



LIVONIA JAYCEITES Carol Goodfellow (left) and Lois Gorton show copies of "Poems in Prison," work of the DeCocottes in the Detroit House of Correction. (Observer photo by Bob Woodring)

## Women In Prison Publish Book

Feelings of women in prison in poetry and prose are expressed in a new book now being sold by the Livonia Jayceites.

Writers whose works appear in the 40-page book, "Poems in Prison," are members of the DeCocottes, a new Jaycette group in the Detroit House of Correction.

The group was formed several months ago to work with the new Jaycette unit in Southern Michigan Prison.

Its members undertake such projects as making trays for Northville State Hospital. They also meet once a month with Jaycette groups from District 30, including Livonia, Canton, Wayne, Westland, Garden City, Belleville, Plymouth and Northville.

The new book was published by the Seckers' Club of Metropolitan Community

## Education Alumni Honor 1923 Grads

Five Observerland residents will be honored at the golden anniversary tea of the Wayne State University College of Education Alumni Association.

The tea will be held from 4 to 6 p.m., Thursday, April 12, in Alumni House, 441 W. Ferry. Members of the Detroit Normal College's class of 1923 will be honored and will receive a golden anniversary certificate from the association's president, Thomas Lowichuk.

They include Marverette Burke and Alice Stover Cecil of Westland; Kate Kuhn Henock and Jennie Seeman Miller of Southfield; and Katherine N. O'Connor of Farmington.

All alumni members and friends of those being honored are invited.

A book is being compiled which will contain facts about each honoree, including information about his/her teaching history and interesting memories about the association.

The film demonstrates the Lamaze method of childbirth. Couples attending are asked to donate \$1.

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# 'If You Want Health-- Don't Eat White Bread'

By BETTY MASSON

Mother always told you to drink lots of milk, and Adelle Davis, whose four books on nutrition have sold more than seven million copies, agrees.

But she doesn't agree with the baker who tells you his "enriched" bread will build strong bodies.

"If you sincerely want good health, stop eating white bread," she told her audience of more than 1,300 persons at Schoolcraft Col-

lege Tuesday night. Miss Davis is a sturdy foe of all refined foods, including soft drinks, dry cereals and white sugar.

"You, as parents, produce good health or ill health in your children -- it's your choice," said the woman who has been called America's "high priestess of nutrition."

"The place to start, she said, is to get some good 100 per cent whole wheat bread.

Miss Davis also disagrees with doctors who tell you eggs are bad for you because of their high cholesterol content. She advocates liberal use of eggs, milk and cheese as sources of protein.

"Americans today eat 175 pounds of sugar a year and seven pounds of cheese," she said. "Turn those figures around and you'll be much healthier."

"If you're serious about wanting good health, it's very simple," she told her audience. Her prescription is to drink a quart of milk a day (preferably raw milk, if it's clean), one or two eggs a day (especially fertile ones), meat if you want it, fruits and vegetables and whole grain breads and cereals.

She believes that the fruits and vegetables should be homegrown. On her own small lot in California, she has 12 fruit trees, and she has this year turned her front yard into a garden. She commended Schoolcraft students for a garden project they are planning.

"If my neighbors stayed home and gardened instead of going to Jack LaLanne's, they'd be a lot better off," she quipped.

Although animal protein is superior, Miss Davis says

there is nothing wrong with vegetarianism as long as the diets contain a variety of protein foods in the same meal. Beans, split-peas, nuts, legumes and brewer's yeast she called good sources of protein.

Miss Davis outlined some of the essential elements in a well-balanced diet, including 15 to 20 vitamins and 30-40 minerals, and explained some of the symptoms their lack can cause.

"Lack of any one of these ingredients has produced every disease known to man in laboratory experiments," she said. Experiments in nutrition have been carried on for the past 50 years, she said, and some 7,000 reports are issued every year.

For those who found it difficult to hear Miss Davis's talk, because even with a new \$2,000 speaker system Schoolcraft's gymnasium has had acoustics, all four of her books were on sale...and going well.

## Delta Zetas

### Discuss Law

"Legal Survival" will be the topic for discussion Wednesday, April 11, at a meeting of the alumnae of Delta Zeta sorority, in the home of Mrs. Douglas Myers, 41824 Rayburn, Northville. It will begin at 8 p.m.

Livonia attorney Daniel Burress will speak on wills, insurance, trusts and benefits. Husbands of members have been invited to attend.

The Livonia Jayceites have purchased three copies of the book and donated them to three libraries in Livonia -- the Vest Pocket, Carl Sandburg and Alfred Nobel.

Mrs. Tom Gorton, 1476 E. Len Drive, is accepting other orders. The book sells for \$3.

"These books provide a way for the prisoner to relate what it is like to be separated from friends and family," said Mrs. Carol Goodfellow, president of the Livonia auxiliary.

"The inmates hope it will be read by other women who might wind up in prison."

The DeCocottes also could use donations of candy, combis, cosmetic samples, books, clothes, shoes and magazine subscriptions.

## Y Women's Club To Meet

The newly-formed Women's Club of the Livonia Family "Y" will have a Stretch and Sew demonstration as its April 13 program. Members will meet at 12:30 p.m. in the "Y," 4235 Stark Road.

The club is planning to hold a kitchenware open house April 17 and 18 in the "Y." Proceeds will go to the "Y" for its community programs, such as swimming for the handicapped, camp scholarships, Big Brothers and Gray Ys.

## Women To Discuss 'Concerns' April 14

A group of women from Plymouth is planning to attend the Women's Conference of concerns, to be held in the Detroit Hilton on Saturday, April 14. More than 1,000 women are expected to attend.

Interested persons may obtain tickets from Mrs. John Schaeper, 18240 Northville Road, Plymouth.

The conference is being planned by a group of Detroit women organized by Detroit Councilwoman Erma Henderson.

One workshop will deal with education, including career development, culture, textbooks, curriculum and communications.

Another on social services will deal with child development, welfare, mental and physical health-care and senior citizens.

There will be one on crime and justice, including police-community relations, courts, jails and juvenile problems, and one on political awareness, involving employment, consumer problems and credit.

In the morning, the workshop leaders will discuss the problems, provide information and answer questions. After lunch, the workshops will discuss ways of implementing existing laws or enacting necessary legislation.

The conference will begin at 8:30 and end at 4:30. The admission price of \$7.50 includes luncheon.

## China Show Opens Friday

The Michigan China Decorators Guild will hold its annual exhibit and sale this weekend in St. Matthew United Methodist Church, 10200 Evergreen, (one block north of West Seven Mile), Detroit.

The sale will be from 10 a.m. to 7 p.m., April 13, and from 10 a.m. to 5 p.m., April 14.

Proceeds will go to the Detroit Society for Crippled Children. There is no admission charge.



MRS. HELEN CAPRA of Plymouth, "volunteer of the year" for the Garden City Hospital Osteopathic Guild, works in the hospital gift shop.

## Mrs. Helen Capra 'Volunteer Of Year'

A Plymouth woman, Mrs. Helen Capra of Portis Road, has been elected "volunteer of the year" for 1972 by members of the Garden City Hospital with M.O.M.S. (Mothers of Men in Service).

She has also worked in the gift shop of St. Luke Hospital, Saginaw.

She taught Sunday School for many years in St. Paul Lutheran Church, Dearborn, and was president of the Altar Guild, Women of the Church and Ladies Aid.

She visited Wayne County General Hospital every month and worked in the Veterans' Hospital with M.O.M.S. (Mothers of Men in Service).

As Garden City nominee, her name will be submitted to the National Osteopathic Guild Association convention being held in October in Fort Worth, Texas.

Mrs. Capra is president of the guild. She has been a member for seven years and has worked 2,853 volunteer hours. In 1972, she sold \$759 worth of tickets for the guild's strawberry festival.

She was on the guild's buying committee for five years and was head buyer for its gift shop. She also acted as chairman of a committee purchasing a card rack and shelves for the shop, and was on the cookbook committee.

Mrs. Capra has an extensive background in volunteer work. She has been a den mother for a cub scout troop

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This is Your Chance to Sample Your Friends to Wine Making! The Purpose of the New Wine Making group is to provide a place for wine makers to meet and share their knowledge and experience. The group will be holding a series of workshops and demonstrations. The first workshop will be held on April 14, 1973, at the Wayne State University, Detroit, Michigan. The workshop will be held from 10:00 a.m. to 5:00 p.m. The cost of the workshop is \$10.00. The workshop will be held in the Wayne State University, Detroit, Michigan. The workshop will be held from 10:00 a.m. to 5:00 p.m. The cost of the workshop is \$10.00.

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