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You Can't Get Thin On Goopy Pancakes

By ELIZABETH WISSMAN

(this is the final article in a series on Weight Watcher Clubs in this area.)

Members of Weight Watcher clubs are fond of saying, "We never ate so much in all our lives."

And then there is the weight watcher, who may have been eating a lot but still was addicted to candy.

This member got a craving for some of the sweet stuff late one Sunday night. All the stores were closed and there was none in the house because she threw it all out when she joined Weight Watchers.

Was she daunted?

Not this somewhat fey creature.

She sent herself a candy-gram. Within a short time after phoning Western Union a box of candy was delivered to her home and her sweet tooth was assuaged.

SINCE ATTENDING A Weight Watcher meeting, our mind has also grown devious.

We took ourselves out to breakfast the other morning, thinking, "At least friend husband won't know we're going to eat pancakes."

When the waitress heard our order, she looked aghast, "Are you sure you want those? What about your weight watching routine?"

Weight Watchers call pancakes "illegal." If we were going to be "legal," a complete week of correct breakfast is available in the Weight Watcher booklet.

The gamut runs from poached egg on toast to cottage cheese on toast to two ounces of salmon or tuna with toast, half a grapefruit or orange, juice and beverage.

Luncheon suggestions include bouillon with four ounces of shrimp, toast and diet soda. Or four ounces of lobster tail meat (not dipped in butter), salad, asparagus, toast and coffee.

FOR DINNER, one may have sweet corn, veal balls in cabbage, tomato, baked apple and tea. Or for Sunday-roast beef, mushrooms, broccoli, salad with tomato, baked apple or fresh fruit, beverage.

If you should want French toast for breakfast, there is a Weight Watcher recipe for the dish: Soak one slice of bread in one well-beaten egg, broil on tin foil, sprinkle with cinnamon to eat instead of pouring on the maple syrup.

A matted recipe reads like this: One cup skimmed milk, three-quarter teaspoon powdered coffee, low-cal sweetener to taste and three ice cubes.

Place all ingredients in blender for about 30 seconds or until mixture froths. (Coffee can be substituted with

three frozen unsweetened whole strawberries or other fresh fruit in season such as peach, blueberries, etc.)

A main-dish suggestion for dinner is meat balls and cabbage. This is made using ground veal. Make tiny meat balls. Shred cabbage-tomato juice, lemon juice, green peppers cut into small pieces, celery and onion powder (optional). Cook covered until vegetables are soft.

WEIGHT WATCHERS has a cookbook on the market, available at Hester's bookstore and crammed with menu suggestions. A member of Weight Watchers is told not to buy one until she is on "maintenance" (when she has lost 10 pounds).

There are also some restaurants around that serve Weight Watcher meals.

We will never make the mistake of going into one of those and ordering pancakes.

But then we are going to have to find a restaurant where the waitress doesn't read The Observer and doesn't know we're supposed to be dieting.

Back to the Metrecal.

Show Set For Easter Bonnets

An Easter hat show presented by Demery's, Birmingham, and modeled by club members, will highlight the April meeting of the Northwest and Suburban Detroit Christian Women's Club, Thursday, April 11, at 12:30 p.m., at Devon Cables Restaurant.

Mrs. Dennis Knight, mezzo soprano, who formerly taught in the Ferndale Public Schools, will be the soloist.

Mrs. Knight is a graduate of Wayne State University and the Detroit Conservatory of Music. She is a member of P.M. Landa Theta, past president of the Wayne chapter of Sigma Alpha Iota and the Music Educators National Council.

While at Wayne she sang with the women's glee club and played the viola in the WSU Symphony Orchestra. She is currently teaching piano and is a member of the Max Davey Singers.

Mrs. E.D. Johnston, of Canton, Ohio, will be the speaker. She is a member of the Deuter Methodist Church, of Canton where for many years she has taught adult Bible classes. Mrs. Johnston is actively engaged as a youth group leader and in counseling teenagers. She is also active in prayer counseling with ministers and lay people and travels extensively in the United States speaking at interdenominational retreats and teaching Bible classes.

Child care is available during the luncheon.

Reservations may be made by calling Mrs. Port Stewart, 34409 West Nine Mile Rd., Farmington.

Tickets Left For 'Overture'

A limited number of tickets are available for "Overture to Opera" at 8:30 p.m. Saturday, April 6, in the Northville High School auditorium.

The program presented by the Detroit Grand Opera Association as a preview of the Metropolitan Opera visit next month, includes "The Medium," by Menotti, and the first act of Verdi's "La Boheme."

Dr. David Dikshian of Oakland University and the Detroit Grand Opera Association, is director.

Tickets are \$3 for adults and \$2 for students, and checks may be sent to Mrs. D. Z. Zotti, Northville High School. Tickets also may be obtained by calling Mrs. Donald Ware, 349-2232.

Delta Gamma Lunch Set

The Farmington Alumnae Association of Delta Gamma will have a luncheon meeting, Monday, April 8, at 12:30 p.m. in the home of Mrs. George Purcell, 44655 Thornapple Lane, Northville. Mrs. Russell Atchison, of Northville, will be co-hostess.

The luncheon will be followed by a brief business meeting and an opportunity to visit. Delta Gamma is Farmington, Livonia, Northville and Plymouth all are invited, especially those who usually are unable to participate in evening meetings.

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Delegates Named For BPW Meet

Five delegates have been named to represent the Garden City Business and Professional Women's Club at the BPW state convention in Traverse City May 17 to 19.

Chosen at the group's smorgasbord meeting last week were Charlotte Adams, Eva Felts, Margaret Kirk, Marjorie Ray, and Maybelle Shon. Merion Garritty and Virginia Liegho were named alternates.

President Fran Thibodeau and Olga Taylor, past state president, will be delegates at large.

The Garden City group plans a surprise shower Saturday, April 6, for their adopted daughters at the Jane Adams cottage of the Wayne County Child Development Center.

They met recently to complete work on decorated felt pillows stuffed with cologne, powder, hair care and other personal items for each girl. The world affairs committee was in charge of the dinner.

The group's executive board will meet at 7:30 p.m. Thursday, April 4, in the home of Mary Stewart, 984 Deering, Garden City. Marg Oldenburg will be co-hostess.

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