

Dinner Theatre of Detroit . Thursday tl Reservations: 531-6131

55th WEEK

each pound of vegetables. Cover and cook until they re just done.

"THE COOKING liquid will contain many valuable nutrients," Mrs. Dean noted. "You can save them by removing the lid for the last few minutes of cooking and evaporating the water, or save the liquid to use in gravies, soups or sauces."

Mrs. Dean recommended braising greens, cabhage, celery, okra, green beans or young beets. Slice, diec or shred the vegetable, removing midribs and heavy stems. Heat one or two tablespons of fat in a heavy skillet or saucepan. Add the vegetable toss lightly in the fat and season. Cook over low heat, to prevent scortning, until the vegetable is considered. Squash, postatoes, onions, tomatoes, carrots, beets and turnips can be backed. Slice or shred the vegetable into a casserole, add seasonings and a small amount of water. Cover tightly and bake at 350° to 400° F. unit ender.

STEAMING IS a good method for cooking white and yellow vegetables to prevent nutrient loss that occurs when vegetables are boiled and cooking liquid dis-

boiled and cooking liquid dis-carded:
Place the vegetables in a rack in the bottom of a tight-lidded pan.
Add enough water to make plenty of steam, bbt not so much that it touches the rack. Cover and let the water boil vigorously. The steam will cook the vegetables.
Potatoes are a favorite pan-fried vegetable, but Mrs. Dean jointed out that carrots, rutabagas, par-snips or leftover vegetables of many kinds can also be prepared this way. Eggplant and summer

Join her for dinner.

adding ½ to ¼ teaspoon salt for each pound of vegetables. Cover and cook until they're just done.

"THE COOKING liquid will contain many valuable nutrients," make a one-eighth inch layer. Add the sliced vegetables, seasoned liquid will contain many removing the lid for the

POTATOES, onions, eggplant POTATOES, onions, eggplant and cauliflower are some of the best vegetables for deep-fat frying. Cut dry vegetables — water will make the fat splatter and pop—into pieces all about the same size. Break cauliflower into flowerets and boil three to five minutes, drain and dip in egg and crumbs. Cut eggplant in one-fourth inch

slices, dip in egg and crumbs. Slice onions in thin rings, soak in milk for 30 minutes, drain and dip in seasoned flour or fritter batter.

Heat enough fat to cover the ve-getables. For cauliflower, eggplant and onions, the fat should be 375° to 385° P. For potatoes, it should be between 385° and 395° F. Add the vegetables and cook until they are nicely browned. Then remove them from the fat, drain on ab-sorbent paper, salt and serve hot. "With all these different ways to prepare vegetables, there's no rea-son for them ever to be dull," Mrs. Dean concluded.

B'nai B'rith plans Oct. 31 luncheon are philanthropies with emphasis on youth services both in this country and in Israel and in Hillel Foundations on college campuses, vocational guidance and the Children's Home in Israel. Attendance at the luncheon is open to the entire membership of B nai Brith Women upon pledge of \$50 or more to the fund drive. CONTRIBUTIORS OF \$100 or more will be presented with an engraved menorah plaque or a "Jewel Light" for a branch of their menorah, if they have already received the plaque. Women's Council President Mrs. Gordon Fruitman of Oak Park as special gifts chairman. Assisting her will be Mrs. Jack Freeman of Oak Park and Mrs. Freeman of Oak Park and Mrs. Freeman of Oak Park and Mrs. Henry Score, Mrs. Harold Rowe and Mrs. Ira Albion, all of Southfield. Mrs. Kash, who lives in Los Angeles, has served in many leadership positions in Brial Brith Women. Mrs. Kash was national treasurer for three years and national chairwomen for the youth organization.

Mrs. Löius Kash. president-elect of Bnai Brith Women International. will be the guest speaker at the "Gold on Oils Luncheon" planned for noon Oct. 31 at Knollwood Country Class (May 1980). West Maple Road, West Boom West Maple Road, West Briths Council of Metropolitan Detroit, will climax the special gifts campaign conducted in conjunction with the Bnai Brith Youth Services Appeal.

Peal.
Goal of this year's appeal is \$300,000.
Beneficiaries of the youth appeal

Federation to hold tea

The Federation of Women's Clubs of Metropolitan Detroit will hold an Offi-cers Reception and tea in the Federation Club House. 18800 Fenkell. Thursday. Oct. 31, beginning at 1:30

Area women who will be in the re-ception line are Mrs. Frank Wirtz, the club's corresponding secretary of Southfield, and Mrs. James Hayes, also of Southfield, a member at large.

Following the reception and tea the guests will be entertained with a program called 'Musical Moments' with soloists Eileen Littell and Dorothy Douglass. They will be accompanied on the piano by Beulah Glassley.

School psychologist to address meeting

Jean Hollingsworth, a school psychologist in Lansing, will speak at the Farrmington Chapter of the Michigan Association for Children With Learning, Disabilities, Inc. meeting Thursday at 8 p.m. in East Junior High School, 25000 Middle Belt.

riigh School, 25000 Middle Belt.
Her topic will be "Questions Parents Should Ask About Testing."
She will demonstrate and explain
many of the tests commonly used in
evaluating children for educational
placement needs and discuss the parent's role in the Educational Planning
and Placement Committee. This committee is mandated in the Michigan
Magadatory Special Education Law
and is the first opportunity for the parents to have a part in the educational
planning for their child.

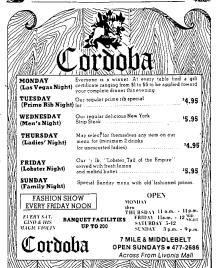
Norma Ringquist, spokesman for the group said. "Testing has been a mystery and a no-no to many parents and it is hoped that by taking some of the mystery out of testing, it will help bring closer cooperation between parents and professionals to create a better educational climate for our children.

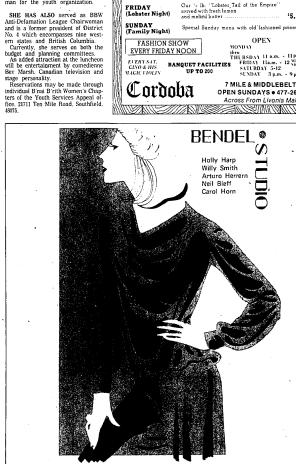
All meetings of the association are open to the public at no charge.



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Monday, October 21, 1974 THE OBSERVER & ECCENTRIC





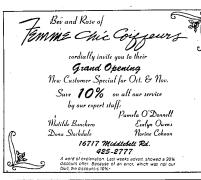
you're cordially invited to attend a collection showing of leisure fashions

Wednesday, October 23 10:00 A.M. to 4:00 P.M.

View gowns, robes and lounging pajamas by five noted designers. . .soft, fluid fabrics heralding a new at-home elegance. S, M, L sizes.

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