



Getting Around

By ETHEL SIMMONS

Det pizza? Yes, there is such a food, on the menu at Fred's, The Deli 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 449 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 chart that lets them see at a glance what each serving represents.

FOR EXAMPLE pizza is equal to 1 bread and 1 ounce cheese, or the weight

Watchers daily menu. You can have your cake and eat it, too, if it's Foley's Chocolate Cake (1 bread, 1 egg, 4 milk).

A la mode—with ice cream—is another meal portion translated into a four-ounce equivalent. Frozen 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 rum raisin equals 1 bread, 4 eggs and 4 milk in Weight Watcher terms—use the scale.

Foley has been on and off again the Weight Watcher program. "Last September I joined Weight Watchers for the second time," he said. "I want to stay just under 200 pounds."

Originally, Foley weighed 280 and lost 80 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 Doctor restaurant are the same people who run Fred's, The Deli in Warren.

That restaurant features a Weight Watcher menu, in addition to its regular menu. Foley used to attend a Weight Watcher class there Sunday mornings, which is how he got together with the Nurses.

Foley said as far as he is known, the restaurant is the only one in metropolitan Detroit 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 weigh up to 160 pounds, come back every week and at Yesterdays in the Sheraton Southfield Hotel he came across the word spangled with a "u" in a magazine, and it suggested all kinds of ideas to him to

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

One man used to come in twice a day, several days a week for ice cream. According to Foley, the ice cream lover still manages to lose 60-65 pounds on the Weight Watcher diet.

You don't have to be a Weight Watcher to take advantage of Foley's menu selection, though. Any regular menu is used in any of the items, so diabetics of others on special diets can try them, too.

NIGHTPLACES: Mel Bell, who plays drums with his group, Mel Bell and Company, told how he got the "Cockeyed" name part of their name. Bell and Company were at Yesterdays in the Sheraton Southfield Hotel; he came across the word spangled with a "u" in a magazine, and it suggested all kinds of ideas to him to

terms of musical sounds and moods.

Plastik Bob Milne, rotating with Bob Seelye playing rags at the piano bar in Chuck Muir's Clamdiggers, Farmington Hills, explained ragtime is short for "ragged time," and that's what his music suggests about the melody.

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

Harley and his wife, in 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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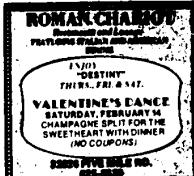
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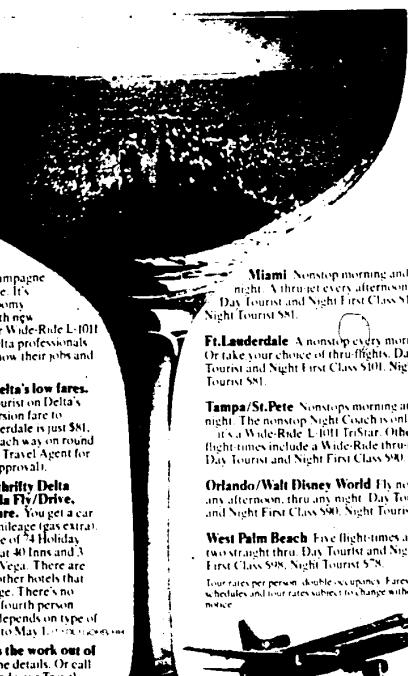
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