



Getting Around

By ETHEL SIMMONS

Diet pizza? Yes, there is such a food, on the menu at Pitar Tuck's Diet Delle in Clawson, along with all kinds of baked goods, ice cream and luncheon entrees. Birmingham resident Mike Foley runs the restaurant and carry-out operation at 140 W. Fourteen Mile Road. He's a member of Weight Watchers, and foods available at his place are the equivalent of Weight Watcher portions.

Foley has just printed for his customers an equivalency sheet that lets them see at a glance what each serving represents.

FOR EXAMPLE: pizza is equal to 1 bread and 1 ounce cheese, on the Weight

Watcher daily menu. You can have your cake and eat it, too, at Foley's Chocolate Cakes (1 bread, 1 egg, 1/4 milk). A la mode—with ice cream—is another milk portion translated into a four-ounce superior Frosted Delite, his special ice cream.

If you're dieting but get tired of the same old breakfast things, a package of three blueberry, pineapple or apple muffins equals 1 bread, 1 egg, 1/4 milk and 1/4 milk—in Weight Watcher terms—one breakfast.

Foley himself has been on and off and on again the Weight Watcher program. "Last September I joined Weight Watchers for the second time," he said. "I want to stay just under 150 pounds."

Originally, Foley weighed 200 and lost 50 pounds on the program. Now he's up to 240.

"I'm prone to putting it on."

FOLEY HAS worked for Burger King and Taco Bell. His partners in the Diet Delle restaurant are Tony and Anne Riverton, who own Pitar Tuck's Inn in Warren. That restaurant features a Weight Watcher menu, in addition to its regular menu. Foley used to attend a Weight Watchers class three Sunday mornings, which is how he got together with the Rivertons.

Foley said as far as he knows, his restaurant is the only one in the metropolitan area that is strictly for Weight Watchers, with a diet menu only.

Some of his customers come from as far as Flint, Toledo and Port Huron. They may pick up 10 items, come back every week for more.

"Sometimes one girl does the shopping

for two or three girls in the neighborhood," he said.

One man used to come in twice a day, seven days a week for ice cream. According to Foley, the ice cream lover still managed to lose 40-45 pounds on the Weight Watcher diet.

You don't have to be a Weight Watcher to take advantage of Foley's menu selections. No salt, shortening or sugar is used in any of the items, so diabetics and others on special diets can try them, too.

terms of musical sounds and words.

Planet Bob Mine, residing with Bob Seelye, playing rags at the piano bar in Chuck Moore's Clamshells, Farmington Hills, explained ragtime is short for "ragged time," with one hand's music lagging behind the melody.

Advertising man John Hurley of Bloomfield Hills claims that Hurley's is the new Northfield Hotel in Troy, was named after him—most of.

Hurley said he sat in on a brainstorming session to name the entertainment room, and someone half-jokingly suggested his name, which is also the name of a popular New York spot.

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