

# Diatetic treats for diabetics can so be delicious



IDA ELLENSON

By SHIRLEE IDEN  
"No, thank you" doesn't have to be the most frequent phrase in a diabetic's vocabulary at holiday time. Even though diabetes doesn't take away holidays, there's an alternative now. Ida Ellenson of Southfield has compiled a booklet called "Just Delicious and Sugar Free" that allows diabetics to snack and home-makers and others to bake with love instead of sugar.

The book, written as an act of love for family members who are diabetics, has already been through several printings. Its author knows what it means to cook for a diabetic with severe restrictions on what they can eat since family members, including a teen age grandson are diabetics.

But the holiday season can be a difficult time for each of the 10 to 12 million Americans who are diabetic and must restrict their intake of sugar.

With Mrs. Ellenson's booklet, diabetics and others on restricted diets may now enjoy holiday treats that please a sweet tooth.

Her 28 page booklet has 41 recipes in large dark print for easy reading and a "wipe-off" cover for kitchen splatters.

Ms. Mary Van Strein, a registered dietitian, has provided the very "important" "exchange" information that diabetics and weight watchers must have.

Mrs. Ellenson's hints include:

- Eggs in most cases should be at room temperature for baking.

- Preheat oven unless otherwise stated, unswetened.

- To make crushed ice; put ice cubes in double plastic bag and crush with hammer.

- Fillo strudel dough can be found in the freezer department in your super market and has many uses.

- "You can't beat margarine with eggs in electric mixer, it liquefies. It is easier to beat eggs separately and then blend with margarine."

- When combining beaten egg whites and dry ingredients to a stiff egg yolks, always start with the whites as the flour and eggs thick very quickly and becomes very hard to mix.

- Proceeds from Mrs. Ellenson's booklets go to the Juvenile Diabetes Foundation, a non-profit organization comprised of diabetics, parents of diabetics, friends and relatives. It is a national organization founded in Philadelphia in 1970. In 1972 a chapter was formed in Michigan for the purpose of helping researchers find a cure for diabetes.

- Last year the Michigan Chapter raised \$125,000 toward the \$1.6 mil-

lion that the national organization allocated to research. Diabetes is the third largest killer due to a chronic disease and is one of the leading causes of blindness, kidney disease and circulatory problems.

"SINCE the booklet was published, we have had requests for copies from all over the country," Mrs. Ellenson said. "Yesterday I got an order from Hawaii."

Hospitals, nursing homes and other health centers have used it since it was published.

Two easy to make treats for upcoming holidays include pumpkin pie and Applesauce nut bread. There are many others.

**PUMPKIN PIE**  
Take 1 1/2 cups pumpkin (canned and unswetened), two eggs slightly beaten, 1/2 cup sprinkle sweet, 1/2 teaspoon salt, 1/2 teaspoon cinnamon, 1 1/2 teaspoons pumpkin pie spice, 1 1/2 cups milk (1 cup skim evaporated and 1/2 cup skim milk) and one nine inch unbaked pie shell with highly fluted edge. (A recipe for pie shell is given) and mix the filling ingredients in the order given.

Pour the mixture into the pie crust and bake in a preheated 425 degree oven for 15 minutes. Reduce the temperature to 350 degrees and bake for another 45 minutes or until a knife inserted into the center comes out clean. Cool and serve.

This recipe makes eight servings and each serving equals 1 1/2 fruit exchanges, one meat exchange and one fat exchange or one fruit exchange, 1/2 cup skim milk and two fat exchanges. Either exchange is acceptable.

**APPLESAUCE NUT BREAD**  
Take 1 2/3 cups sifted flour, three teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 1/2 teaspoon cinnamon, one cup sprinkle sweet, one egg beaten well, one cup chopped walnuts, one cup applesauce (natural style unswetened) and two tablespoons melted margarine and sift dry ingredients and mix with nuts.

Combine egg, applesauce and margarine. add to dry ingredients and stir just until blended. Pour into a greased nine by five inch pan and bake at 350 degrees for about 50 minutes or until lightly browned.

The recipe makes 18, 1/2 inch slices. One slice equals one fruit exchange and one fat exchange.

To obtain a copy of "Just Delicious and Sugar Free" send a \$1 check or money order to: Juvenile Diabetes Foundation, 2851 Southfield Road, Lathrup Village, Mich. 48076.

## FARMINGTON BEAUTIFICATION

Thursday, Nov. 9: Farmington Beautification Committee open meeting at 8 p.m. in the council chambers of Farmington City Hall on Liberty to introduce the committee to potential members of the committee and to Friends of Farmington Beautification Committee.

## BLOOD BANK

Thursday, Nov. 9: Red Cross Bloodmobile will be at Orchard United Methodist Church, 3950 Farmington Road, from 2-8 p.m. Appointments for donors are not necessary.

## LIBRARY BOARD

Thursday, Nov. 9: Farmington Community Library Board of Trustees regular monthly meeting at 8 p.m. in Farmington Hills Community Library, 4227 Twelve Mile. Open to all interested persons.

## STREETCAR NAMED DESIRE

Thursday through Sunday, Nov. 9-12: "A Streetcar Named Desire," staged by Farmington Players in the Players Barn on Twelve Mile between Orchard Lake and Farmington Roads, with curtain at 8:30 p.m. Thursdays through Saturdays, and at 7:30 p.m. Sunday. Tickets through the Players box office, 477-1066. Play continues Nov. 16-18.

## SERVY BOUTIQUE

Thursday, Nov. 9: SERVY Boutique (Sales Exchange for Refugee Rehabilitation Vocations) offers original hand-crafted from artisans of about 80 countries, sponsored by First Presbyterian Church of Farmington, in the church, 2615 Farmington Road, noon to 8 p.m.

## DIABETES DETECTION

Thursday and Friday, Nov. 9-10: Free diabetes detection tests offered by American Diabetes Association-Michigan Affiliate, in Bedford General Hospital, 2820 Grand River, from 9 a.m. to 3 p.m. each day.

## SKATE AND SKI SWAP

Friday and Saturday, Nov. 10-11: Used skate and ski equipment will be accepted on consignment, from 6-8 p.m. Friday and go on sale from 8:30 a.m. to 1 p.m. in Farmington High School cafeteria, sponsored by Farmington Hills Parks and Recreation Department. A 15 per cent service charge will be asked on all items sold.

## WAYS TO DEAL WITH STRESS

Saturday, Nov. 11: "Practical Ways to Deal with Stress in Daily Living" runs from 9:30 a.m. to 5 p.m. in Mercy Conference Center, led by four directors of Total Yoga. Fee includes lunch. Registrations taken by calling Sallee Rosen, 569-2941.

## BIG BAND SHOW

Saturday, Nov. 11: "Big Band Show" begins at 8 p.m. in Redford Theatre, on Lahser north of Grand River, sponsored by Motor City Theatre Organ Society, featuring Charlie Balogh at the organ and 16-piece orchestra. "Fine Print." Advance tickets available by calling the theatre, 537-2500.

## MORE THAN MEETS THE EYE

Saturday, Nov. 11: "More than Meets the Eye," staged by Nardin Park Players at 8 p.m. in Nardin Park United Methodist Church, 2987 Eleven Mile. Tickets at \$2.50 for adults, \$1.50 for students and seniors at the door. Show continues Nov. 17-18.

## CHRISTMAS BAZAAR

Saturday, Nov. 11: Christmas Bazaar, sponsored by William Grace Elementary School's PTA, in the school, 2940 Shizawase, offers hand-crafted items for early Christmas shoppers, from 10 a.m. to 4 p.m. No admission charge.

## HOLIDAY ANTIQUES MARKET

Saturday through Monday, Nov. 11-13: Holiday Antiques Market, sponsored by Junior Group of League-Goodwill, in Fairlane Manor, 1900 Hubbard, Dearborn, from 11 a.m. to 10 p.m. Saturday and Sunday, and from 11 a.m. to 5 p.m. Monday. Special rates for groups and seniors Monday only. Admission asked at the door. Market offers boutiques, country store, Goodwill booth and antiques from 56 dealers. Kitchen, serving lunch and dinner, open throughout market hours.

## MILLIONAIRES PARTY

Saturday, Nov. 11: Millionaires Party, sponsored by Farmington Area Jaycees, begins at 7:30 p.m. in Farmington Community Center, 24705 Farmington Road. Advanced tickets at \$4 available by calling the Jaycee line, 477-3383, or \$6 at the door.

## NEEDLEPOINT FINISHING

Monday, Nov. 13: Two-session workshop with Peggy Freeman begins at 1 p.m. in the center, showing professional techniques to finish a needlepoint project. Registration is necessary by calling the center, 477-8401.

## OPEN SWIMMING

Monday and Wednesday, Nov. 13 and 15: Open swimming in North Farmington High School on Mondays, and in Farmington High School on Wednesdays, for all ages from 7:45 p.m. and for adults only from 8:15-10 p.m. Fee of 75 cents for adults, 50 cents for children and teens, asked at the door. Program continues through Dec. 13.

## STORYTELLING TECHNIQUES

Monday, Nov. 13: Storytelling Techniques, five-week workshop begins at 7:30 p.m. and continues on Mondays for adults who work with children, sponsored by Farmington Area Community Library. Registrations accepted at both branch libraries.

## USING THE LIBRARY

Tuesday, Nov. 14: Using the Library provides a brief orientation to library services and basic instruction in library research methods at 10 a.m. in Farmington Community Library on Liberty. No charge. Reservations are not necessary.

## ARTS COMMISSION

Tuesday, Nov. 14: Farmington Area Arts Commission regular monthly meeting at 7 p.m. in Farmington Hills City Hall. Open to all interested persons.

## WASTEWATER MANAGEMENT

Wednesday, Nov. 15: "Wastewater Management in Southeastern Michigan," discussion program led by the Rouge Basin Committee of League of Women Voters of Detroit Metropolitan Area, sponsored by West Bloomfield-Farmington Branch, from 10 a.m. to 3 p.m. in Farmington Hills Community Library on Twelve Mile. No charge. Open to all interested persons.

## PRE-SCHOOL DROP-IN CENTER

Wednesday and Friday, Nov. 15 and 17: Pre-School Drop-In Center invites mothers who wish to leave tots, from two-and-a-half years old, trained, to 6 years of age, under the care of a certified teacher on Wednesdays and Fridays from 12:30-4 p.m. in Mercy Center, 28600 Eleven Mile. Fee is \$4.50 for an afternoon. Reservations must be made 24 hours in advance with Nancy Bates at 474-7175 or 477-4351.

## WILLIAMSBURG HOLIDAY

Wednesday, Nov. 15: Last workshop of the season scheduled for making holiday decorations in the style of Williamsburg, Va., from 9:30 a.m. to 2:30 p.m. in Farmington Community Center. Participants are asked to bring their own sandwich for lunch. Fee of \$10 includes dessert and coffee. Registration is necessary by calling the center, 477-8404.

## ART AUCTION

Thursday, Nov. 16: Art Auction, sponsored by Mason Temple Shriners to support 22 Shiner Hospitals for Crippled Children, begins with a pre-

view at 7 p.m. in Southfield's Raleigh House. Tickets available by calling the Shrine unit at TE1-7600.

## SUZUKI CONCERT

Thursday, Nov. 16: Suzuki Co., staged by youth from 3-18 years of age who play the violin and were trained in the method of Professor Shinichi Suzuki, to introduce area parents and children to the teaching concept at 7:30 p.m. in University Hills Center, 26711 Farmington Road. Admission of \$2 asked at the door.

## TURKEY TROT

Friday and Saturday, Nov. 17-18: Turkey Trot, cross country run for all persons over the age of 10, begins with registration all day Friday in Farmington Hills Parks and Recreation Office, and races beginning at 10 a.m. Saturday. Turkey prizes for winners in five divisions. Fee is \$1 for those under 17, or \$2 for those 18 and over.

## ART SHOW AND SALE

Friday through Sunday, Nov. 17-19: Farmington Artists' Club Fall Exhibit, in Mercy Center on Friday and Saturday from 10 a.m. to 5 p.m., and Sunday from noon to 5 p.m. No admission charge.

## CHINA SHOW AND SALE

Friday and Saturday, Nov. 17-18: Hand Painted China Show and Sale, sponsored by Birmingham Chapter of Michigan Federation of China Painters, in First United Methodist Church of Farmington, 3312 Grand River, from 11 a.m. to 5 p.m. Friday, and from 10 a.m. to 4 p.m. Saturday, with demonstrations of the art running continuously throughout show hours. No admission charge.

# Ohst feted on 90th

Frank Ohst, of 36091 Congress, Farmington Hills, was twice honored in observance of his 90th birthday; once by the congregation of Prince of Peace Lutheran Church and again by his daughter, Marjorie Patterson.

Members of the congregation gathered for a pot luck dinner and read off his biography while gifts were given by the guests, and a group from the church furnished music, barbershop quartet style. A special memento was a Christmas tree, and a plaque, designed by Don Achtenberg.

Mrs. Patterson hosted a party for family and friends where one of the highlights was a gift from the honoree's grandchildren, a copper money tree made of stripped electrical wires. Ohst was born in Germany on Oct. 21, 1888. He came to the United States with his parents when he was three, and grew up in Marquette, Mich.

He worked at Packard Motors as a thread engineer, and during World War II took on the job of Hason man between that company in Detroit and Rolls Royce in England. Later he moved to Ford Motor Company where he worked in quality control both in Cincinnati and Chicago.

On his retirement, in 1959, he moved back to Michigan.

He has two daughters, Marjorie and Gertrude; eight grandchildren and eight great-grandchildren.

His wife, Lydia, died in 1967 and he now makes his home with his daughter and son-in-law, Mr. and Mrs. Bob Patterson.

## Cville Band raises funds

The Clarenceville High School marching band members are selling oranges and red grapefruit from Texas to raise money for the band. The sale, now in progress, will run through Dec. 1, the deadline for ordering the fruit.

Prices include a small box of oranges (40-50) for \$5; large box (80-100) for \$8; small box of grapefruit (18-24) \$5; and large box of grapefruit (36-48) \$8. Orders may be placed by calling 478-6533.

## Bonwit Teller Veteran's Day Sales and Specials

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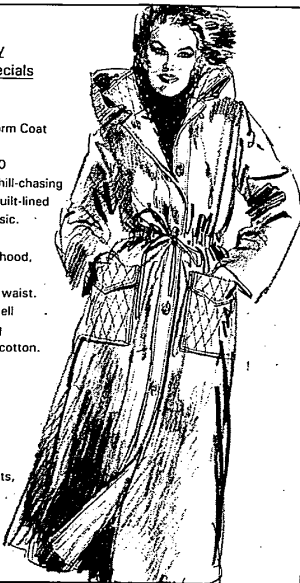
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