



MRS. RICHARD SANFORD
(Susan Comal)

Newlywed Sanfords Live In Plymouth

Newlywed Mr. and Mrs. Richard Sanford are at home in Plymouth following their recent marriage in the First Presbyterian Church of Plymouth.

Mrs. Sanford is the former Susan Comal, daughter of Mr. and Mrs. John Comal of Dewey Avenue in Plymouth. The bridegroom's parents are Mr. and Mrs. Dean Sanford of Brookline Avenue, Plymouth.

The Rev. Lloyd Brasier of Northville officiated at the double-ring ceremony, and the bride's father gave her in marriage.

Bridesmaids and Theresa Comal was junior bridesmaid. Their gowns and flowers were like those of the maid of honor.

Assisting the bridegroom were Hank Gresham as best man and ushers Ron Carmichael, Kerry Bordine and Barry Comal.

Debbie Curi was flower girl and Charles Sanford ring bearer.

Mrs. Comal wore a pink linen dress with lace trim and the bridegroom's mother was in elegant green linen with sequin trim.

The reception for 300 guests was held in the VFW Hall on Wayne Road, Westland. The couple flew to New York City for their honeymoon.

The new Mrs. Sanford is a student at Virginia Farrell Beauty School and her husband attends Schoolcraft Community College for a tool and die apprenticeship.



MRS. RICHARD DALE HANNAH
(Karen Gail Burns)

Parents' Anniversary Chosen As Wedding Date

Karen Gail Burns and Richard Dale Hannah exchanged marriage vows in the First Presbyterian Church of Farmington on Oct. 15, the 27th wedding anniversary of the bride's parents, Mr. and Mrs. Norman Burns of Westerville Road, Farmington.

The bridegroom is the son of Mr. and Mrs. James Hannah of Brady Avenue, Redford Township.

Officiating at the double-ring evening ceremony was the Rev. Robert Sawyer.

Given in marriage by her father, the bride wore a gown of ivory tulle with a full-length cathedral train and veil.

A matching headdress held her tulle veil and she carried white daisies, miniature carnations and baby's breath.

Helen Lister of Franklin, Mich., was maid of honor. The bridesmaids were Janice Jackson of South Haven and Mrs. Terry Gosney, cousin of the

bridegroom. Patti Hannah, the bridegroom's sister, was junior bridesmaid.

They were assisted by Norman Burns as best man and Dennis Raymond of Bloomfield Hills and Bill Burns of Farmington, brother of the bride, as ushers. Junior usher was Bill Riese of Okemos, cousin of the bride.

The bride's mother wore a pale blue silk and worsted ensemble and the bridegroom's mother wore pink and white.

A Raleigh House reception for 200 guests followed the ceremony.

The couple honeymooned in northern Michigan and is living in Ann Arbor, where the new Mrs. Hannah is a senior at Mercy School of Nursing and her husband is a senior at the University of Michigan.

Need Help To Compile History

The Peoples of Detroit Project Committee is gathering up-to-date information regarding the various ethnic and nationality communities in Wayne, Macomb and Oakland counties, to be published in a combined history and directory.

If you like to get out and talk to people you can interview representatives of nationality societies and obtain historical and cultural information the committee can use your volunteer services.

Volunteers who like to telephone can make calls, either from International Institute, 111 E. Kirby, or from their homes, to pick up missing information, verify names and addresses and request return of questionnaires.

Volunteers who can type are needed at International Institute to fill out record cards and make up index lists from returned questionnaires.

If any of these three types of volunteer service appeals to you, and if you have at least one day a week to contribute for the next two or three months, please call Florence Cassidy at 871-8600.

'Calorie Confusion' Is Peril To Dieters

Avoid getting a case of "calorie confusion" when you're trying to lose a few pounds, suggest nutrition specialists.

When you skip one or two meals a day, it's easy to develop calorie confusion, and you usually end up eating more food at other meals and often uncontrolled snacking. What happens is that you often tally up more calories during the day than if you had stuck to a normal meal routine.

The same kind of calorie confusion happens with the potato. A small potato has about the same number of calories as a slice of bread. It's the extras, such as sour cream, gravy, and butter, you put on the potato that add to the calorie count. Toast stays in the same calorie grouping as bread. It's just bread with lower moisture content.

Calorie confusion can make dieting difficult. Fad or fad dieting can still leave you in the



Mrs. Douglas E. Reybeck

Miss Williams Is Wed Sept. 18

Mary Lee Williams and Douglas E. Reybeck were united in marriage Sept. 18.

The bride is the daughter of Mr. and Mrs. Leroy C. Williams of Sherwin Hill, Livonia, and Mr. and Mrs. R.E. Reybeck of Benton Harbor are parents of the bridegroom.

They will live in East Lansing while the bridegroom completes his work toward a degree in social studies at Michigan State University. The new Mrs. Reybeck attended Michigan State for two years.

heavy-weight class yet deprive you of much needed nutrients. A wise plan is to get milk, meats, fruits and vegetables, bread and cereals into your everyday eating pattern. You'll know the number of calories in a serving of each kind of food. This means you'll follow a good calorie-counting guide and know how many calories your meals will provide.

Don't skip meals. Have more "little" meals if you wish. Just save some foods from main meals and eat them between regular meals. Remember to keep the calorie count within the day's budget.

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Handicraft Items Go On Sale Oct. 23

The annual show and sale of hand crafted articles made by Michigan's disabled homebound persons will open Thursday, Oct. 23, in the auditorium at the Westland Shopping Center.

Sponsored by the Soroptimist Club of Dearborn, the show will continue through Saturday, Nov. 1. Hours for the show are the regular shopping hours of the center.

Featured in this year's show will be a Christmas Corner, giving area residents the opportunity to view and select unusual Christmas gifts and decorations. Other items in the show will include hand knits, hand wrought jewelry, de-

corative weaving, hand painted china, toys and many other items.

The Michigan Handicrafters program gives persons who are homebound because of severe disability an opportunity to pro-

duce quality hand crafted items in their homes and thereby derive incomes from the sale of these articles.

Members of the Dearborn Soroptimist, in addition to sponsoring the show and sale, will assist in setting up the displays and act as sales persons.

The sale will benefit the Michigan Handicrafters, a craft program sponsored by the Division of Vocational Rehabilitation of the State Department of Education.

The Michigan Handicrafters program gives persons who are homebound because of severe disability an opportunity to pro-

Poultry Now May Be Added To Sausage

Consumers will soon be eating poultry in their cooked sausage products, such as frankfurters, bologna, Vienna sausage, knockwurst and other similar products.

Hugh Johnson, University of Illinois Extension poultry specialist, says the change will not affect flavor or quality of the products.

The U.S. Department of Agriculture's decisions on proposals regarding the inclusion of poultry

in cooked sausage products will be implemented by amendments to the meat and poultry inspection regulations. Here are the changes provided:

● Up to 15 per cent of poultry may be included in cooked sausage products. When poultry is included, it must be named in the list of ingredients on the package. Larger amounts of poultry may also be included in the cooked sausage products, if the product name clearly

shows its presence.

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'Sea Power' Is DAR Topic

A U.S. Navy Lieutenant, Gary Christensen, will discuss the "Total Concept of Sea Power" at the Oct. 17 meeting of the Port Pontchartrain Chapter of the Daughters of the American Revolution.

Attending from the area will be: Mrs. Milton E. Hopkins and Mrs. Jack E. Everett, from Livonia; and Mrs. Thomas K. German, Mrs. Orvis L. Henke, Miss Helen E. Bricker and Mrs. J. Lawrence Kelly, from Farmington.

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