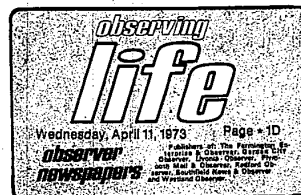




LOCAL WOMEN enjoying the luncheon and show included (from left), Phyllis Way of Farmington, Gilli Quarterman of Farmington, Carole

Tamsik of Livonia, Jill Newman of Westland, Solly Floyd of Livonia and Bonnie Shomo of Livonia. (Observer photos by Harry Mauthe)



## Fashion For A Hospital

Fashions for spring and draperies for the new wing of St. Mary Hospital go together beautifully for the women who belong to Friends of St. Mary.

In a Raleigh House luncheon-fashion show, they saw a wide assortment of spring styles - and in the process moved about \$3,000 closer to their \$30,000 project of providing window coverings for the new wing.

Nearly 700 women attended the gala affair, with colorful spring finery mingling with the white habits of the Felician nuns who staff the Livonia hospital.

Guests learned that the season's new colors are the pale neutrals - beige, taupe, ivory - that clutch bags are back and that there's a return to simple

jewelry. Polka dots and stripes and the "Great Gatsby" look are coming to the fore.

The fashions and professional models were from Saks Fifth Avenue. Small daughters of several St. Mary staff physicians added a charming touch to the festivities.



SISTER MARY CALASANTIA, St. Mary Administrator, is all smiles. Could it be the funds raised for the wiglet she won as a prize?



FOUR-YEAR-OLD Ruth Ann Waller, daughter of Dr. and Mrs. John Waller of Livonia, modeled a sleeveless print batiste dress. "It's her first and last modeling job," her mother commented.

## Still Meatless?

### Boycotters Get Some Tips

Observerland and the nation boycotted meat last week, and for many the meatless time goes on.

Though prices have not dropped noticeably, though the larger picture of the high price problem begins to be seen more clearly, still grocery shoppers are using the only weapon at their disposal and keeping meat counter purchases low or non-existent.

That a new way of eating may come out of all this is the prediction of many, including Jan Wittenbach of Farmington. Mrs. Wittenbach has undertaken to plan meatless menus for those joining in Families United Against Inflation, one of the groups continuing the boycotting.

For many families, meatless eating is not new at all. For many families, meatless eating is not new at all.

These are the non-meat eaters. Over the years of no meat on the table, they've learned a great deal about nutrition.

Others who have heard a little about non-meat products are seeking to learn more. The non-meat eaters.

whose recipes probably are better balanced nutritionally than the meat-and-potatoes family, have some advice to share with boycotters.

When cutting down on meat consumption, they suggest, make sure other elements are in the diet. Use wheat germ in a casserole dish, or sprinkle a little in the children's applesauce for added nutrition.

Especially, they say, be aware of amino acids and their relation to vegetable protein.

They also recommend the soybean, a food rich in protein, vitamins and minerals but costing but a fraction of other foods when considered in terms of nutrition per serving.

There are soybean imitations for almost every meat product; they have the texture of meat and are high in protein and low in fat.

According to owners of local health food stores, the soy product equal to one pound of ground chuck costs 84 cents. There are steakes and choplets, both canned and frozen.

Dan Morgan, whose store is at 31705 Grand River in Farmington, says the soy-

bean products "don't taste exactly like meat, but the similarity is there, texture, flavor and coloring."

Next Monday and Tuesday he will have dietitians in the store to advise and answer questions about vegetable nutrition because "so many people don't know about the complete variety of vegetable protein available."

Zerbo's Health Foods, 34164 Plymouth Rd. in Livonia has been affected by the meat boycott.

"More people of all ages are coming in," Harry Zerbo said. Besides the interest in soybean products they have had a run on sunflower seeds.

Jan Wittenbach shares some of her recipes that prove eating can be tasty and nutritious, though meatless.

**CREAMED EGGS A LA ASPARAGUS**

Cook a pound of frozen or fresh asparagus spears; drain. Melt three tablespoons butter; blend in three tablespoons flour. Add 1 1/2 cups

milk; cook and stir until thickened. Season with salt and pepper. Add half cup shredded sharp cheddar cheese; stir until melted. Fold in five, sliced hard-cooked eggs. Arrange hot asparagus spears on toast; cover with sauce sprinkled with paprika. Makes four servings.

**SALMON LOAF**

1 large can salmon  
3 eggs  
2 t. suet (put through blender)  
Clean salmon with water to remove bones. Mix three ingredients. Place in buttered loaf pan. Bake for one hour in 300-degree oven.

**MACARONI CASSEROLE**

1 c. macaroni, cooked  
1/2 c. mayonnaise  
2 t. salt  
1/2 c. green pepper, chopped  
1/2 c. pimento, chopped  
1 can mushroom soup  
1 can sliced mushrooms  
3 t. mushroom liquid  
1 lb. grated American cheese  
Heat mushroom soup; add

Continued on Page 3C

## Jeane Dixon At Farmington Town Hall

Jeane Dixon, famed astrologer, will be guest speaker for the finale of the four-lecture Farmington Town Hall series for 1972-73.

She will lecture in the Northland Theater, 16000 Joseph Hudson Drive, Southfield, at 11 a.m. Thursday, April 19.

A celebrity luncheon in Vladimir's Restaurant, Grand River at Eight Mile, will follow her talk.

Information on tickets for both lecture and luncheon is available by calling the Farmington Community Center.

Mrs. Dixon, a resident of Washington, is one of the most-read columnists in the country and has been placed on the list of America's most-admired women.

Her horoscopes and twice-yearly predictions have been distributed since 1971 by the Chicago Tribune-New York News syndicate.



JEANE DIXON

## m. m. memos

A couple of weeks back I mentioned in this space my daughter's classmate who was unable to go camping with his sixth grade class because of the unfortunate timing of a case of mumps.

Now there was a time when the mention of mumps would have sent me scurrying to my Dr. Spock book to check incubation times and symptoms.

But that time is long past, and the information just made an interesting sidelight for my report on the snowstorm-delayed camping trip. I still didn't tumble when our youngest developed a sore throat last week. Then the next day came the slight swelling and the how-could-I-have-been-so-stupid flash.

And THEN came the thoughts of incubation times - what with spring vacations and family vacations and our high schooler's first plane trip on her own coming up in the next few weeks.

Our mumpsie, at this point, is suffering more from boredom than pain. So her mother, after all these years, remembers another case of mumps back in the dark ages.

Then it was our oldest daughter who was in sixth grade, and her mumps interrupted her first school concert with her clarinet.

She was absolutely desolate, and absolutely unbelieving when I pointed out the future held more concerts.

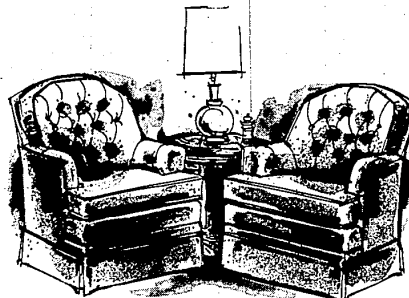
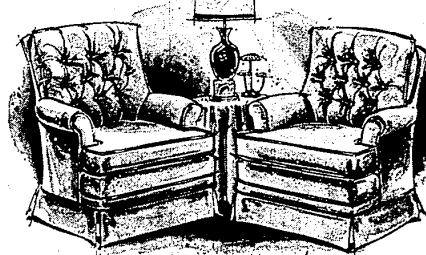
But there were more, of course. So many that I've lost count, but I'm hoping to be on hand for my umpteenth this weekend at the university she's now attending.

If I don't get the mumps.

-Margaret Miller

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