



### 'You're the Top'

Rock Hudson joins Ethel Merman in a duet of 'You're the Top' from the 1934 Broadway hit "Anything Goes," one of three show-stoppers Merman brings back to life in "Musical Comedy Night." The new series is geared to explore the history of American musical theater and opens on PBS at 8 p.m. Monday, Oct. 1.



## Tipping the Scales

NANCY AUSTIN



## Worldwide studies probe nutrition

Views, opinions and experiences usually are what fill the lines of this column each month. But once a month, I like to relate the latest news about diets, products, medical advances and technology in the world of dieting. Knowing what is going on lends hope to those who suffer the pain of obesity, the struggle with weight loss, and the test of maintenance.

The root cause of anorexia nervosa is being studied by doctors all over the world. (Anorexia is a condition in which the victim suffers an aversion to food.) Commonly believed to be of psychological origin, this theory is now being challenged.

Dr. P.D. Edmonson of Oslo Norway has found that laboratory animals injected with a chemical extracted from patients with the disorder. An aversion to food lasted for weeks. Implication: perhaps it is of chemical origin in the body, rather than psychological.

AT THE OPPOSITE end of the scale are those people who have a condition known as Bulimia, an incurable appetite which leads to obesity. Counseling

of patients to find the root of the problem is all that seems to help.

Dr. Maurice Prout, a clinical psychologist from Philadelphia has identified and treated people with a combination of anorexia and bulimia. Bulimarexia patients eat compulsively, then purge themselves to comfort themselves.

The condition is likely to strike women from 18-30 years old. They are college graduates, intelligent, have well-paying jobs, a stable family life and are slim. They deal with a distorted image of themselves, and feel that their method of weight control helps cope with depression and anxieties.

All victims of these disorders require constant supervision of a physician and often require hospitalization to prevent death starvation.

CERTAIN DISEASES of aging don't have to occur, according to Dr. Robert Good of the Sloan-Kettering Cancer Center. If people would cut their calorie intake to 2800 calories a day and their daily fat intake by one-third, they would more effectively be able to fight

aging diseases such as rheumatoid arthritis.

True or False: Proteins have unique properties that promote weight loss. False. According to the Harvard Medical School, a calorie is a calorie. Proteins don't promote weight loss any better than fats or carbohydrates, as the old theory used to purport.

Joseph Arends, M.D., cardiovascular health expert who practices preventive medicine in Troy, shares some facts and tips with us.

Eating large amounts of meat, fish or poultry while on a diet makes it difficult to lose weight. Dr. Arends says, "The majority of people do not understand that one ounce of poultry is equal to approximately 75 calories whether you barbecue it or run it through a warm kitchen. The usual ten ounce steak in a restaurant is equal to 750 calories."

He also warns us to watch how much salad dressing we use when dieting. One tablespoon of dressing contains about 110 calories. The two ladies you use in the restaurant salad bar add about 500-600 calories. Use diet dressing, and use that sparingly.

An interesting fact he shares with us: Raw vegetables are digested more slowly than cooked vegetables. They, therefore, provide greater appetite suppression for a longer period of time.

NEW PRODUCTS: Handi Ham by Swift Premium is trimmed with the internal fat eliminated and outer fat removed to one-half inch or less. Featherweight brand offers Reduced Calorie Custard. It has fewer calories than regular baked custard and is offered by Chicago Diet Supply Co.

Pepsi-Light has been reformulated from one-half sugar/one-half saccharin to all saccharin. Weight Watchers International has expanded its dietetic line with the addition of six Salad Surprise! salad dressings, four Gravy Surprise! gravy mixes. The products contain 15 calories per serving.

A final point to ponder. In some countries, fat is a political power. This is particularly true in the South Seas. In fact, according to an anthropologist, it is only in the United States and Western Europe that obesity has a negative connotation. Shall we move?

**NOW OPEN!**  
SALVATION ARMY THRIFT STORE  
BUCKINGHAM MALL  
SCHOOLCRAFT AND INKSTER  
PRE-USED  
CLOTHING • FURNITURE  
APPLIANCES • BOOKS • RECORDS  
OPERATED TO SUPPORT  
OUR AREA ADULT  
REHABILITATION CENTERS

**LOU PEPPO**  
**VILLAGE PUMP**  
2230 W. 8 MILE RD. 1/2 MILE WEST OF MERRIMAN RD.  
Delectious!!  
**BAR • B • Q SPARE RIBS**  
With our Tangy Sauce  
**\$5.95**  
HOMEMADE COLE SLAW  
FRENCH FRIES OR BAKED POTATO  
Served Nightly Except Fridays  
**JEANNE DEFRANCE**  
at our **PIANO BAR NIGHTLY**  
AMERICAN EXPRESS • VISA • MASTERCARD

**FINAL SUMMER CLEARANCE**  
All \$5.98 Pull-On Slacks  
Now **\$4.50**  
or **3 for \$12.00**  
Drastic Reductions on  
Blouses, Dresses and Many other items  
**Dee's CAROLINA OUTLET**  
28303 FIVE MILE Livonia 5 Plaza  
Between Middlebelt & Inkster  
472-6780 Mon-Sat 9:30-5:30 Thurs: till 8:30

**CARPET CLEANING**  
Any 2 Rooms & Hall  
Reg. \$49.95  
SAVE \$10.00  
**STEAM CLEANED only \$39.95**  
with this coupon  
Includes:  
• Color Brighteners • Spotting  
• Soil Retardants • Traffic Paper  
• Dendrozer • Furniture Pads  
**THIS WEEK ONLY**  
**CALL 937-3800**  
**4 FOUR SEASONS CARPET SALES • SERVICE**  
26721 PLYMOUTH RD., REDFORD, MI 48229

**ARTISTS & CRAFTSMEN GUILD**  
**UNIVERSITY PRESENTS**  
**fall art fair and open house**  
at the Michigan Union  
Sept. 22-23  
Saturday 10 a.m. - 6 p.m.  
Sunday 12 noon - 6 p.m.  
**UNIVERSITY ARTISTS AND CRAFTSMEN GUILD**  
Michigan Union, Ann Arbor, Michigan 48109 (313) 763-4430

**Now Open in Livonia...**  
**Gotsis food • spirits**  
• Family Dining • Cocktails • Daily Specials  
Open for Lunch and Dinner  
Monday - Friday at 11 a.m.  
Saturday and Sunday at 3 p.m.  
26300 Broadmoor  
(Off Middlebelt between 5 and 6 Mile)  
LIVONIA 522-5600

**PLYMOUTH NURSERY**  
COMPLETE GARDEN CENTER  
QUALITY NURSERY STOCK  
DESIGNING AND PLANTING  
Whether it's just a single tree or a detailed landscape job, Plymouth Nursery has a complete selection of nursery stock on 16 acres. Our skilled designers can draw a unique landscape plan to compliment your home. Just bring in your title survey or a picture.  
For Example:  
THIS IS A 45' BI-LEVEL ON A 60' LOT WITH THE FOLLOWING PLANT MATERIALS  
3 Cistene Plum ..... each \$9.95  
3 Emerald Idle Junipers \$9.95  
1 Azalea ..... \$9.95  
3 Dwarf Cranberry ..... \$9.95  
2 Cranberry Cotoneaster \$8.95  
4 Sun Spot Euonymus ..... \$9.95  
2 Citation Yew ..... \$25.95  
1 Linden ..... \$19.95  
1 Mountain Ash ..... \$35.00  
20 Plants Subtotal \$285.00  
Tax \$10.60  
Total \$295.60  
PLYMOUTH NURSERY THE PROFESSIONAL ALTERNATIVE

8900 ANN ARBOR - PLYMOUTH RD. (M14)  
7 MILES EAST OF U.S. 23, 5 MILES WEST OF SHELTON  
OPEN DAILY 9-6  
SUNDAY 10-6  
ph. 453-5500

We Serve PIZZA Monday - Saturday 'till 2 a.m. COCKTAIL HOUR 3-6 p.m. Monday-Friday  
**CORSI'S** FAMILY RESTAURANT  
RESTAURANT AND COCKTAIL LOUNGE  
BACK BY POPULAR DEMAND  
THURSDAY THRU SATURDAY  
"LOST AND FOUND"  
for your listening and dancing pleasure  
**WEEKLY DINNER SPECIALS**  
5 P.M. TO 10 P.M.  
Monday Spaghetti with meat sauce \$2.45  
Tuesday Baked Lasagna \$3.25  
Wednesday Meatloaf with meat sauce \$2.95  
Thursday Chicken with Fries \$2.95  
Friday Broiled Porkchop or Trout with Fries \$3.95  
Saturday Roast Beef with Mashed Potatoes \$3.95  
Sunday Veal Outlet with Fries \$3.95  
ALL DINERS INCLUDE SOUP, SALAD, GARLIC ROLLS AND BUTTER  
Private Room Available For Parties or Meetings  
Call for Information  
27910 W. 7 Mile, LIVONIA 531-4960  
(Between Middlebelt and Inkster)

**Tear out this ad and Discover Bonanza!**  
Discover a delicious steak, baked potato or french fries and Texas toast. Plus a mile high salad from our "Discovery" Salad Bar. Two meals — just \$5.99. Delicious!  
**Bonanza's famous Rib-Eye Dinner 2 for \$5.99**  
Valid through October 15 at participating Bonanza restaurants only.  
SOUTHFIELD 25610 W. 8 MILE RD. 2653 RANGLANDVILLE RD. 3340 W. 7 MILE RD. 36350 W. 10 MILE RD.  
AT BEECH-DAILY OFF 10:14 AT FARMINGTON RD. ONE BLOCK WEST OF GRAND RIVER  
358-0088 453-1839 478-0225 474-0225  
O & E

**BEAT THE INFLATION...**  
BUY A FALL SUIT, SPORT COAT, BLAZER OR ALL-WEATHER COAT AT 1977 PRICES!  
Thursday thru Sunday you will save a Big 20% on "Every" new Fall Suit, Sport Coat, Blazer and all-weather coat in the store. Hurry in now and save. Our selection is complete.  
NOW **20% OFF**  
- No charge for alterations -  
Use your Visa, Master Charge, American Express, Diners Club or Layaway  
**SIMS**  
Use your Visa, Master Charge, American Express or Layaway  
7 Grand Shopping Center  
7 Mile, Grand River - Redford - 531-7373 SUN 12-5  
Six Fine Stores to Serve You DAILY 9:30-9:00