m.m. memos Margaret

f I could just learn to keep my cal-ator going. I might become a credi-retired grocery shopper. The calculator was a Christas pres-from the man of our house, given received as an acknowledgement t we needed to change our super-fact habits for our new way of liv-lit has turned out to be both a help a challenge.

It has turned out to be both a help to a challenge. We knew, as we wound up the days of ber-busy schedules, that we had been high a pretty haphazard job of getting of supplies for our household. Grocery lists were being made in its or not at all. We were neglecting to check current ipplies and often wound up buying the me thought we might need. And dding out later we already had it. and left us with problems like three ritons of sour cream in the refrigera-

or we were forgetting completely to absolutely essential item for the call at hand. That meant a return trip

neal at hand, and meant a return trip the supermarket.

We also were consuming a bunch of one-enemence and prepared foods be-sure we ran out of time for the meal reparation we both enjoy.

ALL THAT had to change, we were greed. We had to shift our emphasis from minutes and hours to cents and

ollars.

And we have. Meal plans are becom-geomplete, with more time provided or preparation and careful attention to lans for lettovers.

Newspaper food ads are being con-

suited like primers, and shopping lists are turning into wonders of detail.

We're fast becoming familiar with the particular strengths of a couple of area supermarkets.

And we're trying to make our lists and check them twice, because it's at least a five-mile cound trip if we forget something, and gasoline is not to be squandered when retirement cuts income drastically.

squandered when retirement cuts income drastically.

BUT ONCE in the supermarket I will have to get my act together.

I grab a cart, then pull out the list, a pencil for crossing items off, coupons and handy-dandy calculator. I find it a bit much to manage.

The first time I tried the calculator; I forgot the decimal points. Decided that it must be off when three items in the cart added up to \$822.

Next I go the decimals straightened out and was keeping track just fine until my thumb hit the erase button while I tried to cross off an item on the list.

As I struggle to manipulate all the shopping aids, I find myself remembering the days when there was a baby in the cart instead of a calculator in the hand.

I recall thinking then I would be able to do much better if I could have just one extra hand. Maybe mothers and retirees have a lol in common.

Margaret Miller was Suburban Life editor for the Observer Newspapers for 10 years. She and her husband, Joc, recently retired to Florida, where she wil continue to urrite her MM Memos.

College choir, orchestra stops here on concert tour

The North Park College Choir and Orchestra of Chicago will be in concert at 8 p.m. Friday, March 4, in Christ Church Cranbrook, 470 Church Road, Bloomfield Hills.

The concert is being sponsored by area alumni of North Park and the Falth Covenant Church of Farmington Hills.

Faith Covenant Church of Farmington Hills.
Featured works on the program will be the Brahms Requiem for choir and orchestra, and the Brahms Variations on a Theme by High, for orchestra.
The North Park College Choir is nationally known, and the current tour is not approximately the control of the Church The form the Church The Church Theo Church Theo Church Theo Church Theo Church I was a coast to coast.
The processor is making its first tour.

The orchestra is making its first tour under the direction of its new director, Thomas Wilkins, and its first together with the choir.

THINKING OF SELLING ' YOUR JEWELRY?

SEE ROBERT GALE Fine Jovely

Red Cross. The Good Neighbor





Lincoln's words are still timely

February is American History Month. The Daughters of the American Revolution sponsor an essay contest for school children cach year. This year's theme is "A Famous American Born in February." One such famous American awas Abraham Lincoln, the 16th President of our country, born Feb. 12. Lincoln is a towering figure in American History who commands the respect of men in all ages. The following words spoken by Lincoln are still timely to-day: "All the armies of Europe, Asia and Africa combined,... with a Bonaparte for a commander could not by force take a drink from the Ohio or make a track on the Blue Ridge in a trial of a thousand years.



KING INTERNATIONAL

GETTING MARRIED?

for your Wedding

Serving Metropolitan Detroit Thurs, Feb. 24, 7-10 pm Mayflower Meeting House across from Mayflower Hotel Last Chance to audition 4 Bands in One Night

.

HAIR STUDIO'S 9th ANNIVERSARY

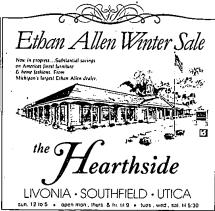
> 1st Visit Haircut Reg. \$20 NOW \$10.00

SALE Perm and Haircut

HAIR STUDIO.INC.

Reg. \$56 NOW \$35.00

If he liking deposits to reserve hands a the high booking rate experienced at rice showcase, we strongly advise that On ALL Drycleaning Arnold (leaners



478-2424 33487 W. 7 MILE LIVONIA HOURS: LIVUNIA RON TUES, 10-8 TORIL THURS, 1-8 TORIL LINDS Arthritis Today
Joseph J. Weiss, M.D.
Rheumatology

Phone: 478-7860

LIVING WITH BACK PAIN

— PART 3 —

In the two previous discussions of back problems, I have discussed causes and patterns of appearance. Today I will consider measures you can take to a top your pain.

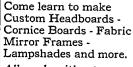
an take to stop your pain.

Reat is excellent initial therapy. Just stopping ork or your activities is usually not enough. It is not to go to bod, and to be prepared to stop sere for 48-72 hours. This treatment alone is early to stop your pain from progressing. In stances of pain from muscle strain, the applicant of the late of the back at the same time is very of the late of the same time is very

convoices the matters and the spring.

Consciously use correct posture while undertaking your ambulstory needs. Stand with your stomach even with your chest, and walk with your head up as your ears are even with your clavides.

It plant decreases, continue your program, if your clavides, and walk with your head up as your ears are even with your program. If your special posture is not to the program of the p



All made without sewing!

Join us for a workshop with Patty Jensen and learn this new Fabric Fusing Technique as seen on Good Afternoon Detroit.

This program is **FREE** but please call for reservations and times as our seating is limited. 332-9163



1933 S. Telegraph • Bloomfield Hills Open Monday Nights to 8 PM



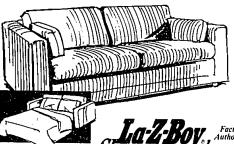


B. Rocker Rectiner foaturing a unique combination of Nylon or Herculon with Naugahyde vinyl \$25995

C. Walt Recliner upholstered in easy care Olefin tweeds or Naugahyde vinyls \$27995

D. Featured at left-Rocker Recliner covered in wear-tested Nylon velvets \$26995 -78 units

LA-Z-BOY. Sleep Sofas



Michigan's Largest Selection of

Open Weekdays 10am-9pm • Saturday 10am-6pm • Sunday 12-5pm

NOVI 1-96 at Novi Rd. Exit (Adjacent to 12 Onks) 349-3700