Spotlight on Women

Vegetarian Cooking School Set

A course in vegetarian cooking soon will be available, taught by some local people who don't eat meat as a way of life.

Several Seventh-day Adventists, led by Dr. Arthur Weaver of Northville and his wife, Natalie, will conduct the school beginning Monday, May 1, in the Adventist Southfield Junior Academy, located at 15350 Southfield, Detroit.

Among those assisting will be Mrs. Henry Denski of Plymouth and Mrs. Geraldine DiDonato of Livonia.

THE INCREASING interest in vegetarian cooking has led to organization of the school, Mrs. Weaver said.

Noted for her vegetarian cooking, she is a certified cooking school instructor for the Public Health Association of Seventh-day Adventists. Many Adventists are vegetarians.

She suggested that learning more about meatless cooking might be "a chance to beat the high cost of meat and at the same time reduce saturated fats in the diet."

"You may be able to add variety to the family menu by replacing some meat dishes with low cholesterol vegetarian entrees," she added, "and make meals more interesting by learning attractive ways to serve vegetables and salads."

DR. WEAVER, associate professor of surgery at Wayne State University and chief of surgery at the Veterans Administration Hospital, is known in this area for his anti-smoking clinics.

He is a life-long vegetarian and the couple's six children have been raised as vegetarians.

"We're all very healthy." Mrs. Weaver said. "We don't go in for health foods, and we don't take vitamins. Just good solid food."

Mrs. Weaver said the idea of a free cooking school, open to the public, had evolved because so many parents have been bewildered when their teenagers suddenly turn vegetarian. They've asked for help in providing adequate meals without meat.

DR. AND MRS. WEAVER firmly believe in the health benefits of the vegetarian diet, but are aware that inadequate knowledge of vegetable protein sources may lead to nutritional deficiencies.

This cooking school will avoid all pseudo-science, assures Dr. Weaver. All instruction will be given by physicians with special interest in nutrition, and dietitians certified by the American Dietetic Association.

"Vegetarian cooking can be delightfully delicious as well as nutritious. People are amazed when they discover how appetizing a vegetarian meal can be," said Mrs. Weaver.

VEGETARIAN COOKING is an every day thing for Geraldie DiDonato. (left), Shirley Denski and Natalie Weaver, who will help teach a no-meat cooking class next month. (Observer photo by Bob Woodring)

THE COOKING SCHOOL is divided into four sessions. Classes begin at 7:30 p.m., Monday, May 1, and continue at the same time May 4, 8 and 11. Attendance at all four classes in encouraged as new material will be presented each evening. No tuition will be charged. Cost of materials will be covered by donations.

Several food companies have donated full size sample products that will be distributed each night.

Topics for discussion include: "A Balanced Diet and Physical Vigor," "Abundant Proteins from Vegetable Sources," "Facts and Falacies about Fats," and "Weighing What You Want to Weigh."

The preparation of delicious protein vegetarian entrees will be demonstrated and commercially available meat substitutes will also be displayed. Samples of all the foods demonstrated will be made available for tasting.

Persons interested in registering for this free cooking school should write to Southfield School, 15350 Southfield, Detroit, 48223.

Plymouth BPW To Award $500 To Teen Queen

A new teen queen contest, with a $500 scholarship as top prize, is announced by the Plymouth Business and Professional Women's Club.

The queen will be crowned Thursday, May 11, in a pageant scheduled at 8 p.m. in the Plymouth High School auditorium.

Ten finalists, all Plymouth High seniors who live in Plymouth, already have been selected from those who applied after the contest was announced in the school.

THEY ARE Teri Covington, Bette Routson, Stevie Flora, Micki DuBach, Julie Stephens, Janis Shier, Therese Kulick, Susan Kheder, Robin Faber and LuAnn Fulton.

They will be judged on the basis of appearance, poise, personality, talent, response and scholarship.

In the pageant, which will have the theme "Hitch Your Wagon to a Star," each girl will participate in a song and dance routine and will perform individually in a musical number, dance or comedy skit.

Ruby Jones, former radio and nightclub entertainer who has worked with the USO and put on shows for the inmates of several correctional institutions in Michigan, will be director of the pageant.

MASTER OF CEREMONIES will be disc jockey Deano Day of radio station WDEE.

Mrs. Lois McAllister is chairman of the pageant.

Judges will be Ed McNally, vice president of student affairs at Schoolcraft College; Robert Barbour, vice president of the National Bank of Detroit; Marilyn Turner of television Channel 2, Madeline Vick, past state chairman of the Business and Professional Women and Pat Glannan, Miss Michigan of 1971.

In addition to the $500 scholarship, there will be $25 bonds presented to Miss Congeniality, to be chosen by the contestants; and Miss Talent, to be picked by the judges.

Girls who are juniors in high school will usher for the pageant. Admission is $1.

THE EVENT, a first for the Plymouth BPW club that raises money each year through Fall Festival activities and a fashion show, carries one of the larger scholarships prizes offered in this area.

The Garden City Business and Professional Women's Club has for several years sponsored a Teen Queen contest.

The 1972 competition for that event will be held at 7:30 p.m. Thursday, April 20, in the Garden City West High School auditorium.

The winner will receive a $300 scholarship, with awards of $50 and $25 going to the runner-up and the girl voted most congenial.

Gentlemen Admitted

'Ladies Days' Still On

Ladies Days in the Livonia Mall and Civic Theater in Farmington will continue despite the new Michigan law forbidding price discrimination based on sex.

But gentlemen will be permitted to attend.

That has always been the case in the Farmington theater, which advertises free films two Thursday mornings each month.

"Any men who wanted to come have been welcome from the start," a spokesman said.

AT THE MALL, however, the 9:30 shows on Tuesdays in the Cinema Theater have been on a "ladies only" basis for the most part since they were started seven years ago.

Only last month, the Livonia Mall board reaffirmed the policy.

That will change with the reality of Bill 4139 that was to be signed yesterday by Gov. William Milliken after being passed in the state Senate and House of Representatives.

Robert Poris, manager of the Livonia Mall, said men would have to be admitted if they showed up for the shows, but added that they still will be geared to things of interest to women.

Next Tuesday's program, as an example, will feature a packing demonstration by Ann Arendsen of American Airlines in addition to a movie.

"I THINK if we were to discontinue the programs there would be some very angry ladies," Poris said, pointing out that the morning shows average 600 women in attendance.

"We instituted this service for ladies for a variety of reasons," he added. "They are our prime customers, for one thing. And they are home more in the morning -- whatever you say many women do not work and most men do.

"Of course everyone is entitled to equal protection under the law, but I think a merchant should be able to offer special inducements."

THE NEW LAW led managements of Wolverine Raceway and the Hazel Park Race Course to eliminate the long-popular ladies day, when women were admitted at reduced rates.

It provides that:

"All persons within the jurisdiction of this state shall be entitled to full and equal accommodations, advantages, facilities and privileges of inns, hotels, motels, government housing, restaurants, eating houses, barbershops, billiard parlors, stores, public conveyances, theaters, motion picture houses, public educational institutions, elevators, escalators and all other public places of public accommodation, amusements and recreation, subject only to the condition and limitation established by law and applicable alike to all citizens alike with uniform prices."

Poris expressed some sympathy with the women legislators who introduced the bill only to see it backfire in first applications.

"That tends to happen when legislation is introduced to solve an immediate problem," he said.

ANN ARENDSEN of Plymouth still is scheduled as a Ladies Day guest at the Livonia Mall April 25.

m. m. memos

It's been a while since I've paid much attention to real estate advertisements.

But when we were house hunting, I always made sure that little printed ad said "plenty of closet space" before we'd look at a house.

I thought the one we picked was pretty well supplied. And, with a bit of juggling, it is. For most of the year.

I just didn't reckon with the great closet and hanger strain that comes to a big family when the seasons change.

Out come the spring coats and jackets and ponchos with the first balmy days. But you don't put away the winter ones because it's still pretty nippy these days.

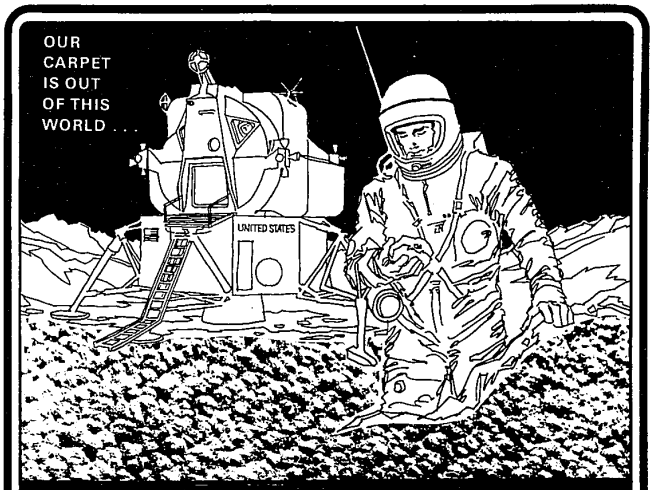
Whatever rain gear anyone possesses takes its place front and center.

With the variation of temperatures, it's not safe yet to put away the bag that holds hats and scarves and mittens. (The latter, incidentally, have come out of their midwinter hiding places and are helping to bulge the closet.

And what with muddy spring camping weekends and the elementary principal's plea that a little less mud be dragged into the school, you keep the boot box right where it's been all these cold months.

Cheer up, closet hooks. I'll soon work up the courage to relieve you of some of the strain. About the time I get out the bathing suits.

–Margaret Miller



BUT OUR PRICES ARE DOWN TO EARTH!

"WILD WEST" by Aldon
100% Dacron® Polyester -- 21 Beautiful Color Combinations.
an 8.95 Value
$4.95 sq. yd.

"MAVERICK" by Masland
100% Herculon® Olefin Kitchen Carpet -- 14 Beautiful Color Combinations.
a 9.50 Value
$5.95 sq. yd.

"ADVENTURE" by Masland
100% Nylon Shag -- 17 Beautiful Color Combinations.
a 9.50 Value
$5.95 sq. yd.

"COLLEEN" by Aldon
100% Dacron® Polyester Carved -- 10 Beautiful Solid Colors & Tweeds
a 9.50 Value
$5.95 sq. yd.

Bank Terms Arranged

CUSTOM PICTURE FRAMING & Oil Restoration

ST. clair carpet + Art Gallery

28040 JOY ROAD • Between Inkster & Middlebelt
GA 7-1400 or 937-1144
Open Daily - 9-9 Tues. & Sat. 9-6
ALL LABOR GUARANTEED FOR THE LIFE OF THE CARPET

In home service. Call us for estimates. GA 7-1400