

Dietetic treats for diabetes can so be delicious



IDA ELLENSON

By SHIRLEE IDE

"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 any holidays, the author of the booklet, Ida Ellenson of Southfield has compiled a booklet called "Just Delicious and Sugar Free" that allows diabetics to snack and homemakers 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 be diabetic with severe restrictions, but she 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 sweet tooth.

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

Mrs. Mary Van Stearn, 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 on recipe.

- 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 supermarket and has many uses.

- You can beat margarine with eggs in electric mixer, it liquifies. It is easier to beat eggs separately and then blend with margarine.

- When combining beaten egg whites and dry ingredients to eaten cake, beat the whites with the whites as the flour and eggs thick very quickly and becomes very hard to mix.

Proceeds from Mrs. Ellenson's booklet 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 million

Bonwit Teller Veteran's Day Sales and Specials

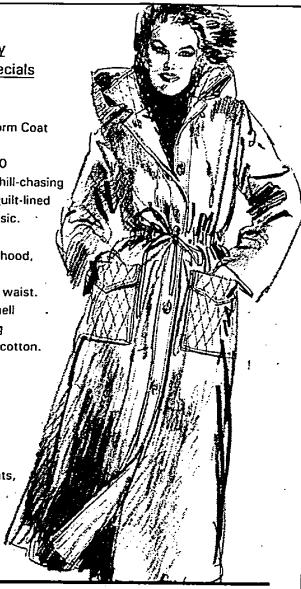
Miss Bonwit's
Weather-the-Storm Coat
Now 99.90
originally 140.00

Depend on the chill-chasing qualities of our quilt-lined Weatherbee classic.

Outfitted with detachable hood, buckle closings, snug drawstring waist. Quilt-trimmed shell and quilted lining in polyester and cotton.

Sleeve warmers, nylon taffeta with polyester interlining. Beige or black. 6 to 16 sizes.

Miss Bonwit Coats, Second Floor



BONWIT TELLER
Shop this Sunday 12:00 to 5:00

Initial prices signify that some instances intermediate reductions may have been taken prior to this sale.
Shop Bonwit Teller 10:00 to 6:00 Monday, Tuesday, Friday to 9:00 201 Somerset Mall, Troy

Community Calendar

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, 39350 Farmington Road, from 2:30 p.m. Appointments for donors are not necessary.

LIBRARY BOARD

Thursday, Nov. 9: Farmington Community Library Board of Trustees regular monthly meeting at 7 p.m. in Farmington Hills Community Library, 3237 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' Room on the second floor of the Old Lake and Farmington Woods, with curtain at 8:30 p.m. Thursdays through Saturdays, and at 7:30 p.m. Sunday. Tickets through the Players box office, 477-1062. Play continues Nov. 16-18.

SERRV BOOTH

Thursday, Nov. 9: SERRV Boutique (Sales Exchange for Refugee Rehabilitation Vocational) offers original handcrafts from artisans of about 60 countries, sponsored by First Presbyterian Church of Farmington, in the church, 2015 Farmington Road, noon to 4 p.m.

DIABETES DETECTION

Thursday and Friday, Nov. 9-10: Free diabetes detection tests will be offered by American Diabetes Association Michigan Affiliate, in Bedford General Hospital, 2809 Grand River, from 9 a.m. to 3 p.m. each day.

SKATE AND SKI SWAP

Friday and Saturday, Nov. 10-11: Used skis and ski equipment will be accepted and resold from 6:30 a.m. Friday and 8 a.m. 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 Salle Rosen, 569-2811.

BIG BAND SHOW

Saturday, Nov. 11: "Big Band Show," begins at 8 p.m. in Redford Theatre, on Lakewood north of Grand River, sponsored by Motor City Theatre Organ Society, featuring Charles Bailey at the organ and 16-piece orchestra. "Fine Print." Advance tickets available by calling the theatre, 537-2560.

MORE THAN MEETS THE EYE

Thursday, Nov. 9: "More than Meets the Eye," staged by Nardin Park Players at 8 p.m. in Nardin Park United Methodist Church, 29887 Eleven Mile. Tickets at \$3.50 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 PTA, in the school, 29349 Shawassee, offers hand-crafted items for early Christmas shoppers, from 10 a.m. to 4 p.m. No admission charge.

HOLIDAY ANTIQUES MARKET

Thursday through Monday, Nov. 13-18: Holiday Antiques Market, sponsored by League of Goodwill, in Fairhaven Center, 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 50 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, 2427 Farmington Road. Advanced tickets at \$4 available by calling the Jaycee line, 477-3889, or \$5 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, 477-9404.

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 7:30-15 p.m. and for adults only from 15:30-1 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 from 7:30-10 p.m. for working 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 Pease. No charge. Reservations are not necessary.

Investment Dressing

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)

\$8; small box of grapefruit (18-24) \$5; and

large box of grapefruit (36-48) \$8. Orders may

be placed by calling 477-6733.

ARTS COMMISSION

Tuesday, Nov. 14: Farmington 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," Southeastern Michigan Discussion program, sponsored by League of Women Voters of Detroit in the University Hills Community Library, 2671 Farmington Road, from 7:30 p.m. to 9 p.m. in Farmington Hills Community Library on Twelve Mile. No charge. Open to all interested persons.

TURKEY TROT

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, 2671 Farmington Road. Admission of \$2 asked at the door.

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

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TURKEY TROT

Friday and Saturday, Nov. 17-18: Turkey Trot, cross country run for all persons age 10 and older, 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 9 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 Hills, 2809 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 3691 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 church and a group from the church furnished a barbershop quartet style. A special memento was a Christmas tree and a plaque, designed by Don Achtemberg.

Mrs. Patterson hosted a party for family and friends with one of the highlights was a gift from the honoree's grandchildren, a copper money tree. 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 Manistee, Mich.

He worked at Packard Motors as a

thread engineer, and during World War II took on the job of liaison 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)

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