

Betty Matthaei brings Food for Thought

By LORRAINE MCLISH

One goal of Concern, Inc. is to educate the American consumer to become aware of the environmental impact of household products and practices.

Another is to exercise selective buying practices in the market which will ultimately help solve environmental problems.

Betty Matthaei is doing her part in reaching this end by acting as a food consultant for the Detroit branch of the organization, as well as serving as lecturer throughout the metropolitan area, bringing practical information to the layman.

Her lecture-demonstration is called "Food for Thought" with the addendum, "Can Eating Be Hazardous to Your Health?"

"Well, maybe," said the Birmingham resident who has prepared a menu of natural foods for a luncheon which will follow her talk in the Farmington Community Center, Friday, Oct. 10.

"My big job is to get the food buyer into the habit of reading labels. The food buyer has more power than she realizes, and we can change what is put on the grocery shelf," she said.

"I WANT PEOPLE to know that if

they see a very, very bright orange in the grocers, it has probably been injected with a red dye and the food coloring may still be in the testing stage," she continued.

"I want them to know we are still suffering the effects of DDT, and that cyclamates are still in the process of being studied."

She added that to eat well and nutritiously, "We do not have to pay the high prices asked at the health food stores."

And even though Mrs. Matthaei says this concern has become a way of life for her, she is not a purist. "If a salad looks good in a restaurant, I don't make a fuss by asking what the lettuce has been sprayed with," she said.

A great deal of her concern centers on the health of Americans. "Did you know that 40 million of us are obese, and that, of course, leads to all kinds of diseases? Or that the average American consumes 125 pounds of sugar every year...? One hundred twenty-six pounds makes quite a package, doesn't it?"

She advocates that the individual do what he can within his time and limits. "Eat what's convenient, but don't pay for the box and don't spend money on nutritionally empty foods."

MRS. MATTHAEI has been interested in the hazards and safeguards of food buying for "about 15 years. And at that time, my children had what was known as a kookie mother."

She recalls a time when one of her daughter's friends was overheard to say, "Don't tell your mother we had Pop Tarts for breakfast this morning."

But that is all changed. "The public education we've been able to disburse has transformed me into a with-it mother," she said.

She will cover food additives (common and controversial), health factors and legislative regulations and reforms in her talk, which is part of the Fabulous Fridays series at the center.

She will also introduce guests to a bean sprouter, demonstrating how one can grow a vitamin-packed salad on the kitchen counter in three days for pennies.

The menu set for lunch that day will be a lentil soup made with yogurt; a salad of bean sprouts, mushrooms and spinach; whole grain breads; oatmeal, and honey cookies and herbal teas.

Reservations for all events listed on the Fabulous Fridays series are necessary and must be made in advance through the center.



BETTY MATTHAEI

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It's the ripe time for picking apples

If you've been wondering what to do from now through mid-November the time is ripe to pick-up on one of Michigan's best products and pick yourself a bushel of apples.

Michigan is the leading apple producing state in the nation for three kinds of apples—Spies, Jonathons and Wealthy and you can pick these and other varieties right around home in Oakland County.

Families can visit Yoder's, Bristol or Brookwood apple orchards, located off Van Dyke (M-3) between Imlay City and Almont and go home with bushels of apples priced between \$4 and \$5 a bushel.

The season began the last week in August, but apples will continue to be available for the next two months and will be ripe in the following order: Joyce, Wealthy, Macintosh, Jonathon, Red Delicious, and Yellow and Northern Spies.

Once you've picked the tasty fruit, you can turn it into delicious coffee cake, raisin cookies, pandowdy, nut bread, spiced applesauce or baked apples.

TO FREEZE apple slices first wash, peel, pare and slice into a solution of two tablespoons salt per gallon of water. Soak 15 minutes and drain.

Steam one and one-half minutes. Cool two to three minutes in ice cold water. Drain.

For syrup pack use one-half teaspoon ascorbic acid to each quart of a 40 percent syrup. For a dry sugar pack, use one-half teaspoon ascorbic acid to one-half cup sugar for each quart or one-half teaspoon ascorbic acid per quart of apples without sugar.

Put in a plastic bag, submerge all but the opening to force the air out. For a soft container allow one-half inch head space. A rigid container should have one-inch of head space.

APPLE RING COFFEE CAKE 3 cups sifted all purpose flour divided

1 tablespoon baking powder
1 1/2 teaspoon salt
1/2 cup shortening
1/2 cup sugar

1 box (3 ounces) vanilla pudding mix
4-5 fresh apples, peeled and cored

2 tablespoons sugar
2 teaspoons flour
1/4 teaspoon cinnamon
1 1/3 cups milk

Sift together flour, baking powder and salt. Cream shortening and sugar together until light and fluffy. Add milk to pudding mix. Blend until smooth. Stir one and one-half cups flour and one-half cup pudding-milk mixture into combined shortening and sugar. Stir until well-blended.

Add remaining flour and one-half to two-third cup pudding mixture. Stir until well-blended.

Spread small amount of batter on bottom of a greased nine inch round cake pan. Drop remaining batter by spoonfuls around inside edge of pan to form ring. Place appleslices around ring, overlapping cut surfaces before baking. The appleslices will extend over the inner edge of the dough ring. Mix together two tablespoons sugar and two teaspoons flour and cinnamon and sprinkle over coffee cake. Drizzle with one-quarter cup pudding-milk mixture.

Bake in preheated 450 degree oven for 10 minutes. Pour remaining pudding-milk mixture into center of ring. Bake additional 15 to 20 minutes or until done.

APPLESAUCE RAISIN COOKIES

1/4 cup shortening
1 cup brown sugar (packed)
1 egg

1/2 cup applesauce
2 1/4 cup flour
1/2 teaspoon baking soda

1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon cloves

1 cup raisins
1/2 cup chopped nuts

Heat oven to 375.
Mix shortening, sugar and egg thoroughly. Stir in applesauce. Measure flour by dipping method.

Blend dry ingredients and stir in. Mix in raisins and nuts. Drop dough by teaspoon on greased cookie sheet. Bake 10-12 minutes or until lightly browned. Makes four dozen.

SPICED APPLESAUCE

10 apples
1 cup water
5 tablespoons molasses

1/2 cup sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
Cut apples in pieces, don't pare or core. Place in kettle and add water. Cover and simmer until apples are tender, about 40 minutes. Put apples through a sieve. Return sauce to kettle, discard skins and seeds. Add molasses, sugar, cinnamon and nutmeg. Cook over low heat for five minutes. Cool. Makes one-half quart.

APPLE PANDOWDY

3 cups sliced apples
1/2 cup brown sugar (packed)
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup butter
1/2 cup granulated sugar
1 egg
1/2 cup sifted all purpose flour
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup milk (or 2xam)

Preheat oven, 375°. Place apples in one quart baking dish. Sprinkle with brown sugar, cinnamon and nutmeg. Bake until apples are soft, about 30 minutes. Cream butter. Gradually add sugar and beat until fluffy. Add egg and beat well. Add sifted dry ingredients alternately with milk, beating until smooth. Spread on cooked apples. Bake an additional 30 minutes. Serve with warm with cream. Makes four servings.

APPLE NUT BREAD

1/2 cup shortening
2 eggs well beaten
2 cups sifted flour
1 teaspoon salt
1 tablespoon grated lemon peel
1/2 cup sugar
1/2 teaspoon baking powder
1 teaspoon baking soda
2 cups grated, raw apples
1/2 cups chopped walnuts

Preheat oven to 350.
Cream shortening and sugar until light and fluffy; beat in eggs. Mix and sift flour, baking powder, baking soda and salt. Add alternately with grated apples to egg mixture. Stir in lemon peel and walnuts (batter will be stiff).

Bake in a greased and floured loaf pan, 8x5x2 for 50-60 minutes. Do not slice until cold.



The center of attraction is two-month old Jodi Leigh Ferrara when members of five generations gathered together for the first time. From left are, Barbi Ferrara, Sally Clarke, Roxana Hawley, and Roxana Pfeiffer.

5 generations gather

Members representing five generations of one family who have a history going back to the founding of Orchard United Methodist Church gathered together for the first time this month.

The event occurred when Roxana Hawley, a 90 year old resident of San Jose, Calif., returned to Michigan to meet her great-great-granddaughter, Jodi Leigh Ferrara, born on July 28.

The five generations of women include Mrs. Hawley; her daughter, Roxana Pfeiffer, now a resident of Southgate, formerly of Farmington Hills; Sally Clarke, now a resident of Livonia, who grew up in Farmington; Barbi Ferrara, a resident of Livonia, and her daughter Jodi.

MRS. PFEIFFER was a found-

ing member of the Methodist church that now stands on Farmington Road. The first congregation, she recalls, first "met in a utility room of a private home, and she was instrumental in getting the United Council of Churches to purchase property for the church's first building on Thirteen Mile and Greening.

Her mother, Mrs. Hawley, was the first pianist for the church, when it was founded 30 years ago, and started the first choir there. During her residency in Farmington, she also served as organist for the Clarenceville Methodist Church, when it was located on Grand River. She is also a former member of Detroit Palette and Brush Club and the Farmington Women's Club.

Mrs. Pfeiffer, who grew up on Alycekey in Farmington, is a professional seamstress who has worked for J. C. Penney for the past 14 years. When her daughter Sally married Pat Clarke, it was the first wedding to be performed in Orchard Methodist Church.

BEFORE HER marriage, Mrs. Clarke was in charge of the nursery classes in the church. She now works with Robitons and resides on Antago, in Livonia, where the gathering of five generations took place.

Mrs. Clarke's daughter, Barbi, is a graduate of Clarenceville High School and was employed, before the birth of her daughter, with Michigan Bell Telephone Co. She and her family live on Floral Ave. in Livonia.