

## Art show is Sunday

The Livonia Artists Club will hold its annual juried exhibition and sale from noon to 5 p.m. Sunday, April 8 at Carl Sandburg Library, Seven Mile Road, west of Middlebelt. Juror will be William Borden, a Ford Motor Co. designer who is a member of the Scarab Club of Detroit, the Michigan Watercolor Society and the New York American Watercolor Society. Some of the art work on display will be that of Paul Maceri (left), past president of the Livonia Artists Club; Marge Stalzer, a past board member; and Ann Keeler, hostess at the annual show. Maceri will have two oil paintings on exhibit; Stalzer will have an oil, "Still Life with a Teapot;" Keeler will have two oil pastels, "Draped in Yellow," and "Still Life in Yellow." The show is open to the public. Refreshments will be served.

## AA meetings in progress

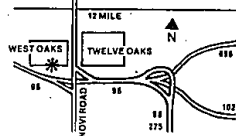
Alcoholics Anonymous (AA) meetings begin at 8:30 p.m. every Tuesday in Bosford General Hospital's Administration and Education Building, 28050 Grand River.

Inquiries are taken by the hospital's department of Health Promotion and Development, 471-8099, between 8 a.m. and 5 p.m. weekdays.

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## consumer mailbag

**Grace Gluskin**  
of Concern, Inc.

What is tofu? I see it in the supermarket but don't know what it's for.  
Micki T. Rochester.

Tofu is cheese-like curd made from soybeans. An Oriental import, it's fast becoming a favorite food at produce counters everywhere. Usually packaged in plastic containers, tofu resembles thick bricks of cream cheese. It has a very mild flavor of its own that takes well to added seasoning.

Tofu is an excellent source of protein. An eight-ounce serving of tofu will supply you with as much protein as 3 1/2 ounces of steak, 5 1/2 ounces of hamburger, 1 1/4 cups of milk or two eggs. Another advantage of tofu as a protein source is that it is very low in saturated fat and has virtually no cholesterol.

Best when fresh, tofu is usually dated to be used within 14 days. It keeps well when refrigerated covered with tap water. To add to its keeping ability, change the water frequently. It allowed to get old, it will sour. Slightly sour tofu, which is not harmful to eat, can have its freshness restored by boiling briefly.

Tofu is very adaptable and can be combined with many foods. Cut it into cubes and add to salads or stews, puree it in a blender or food processor and use it as a base for creamy salad dressings or dips. Add puree to soups or quiches or as the protein in a vegetable stir-fry. Try this easy recipe for a low-calorie cholesterol-free sandwich spread.

**EGG-LESS SALAD**  
1 lb. tofu, well drained  
1 teaspoon prepared mustard  
1/4 teaspoon tumeric, optional, for color  
1 rib celery, sliced  
1 tablespoon low-fat cottage cheese or yogurt, optional  
Salt and pepper to taste.

Mash tofu with a fork in a small bowl. Combine with remaining ingredients. Refrigerate to chill well and blend flavors. Before serving adjust spices to suite your taste.

**ECO-TIP:** Congress is considering a bill that would allow people who do volunteer work the same 20%-cent-per-mile tax deduction as their employed counterparts. The current rate of deduction for volunteers is just 9 cents a mile. Let your legislator know you feel about equal status for volunteers.

**ECO-TIP:** It's time to share your money and time-savings tips for the home. This column will publish the most helpful ones sometimes in April, just in time for spring cleaning. To submit ideas for publication write to Grace Gluskin, P.O. Box 333, Franklin, MI. All entries will be compiled into a handy pamphlet and made available free to readers.

Consumer Mailbag will try to answer your questions. Address mail to Grace Gluskin in care of Concern Detroit, Inc., 1 Northfield Plaza, Troy, MI 48068. Or call during regular business hours, 878-1333.

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Conserving estate assets by using federal and state tax codes to advantage is important to everyone's financial planning. This program will give you new insights to this vital part of planning for the future.

**Date:** Saturday, April 7, 1984, 9:00 A.M.  
**Location:** The Sheraton Southfield 17017 W. Nine Mile Rd. Southfield, Michigan

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Thursday, April 5, 1984 O&E

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