

Culinary events benefit Orchestra Hall, Cranbrook

Mark your calendar for these upcoming culinary events. Spend a romantic evening with the flavor of old Naples in an American palazzo in Bloomfield Hills, 6:30 p.m. Saturday, April 11, the first in the Volume Council's "Musical Feasts" series to benefit Cranbrook Orchestra Hall.

Fourteen guests will pay \$100 each to participate in "La Serata Napolitana Con La Principessa," hosted by Mrs. E. David Auer of Bloomfield Hills.

The second "Musical Feast" entitled "Tokyo Toccata," will be hosted by John Bloom, his wife and their 14-year-old son, David, Saturday, April 25. Ten guests will be treated to culinary delights of the Orient prepared by Japanese chefs. Cost is \$5 per person.

"MUSICAL FEASTS" is a project

of the Volunteer Council, Detroit Symphony Orchestra Hall. The series combines a variety of fine dining and musical entertainment, April through October, at prices ranging from \$40 to \$150 per person. For information, call 821-4031 or 851-8331.

Cranbrook Schools, 550 Lone Pine Road, Bloomfield Hills, will celebrate spring by presenting for the 14th consecutive year, La Gala de Cuisine, 3-7 p.m. Sunday, May 3, in the school's Eelie Saarinen-designed Quadrangle.

Working admist thousands of sunflowers, roses and colorful plants, chefs representing Michigan Chefs de Cuisine Association will cook up hors d'oeuvres, entrees and desserts.

Participating from Bloomfield Hills are - Eric Bunge of After the

tidbits Keely Wygonik

Hunt Pastry Shop; Terence Shuster, Fox and Hounds; Dennis Lininger, Kingsley Inn.

From Birmingham, Vince Bland of Alba's Bottles & Basket; Leopold Schaefflin, Certified Master Chef; and

Peral Thouin, Master Baker, Macius Restaurants and Pastry Shop; Juliette's Cuisine, Merchant of Wine; and Donald Tiderington, Midtown Cafe.

From Southfield, Duane and Paula

Christ, The Baker's Loft; Tom Tonarish, Bangkok Club; Miles Chelch, Certified Master Chef; Golden Mushroom; Judy Danielson, Bou-quet.

Participants from Troy include, Chuck Rachowitz, Charlie's Crab; Bill Reiff, Double Eagle; and Martin Folk, Sebastian's Grill.

Riki Schaefer, Gallery; Ken Fink and Rick Halberg, R.I.K. The Restaurant from West Bloomfield will participate.

Greg Goodman, Cafe Bon Homme; and Lou DiCillis, Savino's Italian

Sorbet from Plymouth will also contribute.

Included in the admission, \$125 friend, \$150 patron, \$200 benefactor, are a cookbook featuring treasured recipes from participating chefs, La Gala de Cuisine '92 poster. All proceeds go to faculty enrichment, school scholarship and restoration. Call 255-8886 or 617-2847 for tickets.

Baby Croquet, The "L" of the week. Store onions and potatoes away from each other. Onions will take on moisture from the potatoes and decay quickly.

cooking calendar

• TASSOS

Tassos Epicurean Cuisine Inc. offers a cooking class 6-8 p.m. Wednesday, April 8, at the Long Lake Ranch, 4101 West Bloomfield, call 829-0110 for reservations. Menu: marinated salmon with dill, stuffed Chicken Breast Renaissance, Sorbet with Sauterne. Cost \$25, includes dinner, wine, recipes.

• KITCHEN GLAMOR

Elaine Caulfield offers lesson on working with sweet yeast doughs, European Easter bread, 1-2 p.m. Wednesday, April 1, at Bedford 1 and 7 p.m. Thursday, April 2 in West Bloomfield, 1 and 7 p.m. Friday, April 3 in Rochester. There is a \$3 fee. Call 537-1300. Lee Bailey, author of "Cooking

For Friends," visits Kitchen Glamor's West Bloomfield Kitchen, 11:30 a.m. Wednesday, April 1.

From Bloomfield, Lee Bailey, author of "Cooking for Friends," visits Kitchen Glamor's West Bloomfield kitchen with his "classic techniques" of Italian cooking, 6:30 p.m. Monday, April 6, Tuesday, April 7 and Wednesday, April 8. He will prepare three regional Italian menus. Cost is \$80 a

class, \$225 for three-part series.

• LAUREL PARK PLACE

Have your Cake and Eat it Too, 8:30-9:30 a.m. Monday, April 6. Gail Cox from Botsford Hospital will discuss healthy ways to feed your sweet tooth in the Jacobson's Court area of Laurel Park Place Mall, at Six Mile and Newburg in Livonia.

Scramble up quick breakfast

AP - Start your family's week off better by scrambling up this tasty breakfast for three. Since the "deluxe" add-ons - mustard, herbs, mushrooms and pimento - come ready to use, this recipe goes together superfast, too. It uses more egg whites than egg yolks and that makes it lower in fat and cholesterol.

SCRAMBLED EGGS DELUXE

4 eggs
4 egg whites
1/4 cup milk
1/4 teaspoon salt
1/4 teaspoon dry mustard
1/4 teaspoon dried basil, thyme
Italian seasoning, crushed
1/4 teaspoon pepper
One 4-ounce can sliced mushrooms, drained
2 tablespoons chopped pimento
Non-stick spray coating
1/4 cup sliced green onion

In a medium mixing bowl combine eggs, egg whites, milk, salt, mustard, dried herb and pepper. Beat with a

rotary beater, fork or whisk until mixed. Stir in the sliced mushrooms and pimento; set aside.

Spray an 8-inch skillet with non-stick spray coating. Preheat the skillet over medium-high heat until a drop of water sizzles when added to the skillet. Add the green onion; cook about 1 minute.

Add the egg mixture to the skillet. Cook, without stirring, over medium heat until the mixture begins to set on the bottom and around the edge.

Using a large spoon or spatula, lift and fold the partially cooked eggs so any uncooked portions flow underneath. Continue cooking over medium heat for 2 to 3 minutes or until the eggs are cooked throughout but still glossy and moist. Remove from the heat. Serve immediately. Makes 3 servings.

Nutritional information per serving: 153 cal, 14 g pro, 8 g carb, 8 g fat, 368 mg chol, 492 mg sodium, 266 mg potassium, 1 g dietary fiber. U.S. RDA: 19 percent vit. A, 13 percent vit. C, 23 percent riboflavin.

Permanent Weight Loss

Dr. Ralph P. Keith, PH.D.
28336 Franklin Rd.
Southfield, MI
746-0844



If you've tried to lose weight and can't get started, or you've lost weight only to regain it quickly, the answer to your problem can probably be found in your emotional life.

People who are, or have been, in fulfilling or abusive relationships use food to provide comfort and protection. People who have difficulty asserting their needs tend to swallow food as quickly as they swallow their anger.

If you sincerely want to gain control of the problem, call and find out how to qualify for the program and insurance coverage.

CALL 746-0844

For Friends," visits Kitchen Glamor's West Bloomfield Kitchen, 11:30 a.m. Wednesday, April 1. Lee Bailey, author of "Cooking for Friends," visits Kitchen Glamor's West Bloomfield kitchen with his "classic techniques" of Italian cooking, 6:30 p.m. Monday, April 6, Tuesday, April 7 and Wednesday, April 8. He will prepare three regional Italian menus. Cost is \$80 a

Long Lake Market

• PRIME MEATS & TOP QUALITY PRODUCE

PERSONAL SERVICE MEAT COUNTER

Featuring:

• Prime Beef
• (Grade A) Chicken, Lamb,
Veal & Pork
• A Variety of Fresh Seafood

"There's A Supermarket In Our Specialty Store"

647-2266
1075 West Long Lake • West of Telegraph

SPRING SPECIALS

FREE! FREE! While Quantities Last

One FREE case with every
Belt Sander purchased

PORTER+CABLE

PROFESSIONAL POWER TOOLS

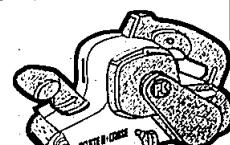
Model 351 3" x 21" Belt Sander

Features/Benefits

- 7amps/1,200 SPM.
- Dependable belt/gear drive train with all metal pulleys and gears.
- Powerful vacuum dust removal system.
- Fingertip belt tracking for quick, easy belt alignment.
- Lever belt release for fast, easy belt changes.
- Large platen area for more productivity.

List \$255.00

Special \$164.00



Model 352 3" x 21" Belt Sander With Dust Pick-up

Features/Benefits

- 7amps/1,200 SPM.
- Dependable belt/gear drive train with all metal pulleys and gears.
- Powerful vacuum dust removal system.
- Fingertip belt tracking for quick, easy belt alignment.
- Lever belt release for fast, easy belt changes.
- Large platen area for more productivity.

List \$265.00

Special \$170.00



W
TOOLS
MACHINERY
SUPPLIES

WATERSTON'S

900 W. EIGHT MILE RD.
FERNDALE, MICH. 48220
545-1500 • 545-2490

3677 HIGHLAND RD. (M-59)
WATERFORD, MICH. 48328
602-1500

"The Home of Good Tools"

WHY SHOP THE COMPETITION SALE?!



Dean & Barry
Velveton Classic
Eggshell Enamel
\$13.99
1 gal.
White & Pastels

Dean & Barry
BEST
High Grade Oil
House Paint
\$17.95
Quart
Dry Oil
Primer
\$14.95



Pratt & Lambert
Aqua Royal
Exterior Latex
Satin House Paint
\$21.99
1 gal.
\$23.78
1/2 gal.

MAXUM 2
Exterior Latex
Satin House Paint
\$12.99
1 gal.
Semi-Trans
Stain
\$14.99
1/2 gal.

MAXUM 3
Exterior Latex Flat
House Paint
\$15.69
1 gal.
Wipe Exterior
Latex Satin
House Paint
\$16.69
1 gal.



RECOCHEM
Paint Thinner
\$2.19
1 gal.
\$5.79
2 1/2 gal.

EVANS
ADHESIVE
For Pre-Pasted
Wallpaper
\$4.89
1 gal.

LINZER
BRUSHES & ROLLERS
PRODUCTS
2" Angular
Bristle Brush
\$3.99
2" Angular
Nylon
\$1.79



LusterDrape
Silhouette by Hunter
Douglas
Hallmark Blinds
ALL CUSTOM
WALLPAPER
20-50%
OFF!

PRICES
GOOD
THRU
4/30/92

24x36 36x48 48x48 84x84

42.99 63.99 78.99 187.99

135.85 191.75 232.70 536.90

16.99 23.99 27.99 71.90

21 W. University Dr.

321 W. University Dr.

WALLPAPER and PAINT

WALLPAPER and PAINT