, which finally ended near Marri.

Chou, Ustreadies and. "I only had two thoughts.

"The was so excape free of injury. My second thought was with my parents. I was gone around as or seven hours As far as they knew. I was going to get Irre.

As it turned out, it was sustined. Recalled Mrs. Petrovich. "It was about quarter to 10, and we had just taken a relative home. When we get home. I'd seen he hadn't been home. I had left is dinner in the oven and that was still there.

"A note I left was still there, and then I realized he hadn't been home succe 3.70 and that was turned to the was the turne be far and then I was about a contraction of the was still there are the work and that was still there are the way of the was still there.

"A note I left was still there, and then I realized he hadn't been home surce 3.70 and that was turned to the was still there and the still the still the still the still the still there are the way of the was still there are the still the s

THE PATTERS DUCABOUIL
The Patterning on Arry PTA Council will hold its first general meeting at 8 pm (ct 20 in Cloveridals Schold There will be a tour of the facilities by Fred Parker supervisor of special education services in the district life will about the service mentally imparted, the Farmington Training Center, and the programs for preschol learning disabled.

The program is open to the public without the program of the program of the public without the public without clovers.

Bridge party set to benefit center

to benefit center

Betty Schwer has lined up all kinds of
temping pures for Farmington Comminary Crear's beered registery Now 3

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months of the center volume control volume
to requisity gives brouchup bridge
sessions in the center. Proceeds from this
benefit will be used to purchase new tables
that are needed for almost every actuary
that takes place there.

Play will begin at 10 am and continue
will the awarded.

Tickets for the altermoon, which will inchade lunch, are now on sale in the center.

474-4015