

Who IS that masked vegetable?

Most mothers will have to admit to practicing deception at one time or another in the preparation of meals. Usually, it is for a good cause — disguising an unliked vegetable for the sake of her family's nutritional intake.

Lee Fidge of Plymouth Township is a master at the art of disguise. Her master stroke was preparing an entire menu that included zucchini squash in each dish for a guest who had expressed an aversion to zucchini.

It worked, and Mrs. Fidge maintained her reputation as a very fine cook.

With zucchini in season, she shared a few of her favorite recipes.

ZUCCHINI APPLES
2 medium (or 2 lb.) zucchini peel and dice
2 medium cooking apples, peel, core and dice
¼ cup water
¼ cup sugar
2 whole cloves
¼ teas. salt
1 tablespoon lemon juice (optional)
¼ teas. cinnamon

Regular cooking:

In large saucepan bring to boil zucchini, apples, water, sugar, cloves and salt. Reduce heat, cover, then cook 20 minutes, stirring occasionally. Remove cover and continue cooking until all liquid has evaporated.

Discard cloves. Mash mixture until smooth. Stir in lemon juice and cinnamon. Cover and refrigerate. Yield: About 2½ cups.

For microwave oven:

Place zucchini, apples, sugar, cloves, salt in ¼ cup water in 2-quart casserole. Cover and cook 6-7 minutes or until tender, turning once. Mash mixture and add lemon juice and cinnamon.

CREAM OF ZUCCHINI SOUP

(Serves six. Delicious hot or cold)

1 onion chopped
¼ cup butter
3 cup chicken stock
6 medium zucchini
1½ cups light cream
1 cup white wine

Saute onion until soft and golden. Add the stock and zucchini, a few celery leaves, a sprig of parsley and a dash of thyme. Simmer until zucchini is soft. Puree in blender and add cream and salt and pepper to taste.

ZUCCHINI YEAST ROLLS

½ cup zucchini, cooked and mashed
¼ cup sugar
¼ cup shortening
¼ teas. salt
¼ cup scalded milk
¼ cake compressed yeast
¾ cup lukewarm water
2½ cups flour

Combine squash, sugar, salt and shortening with milk. Heat to lukewarm. Dissolve yeast in lukewarm water and add to milk mixture. Add flour and mix well. Dough will be soft. Let rise in warm room until double in bulk.

Knead and shape into pan rolls and let rise again in warm place. Bake in 400-degree oven for 15 to 20 minutes.

The flavor is very delicate in these rolls.

ZUCCHINI PANCAKES

3 cups grated zucchini

¾ cups grated parmesan cheese

1 egg

3 teas. minced parsley

1 clove garlic, minced

¼ teas. salt Pepper ¼-1 cup biscuit mix.

Mix all ingredients together in a large bowl to make a fairly thin batter.

Drop by spoonfuls onto oiled skillet.

Flip pancakes when bubbles appear on the upper surface. Cook other side until golden. Serve with butter and syrup or sour cream. Makes eight servings.

ZUCCHINI BARS

¾ cup butter or margarine

¼ cup brown sugar

¼ cup sugar

2 eggs

1 teas. vanilla

1½ cups flour

1½ teas. baking powder

2 cups shredded zucchini

1 cup shredded coconut

¾ cup chopped nuts

Cream butter until light and fluffy.

Beat in sugar, add eggs one at a time.

Beat in vanilla. Stir in flour and baking powder. Mix in zucchini, coconut and nuts. Spread evenly in a greased 15x10x1-inch baking pan. Bake in 350-degree oven for 30-35 minutes.

FROSTING: Beat together 1 cup confectioners sugar, 2½ tablespoons milk, 1½ tablespoons melted butter, 1 teaspoon vanilla and ½ teaspoon cinnamon. Spread over warm layer. Cut into squares. Makes about 36 squares.

ZUCCHINI CAKE

4 eggs

1½ cups corn oil

3 cups sugar

3 cups finely grated zucchini

Beat eggs until light yellow. Add re-

maining ingredients and mix well until blended.

Sift together:

3 cups flour

1½ teas. baking powder

1½ teas. baking soda

1½ teas. cinnamon

1 teas. salt

Add to first mixture and blend well.

Add one cup chopped nuts and one cup

chopped raisins (optional). Bake in well-greased tube pan 1½ hours or a

9x13-inch pan one hour at 350 degrees.

FROSTING: Cream together one

three-ounce package cream cheese, two cups powdered sugar which has been sifted, one tablespoon butter. Spread on top of cooled cake.

For chocolate cake, add two squares unsweetened chocolate.

For a more natural food, use the following instead: 1½ cups safflower oil,

1½ cups honey and 3 cups wheat flour.

Psychic to give healing workshop and lecture

Henry Rucker, national director of Chicago's Psychic Research Foundation, comes to the Detroit area for a lecture-demonstration and workshop on psychic healing Tuesday and Wednesday, Sept. 4-5, sponsored by the Society for the Advancement of Natural Teachings.

Both events will be given in Northwest Unitarian Church, on Northwest Highway and Nine and One-Half Mile roads in Southfield.

The lecture and demonstration begins at 8 p.m. Tuesday. A donation of \$3 will be asked at the door.

Reservations are necessary for the Wednesday evening workshop, which will run from 7 to 10:30 p.m. Call Ruth Begeman at 274-4971; fee is \$20 for guests, or \$15 for members, seniors and students.

Rucker devotes himself to healing

and the development of self-awareness in others. He teaches many psychic sciences, including palmistry, tarot, psychic development, and dream analysis.

He has been aware of his psychic abilities since the age of eight and is now associated with the Pain and Health Rehabilitation Center in LaCrosse, Wis.

"FOR HIM, THE psychic world is a world where God is all, and all stems from God's universal love," Ms. Begeman said. "This theme permeates all of his teachings."

Rucker has gained recognition for his claimed ability to relieve pain and diagnose illness and disease without the aid of medical tools.

He extols a "love yourself" message, and People's Magazine has dubbed him "The World's Most Unusual Psychic."

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Angelo back for another Detroit then-now tour

Free Press columnist Frank Angelo returns to the Farmington Community Center to host another "Detroit Then-and-Now" tour Tuesday, Sept. 25.

The tour is listed under "special events" in the center's fall brochure for late registrants who missed the outing the first two times around.

The tour takes bus passengers through many Detroit landmarks, renewing their acquaintance with the city or introducing them to the city's historic spots for the first time.

Stops along the way are Greektown, with a break for baklava in the New Hellas Cafe, and time for exotic purchases from booths in Eastern Market. Belle Isle is on the tour schedule, as well as the new medical center. Corktown, historic St. Mary and Old Church Churches.

Angelo keeps up a running dialogue throughout the tour from his store of knowledge that enabled him to write two books on the subject, "Yesterday's Detroit" and "Yesterday's Michigan."

He has covered the local scene since 1934 and has been associated with the Detroit Free Press since 1945 as associate editor, columnist and managing editor.

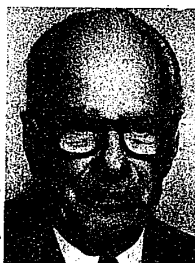
The break for lunch is in the Detroit Press Club.

Package-price tickets at \$21 include lunch. Early reservations are

suggested because the center staff estimates it has turned approximately 100 latecomers away.

The bus leaves Oakland Community College's west parking lot, at Farmington and 12 Mile roads, promptly at 9 a.m. and returns about 4 p.m.

Registration for all classes and special events listed in the center's brochure begins Sept. 6 and continues until all are filled. The center's number is 477-8404.



FRANK ANGELO

Torch Drive dollars boost survival rate

Children's Hospital of Michigan, a Torch Drive-supported service, has one of the largest special care units in the nation for premature infants and sick newborns.

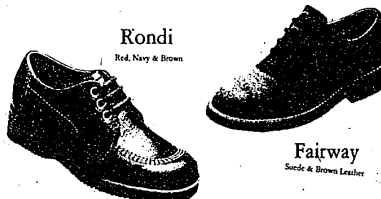
This 60-bed unit, staffed with

newborn specialists, provides babies with the intensive care necessary for their survival.

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