

THIS POSTURE exercises most of the body muscles. Some are tensed and others stretched. The back muscles are greatly strengthened, enabling one to maintain an erect spine. All the muscles of the thighs are tensed; the internal ones in order to keep the knees close together; the posterior ones to keep the legs lifted, and the anterior ones to straighten the legs. The abdominal muscles are fully stretched during this posture. The thyroid gland is invigorated by the increase of blood circulation. Ron Tipping of Novi demonstrates the bow posture in this picture.

Plymouth Oldsters Active

One hundred and two senior citizens of Plymouth attended the Nov. 8 meeting at Plymouth's Masonic Temple.

Arrangements were made at the meeting for a Thanksgiving Dinner on Nov. 19 at 12:30 p.m. Mrs. Goodale will cater the dinner and tickets are available to members for \$1. Reservations must be made by Nov. 12.

On Nov. 14 the Plymouth Senior Citizens will attend the Ice Capades. A bus will leave the Masonic Temple at 3:30 p.m.

Mr. John Gillis, president of the group, has been unable to attend due to illness. In addition the first vice president, Grant Camphouse, is ill and is due to enter the hospital for surgery.

At the next meeting the Senior Citizens will honor all the members who have November birthdays.



MRS. ISABEL QUIGBY poses for the camera with one of her paintings. The picture is one of many that decorates the interior of her home on Coventry Drive.

WORD PORTRAIT OF AN ARTIST

Livonian Helps Decorate Marycrest Manor Home

By BETTY BALDWIN

This is a portrait of an artist. Mrs. Isabel Quigby, who uses her God-given artistic ability to bless many people throughout the year.

She is well known in this area for her services in volunteer work. At present she is chairman of the decorating committee at Marycrest Manor, home for the aging, in Livonia, where she designs unique favors and unusual centerpieces for the tables.

Many a day is made more interesting for those at Marycrest through her creative ideas. Her work is not only clever, colorful and creative, it is always a conversation piece. Isabel is never at a loss for new designs. Her friends marvel at the never ending ideas that pour forth from her rich storehouse. She is most unselfish in sharing her artistic ability, whenever the need arises.

Since 1953 Isabel and her husband have resided in Livonia.

Before coming to Livonia she attended St. Mary's College and Academy in Monroe where she was first violinist in the school orchestra.

While in Pasadena, California, she studied at the Stickey

Memorial Art School. She has also taught handicrafts to Girl Scouts in Belleville, Mich.

Creative artists usually have many talents, and Isabel is no exception to that rule. Besides oil paintings, she does photo tinting, ceramics, china painting, makes pottery on the potter's wheel, does needlepoint, chair re-caning, rug hooking, and professional dressmaking.

She is at present recording secretary of the Metropolitan Creative Art Guild.

First place in "The Picture of the Month" contest was won by Isabel. This is considered quite an honor by guild members.

Starting Nov. 26 some of Mrs. Quigby's work can be seen at the "Vogue Gallery," at Seven Mile and Evergreen in Detroit. Her work will remain on display there until after Christmas.

Family Study Slated

The Michigan State University Cooperative Extension Service is offering parents three meetings on "Understand Yourself and Your Family."

These meetings are designed to give parents an opportunity to do some thinking with trained family-life specialists about teenagers, high school graduates and married children.

These meetings are sponsored by the Home Economics Extension Study Groups. They chose to study the family because they felt they needed to think creatively and objectively about themselves and their children.

The Extension Study Groups invite everyone to come to Smith Jr. High School, 23831 Yale Street, Dearborn, on Tuesdays, Nov. 10, 17, and 24, at 7:30 p.m. to the "Understand Yourself and Family" Series.

The Observer WOMEN

Dennis Glen Cooper Film To Be Shown

Dennis Glen Cooper, nationally known explorer, travel photographer, and lecturer will speak at the Nov. 10 meeting of the Cleveland P.T.A.

The meeting will begin at 7:45 p.m. in the multi-purpose room of the school.

Cooper will present a color film, "Banff, Glacier and Jasper National Parks."

A member of the world-famous Explorer's Club in New York, Cooper has achieved nationwide fame for his lectures and unusual presentations.

He is the head of the Exact Science Department at Detroit's Sherrard Junior High School. In March, 1961, Cooper was named the "Teacher of the Month" by the Detroit Board of Education.



DENNIS GLEN COOPER

Currently, Cooper is appearing on the TV show, "Realm of the Wild," seen Mondays on Channel 7.

Conference To Offer Guidelines For Women

A conference for women will be held from 9 a.m. to 3 p.m. Saturday, Nov. 14, in the Rook guest speaker. Her articles have appeared in leading magazines, including the October issue of the "Ladies Home Journal."

Co-sponsored by the Women of Wayne State University, Alumni and the University Center for Adult Education (WUSU), The University of Michigan, Eastern Michigan University, the conference is designed to give guidance and direction to women who wish to take better advantage of their capabilities.

For further information or a "After Nora Slammed" the brochure explaining the conference, call Temple 3-1400, extensions the myths and beliefs that 416.

Antique Lovers Meet

The Millereck Quarters met Nov. 9 at the home of Mrs. George Carter on Ashton Road.

The Quarters is a national organization formed for the purpose of antique study and preservation of historical sites. Guest speaker at the meeting was Diana Wood, a member of the Birmingham chapter of the Quarters. Mrs. Wood spoke on the caning and rushing of chair seats.

The Millereck chapter is composed of women from Farmington and Livonia. It meets in the evening thus enabling the mother's of pre-school children and working women to attend. Many trips to area antique shops and to view private collections are made by the group.

Further information on the organization and its activities may be obtained by calling Mrs. Preston Meisel at GR 3-0099.

Danish cooks often add a pinch of sugar to chopped, creamed spinach. Worth trying!

Farmington BPW Meets Monday

The Farmington Business and Professional Women's Club will meet Nov. 10 at Kosteres. It will be a dinner meeting beginning at 7 p.m.

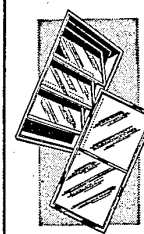
Guest speaker will be Mrs. William Smith from the League of Women Voters. She will discuss the history and background of the League.

Professional and business women are cordially invited to attend. Reservations may be made by calling Dorothy Sheffer at GR 4-5542 or KE 2-0089 by Nov. 14.

The Club recently made a donation to the Farmington Board of Commerce for the Christmas Lighting Fund. In December the club will solicit donations from members for the Wayne County Training School for the Retarded.

Easy, Delicious

Add raisins or currants to rich biscuit dough; roll out and cut into squares; cut each square into a triangle. Brush with cream, sprinkle with sugar and bake in a hot oven. Call these scones!



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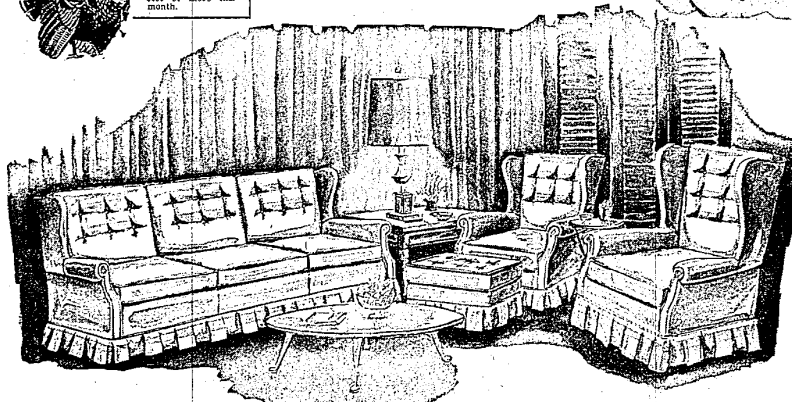
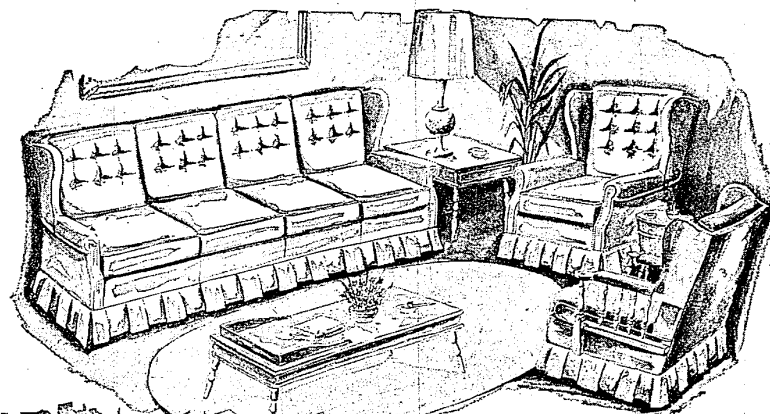
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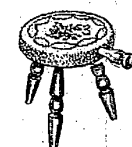


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