



ROTARY-ANN PRESIDENT Mrs. Z. T. Zibkowski in the frothy Christmas hat with Mrs. Roy Gorman, chairman of the Rotary Ann Christmas Luncheon. The lavender-blue centerpiece with the musical Madonna was designed by Livonia Florist.



Melli Malickawmaha (or so it sounds) was the greeting of the charming and entertaining Sylvia Barkley as she greeted guests and members of Livonia Rotary. Ann. The Hawaiian Christmas greeting set the pace

for the unusual—followed by creation after creation of breathtaking Christmas arrangements, centerpieces, gay, glamorous, religious — or for the woman who has everything, how about an orchid with mink?

Besides enjoying the floral arrangements Rotary Ann was appreciative with the applause of the Bently Senior Chorus and their several renditions of Christmas songs.

One group enjoying the luncheon at Meadowbrook and afternoon's activities was (l-r) Mrs. Thomas Morrell, Mrs. Arthur Hamilton, Mrs. Edmund Konczal, Mrs. Steve Polgar, Mrs. Donald Durand, Mrs. Joseph Polgar (standing), Mrs. Pete Dalesandra, Mrs. Harold Johnson.

## Silhouette Conscious? Try This

Disatisfied with your silhouette? Want to improve your appearance and protect your health against diseases caused by overweight?

Mary Coleman, foods instructor at Michigan State University, says the most important step in achieving and keeping a pleasing figure is to acquire better eating habits.

Miss Coleman stresses that you can lose weight safely and comfortably without starvation methods or drugs.

It's the extras—that you eat, but don't need—that cause the extra pounds, she says. Calories must be reduced, but essential nutrients, such as proteins, minerals, and vitamins, should not be sacrificed.

It's important to start the day with a well-balanced and adequate breakfast, she continues. This will help you to resist that mid-morning snack.

She notes that the American Dietetic Association lists several proposals for better menu planning:

A pint of whole milk is acceptable for adults. A pint of skim or non-fat dry milk, however, may be substituted since it contains only half as many calories as whole milk.

Vegetables selected from the following group are especially low in calorie value: Asparagus, broccoli, carrots, green beans, kale, squash, spinach, turnip greens, lettuce, and other greens; tomatoes, celery, cucumbers, beets, cabbage, eggplant, onions, rutabagas, cauliflower and turnips.

Bananas, apples, grapes and other sweetened fruits can be eaten sparingly. Non-caloric sweetened apples and three teaspoons or less of fat or oil per day will also reduce calories.

Potatoes, bread and cereals should be used with discretion. Apparent weight loss may take as much as one to one and one-half weeks, adds Miss Coleman, but after that, you may expect to lose one to one and one-half pounds weekly without endangering your health.

She suggests writing to ADA for a free copy of its booklet, "The Best of Health to You." The address is: American Dietetic Association, 620 N. Michigan Ave., Chicago, Ill., 60611.



MR. & MRS. W. C. Himmeler of 18460 Lanceshire Road, and Mr. & Mrs. Geo. Leuenberger of 34025 La Moyne, Livonia, recently returned from a cruise aboard the S.S. Bahama Star to Nassau . . . from Miami, with the ship docking right at Bay Street in Nassau.

## Three Special Menus For Holiday Entertaining

Following are three additional prize winning recipes at the Roadside Gardens United Presbyterian Church Holiday Festing Luncheon. The Observer passes them on to our readers as helpful hints for doing something "special" during the holidays. The recipes which are for a salad, a fancy bread, and a dessert are:

**STRAWBERRY SALAD**  
Dissolve 2 pkgs. strawberry jello in 1½ cups boiling water.

Add 2 pkgs. frozen strawberries and 1 cup crushed pineapple.

When almost firm add 1 3 oz. pkg. cream cheese made into balls.

**MARGE LOUGHER**

**ORANGE BREAD**  
2 Tbsp. melted butter

1 C. orange juice

2 Tbsp. grated orange rind

1 C. finely cut dates

1 egg, slightly beaten

½ C. coarsely chopped pecans

2 C. sifted flour

1 tsp. bak. soda

1 tsp. bak. powder

1 tsp. salt

Combine melted butter, orange juice, orange rind, dates, sugar, beaten egg and pecans.

Mix and sift flour, baking soda, baking powder and salt, and add to other ingredients, mixing well. Turn into greased loaf pan, 9x5x3 inches. Bake at 350° for 50-60 minutes, or until done.

**LAUREE SCHAEFFER**

**STRAWBERRY CONFECTIONS**

1 4-oz. box finely shredded coconut

Reserve 2 tab.

2 tps. vanilla

2 to 4 tab. Eagle Brand Milk

Combine everything and

shape into strawberries. Roll in reserved jello and insert stems. Stems may be purchased at Kitchen Glamour, Detroit.

**MEDELINE ROBINSON**

## Births Announced

City Clerk Addison W. Bacon reports the following recent births in the City: a daughter, Lisa, to William and Gail Arari, 26597 Broadmoor, a son, Timothy, to Theodore and Doris Brannon, 29875 Minton; a daughter, Lori, to Billy and Bonnie Eddleman, 15529 Mayfield; a son, Jeffrey, to David and Nancy Nelson, 36544 Joanne; a daughter, Geraldyn, to Gerald and Patricia Repasky, 36083 Jamison Dr.; a daughter, Esther, to Eberhard and Anna Zimmerman, 9958 Flamingo; a son, Peter, to James and Janet Rose, 15606 Levan Rd.; a son, Darrell, to Raymond and Marcia Johnson, 15150 Loveland; a son, Brett, to Frank and Betty Miller, 16026 Edington; a daughter, Rene, to Gerald and Mary Durocher, 14136 Lyons; a daughter, Debra, to Mario and Darlene, 29714 Joy Road; a son, Daniel, to Norman and Joyce Mika, 14315 Denner; a daughter, Tara, to Leo and Carol McDowell, 19434 Rensselaer; a son, David, to John and Margaret Govan, 36553 Sherwood; a son, William, to Lloy and Barbara Geyer, 14649 Melrose; a son, Jason, to George and Nina Gaffke, 32253 Barkley; a daughter, Lisa, to Curtis and Elizabeth Druecker, 37123 Ladywood; a son, David, to George and Shirley Cote, 18880 Lathara; and a daughter, Lisa, to Robert and Barbara Loveless, 29447 Munger.

## PTA NOTES

**CLEVELAND**

Although the Cleveland P.T.A. has suspended all meetings during the month of December, there are many activities occurring in the school area of interest to the parents.

On Dec. 18 at 7:30 p.m. in the Multi-Purpose Room, approximately 70 students from the fifth and sixth grades will present a Christmas Carol program. These youngsters, under the direction of Mrs. Faylla Bell, have given much spare time toward this effort and all parents and friends are invited to attend.

The Social Service Committee has designated the week of Dec. 14-21 for the annual Christmas Drive to help the needy families in our area. New or usable clothing and toys, money or non-perishable food may be donated to school. To further aid this effort, the Campfire Girls from the Cleveland School area, their invited guests, and sponsor, Mrs. Rosemary Kopceken will be caroling on Dec. 19 from 5:30 p.m. till 9 p.m. When you hear these young carolers at your doorstep, won't you please share in their Christmas spirit by donating canned food?

Plans are under way for the "Round the World of Fashion" show and Card Party which the Cleveland P.T.A. will sponsor on Friday, Feb. 19. Heading the various committees are: Tickets—Mrs. Jean Frowst; Refreshments, Mrs. Pat Moon; Table Favors and Decorations, Mrs. Anita Rottler; Stage Direction and Posters, Mrs. Lydia Kroes; Gift Committee, Mrs. Shirley Congdon; Mrs. Helen Mc Giff; Mrs. Jean Frowst; Mrs. Frances Alknes; Mrs. Janet Dragovich; Mrs. James Miller; General Chairman, Mrs. Frances Alknes. Tickets will be available in January. More details will be published after the holidays.

The Cleveland P.T.A. wishes to extend sincerest wishes for the Holiday Season to the Cleveland School Staff and to all the Cleveland families.

**Holiday Cupcake Wreath**  
Make your favorite basic cupcakes and green artificial coloring. Group the cupcakes on a large round platter. Decorate as follows: Fill fluffy white cocoons generously over cupcakes. Place holly leaves or large size spearpoint leaves together with cinnamon candy for the berries, under the cupcakes. Make a red bow of pulled vanilla taffy colored red, and place on one end of arrangement. The centerpiece is dismantled by the individuals as they get ready for dessert.



SHE'S REAL—and so is her dress—real lemon leaves, that is. Both hat and gown created by Livonia Florist designers was right for wearing this holiday season. As commentator Sylvia Barkley said . . . "and it makes you smell soooo good."

**288 CALORIE MEAL**  
The complete entree of one cup of Chicken Chow Noodle and one-half cup of crisp Chow Mein noodles totals only 288 calories, according to La Choy nutritionists.

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**SHERBERT**  
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Pink Grapefruit  
Tangerine  
49¢ quart

## DAIRY PRODUCTS

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