

Easter holiday celebration has long history

Easter as a holiday, not a holy day, has been commemorated since the dim mists of time. The ancients celebrated it as the advent of spring and the beginning of food bounty.

The Christian Easter, in fact, takes some of its customs from ancient pagan rites in joyous welcome to spring. The word "Easter" itself stems from the early Saxon expression for "rising" or "re-birth," and was the name given to the spring goddess and her festival.

The Vikings, for whom winter presented an especially long season of

hardship, feasted to mark the first plaining of crops and to celebrate animal fertility.

In China and India, spring's fertility symbols were eggs and rabbits. Eggs were given religious significance early in Christian times, and it was the ban on the eating of eggs during Lent which led to the custom of exchanging decorated eggs as Easter gifts.

The Ukrainians added their individuality to the custom by embellishing eggs made of wood. Czarski Russia, however, brought the tradition to its

zenith of elegance and elaboration. The wealthy aristocracy leaned toward dazzling jeweled eggs, the most famous being designed by the world-renowned French jeweler, Fabergé.

Often made of purest gold, intricately patterned with precious stones and enamel work, they served as exquisite "nests" for even more valuable offerings—a highly-faceted diamond or ruby, perhaps. Today, for the most part, these treasures star in museum and private collections.

EGG ART, far from being purely

decorative, had deeper meanings. Red signified the blood of Christ—and still does in some countries. That a pig decoration presaged prosperity could be the clue to the origins of the piggy bank.

Flowers for love and understanding, and the sun as a symbol of good luck, would seem still to bear reasonable significance, but the stag representing good health and the chicken the fulfillment of dreams, are more obscure in contemporary terms.

Along with these customs grew special traditions in food, some of which endure to this day. The pig and the lamb still play starring roles, much as they have for centuries. Wild boars were hunted down for the groaning boards of Scandinavia. England and middle Europe: lambs were slaughtered for the Eastern Orthodox celebration.

Field salads featuring a variety of wild greens and hennings, a customary dish in some countries, marked the first appearance of fresh edibles in the countryside. Tansy, an aromatic and somewhat bitter plant which derives its name from the German word for "immortality," appeared as a flavoring in custards and cakes.

In Poland, a pig's head, boiled with spices and herbs and garlanded with leaves and flowers, centered a spread of ham and veal roasts and zesty sausages. The country Greeks still culminate their celebrations with a feast of many dishes, featuring spitted lamb and braided tsoureki, the bread with the red hardboiled egg in the center.

CONTEMPORARY custom breaks with ancient tradition in some important respects. The American who celebrates Easter no longer need be farmer, hunter and forager to provide a festive Easter table. Nor pay a king's ransom to serve a well-laden board.

Generally speaking, except for the occasional vagaries of nature as in this past winter's icy deprivations of southern crops, the average American table can boast of being among the most generously laden, and most varied, in the world in any season.

No date on our calendar marks any special season of plenty, because of the wide availability of flavorful and nutritious meats, poultry and produce at affordable prices year-round.

With meat the number one grocery sales item, the "why" behind our country's ability to continuously satisfy the American appetite for this basic food is reason enough for celebration.

Instead of festive boards to mark the end of a boring winter's diet of salted and dried meats, our remarkable scientific and technological advances in animal agriculture make it possible to celebrate the Christian Easter and the advent of spring for the religious meaning and the pleasures of seasonal change alone.

Try some seasonal recycling

I have a bag full of L'EGGS EGGS in my basement and cannot bear to throw them away. Do you have some good suggestions as to how I could use them? Lisa C., Southfield

In response to an earlier article on recycling, we received some creative ideas from the manufacturers. And most of the possibilities are right now ones because these containers are natural for the Easter season.

If you would like to paint or decorate them and fill them with an Easter treat, here are some suggestions. Wash the containers thoroughly with soap and hot water before painting, gluing or decorating with felt tip markers.

If your eggs are white, it is possible to cut off the bumps on the side with a very sharp knife to make them perfectly smooth. Do not cut off the bumps on the silver eggs, because that will remove the silver too.

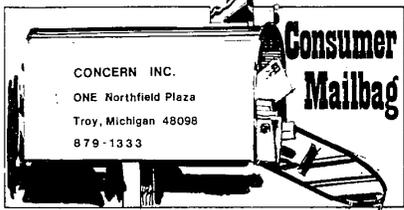
If you paint them, use several light

coats rather than one heavy coat, and let them dry thoroughly between applications. Put on the varnish in light, even strokes, rather than heavily. Try not to go over an area more than once to avoid streaking.

Those who are more creative and ambitious may want to try Easter if not this year, some of the eggs with a scene inside like those made out of sugar.

This is a project that requires time and care but can be rewarding. Directions are found in "Leggs Idea book," which is sometimes available in supermarkets and can be ordered for \$1 by writing Box 2863, Redville, N.C., 27222.

BARBARA VAN DEUSEN



CONCERN INC.
ONE Northfield Plaza
Troy, Michigan 48098
879-1333

very beneficial to people with digestive problems as it replaces the natural bacteria in the digestive tract. Because antibiotics destroy the good as well as the bad intestinal flora, many doctors recommend cultured milk products to be taken when they prescribe antibiotics.

For further information on food, chemicals and health, send 25 cents and a stamped and self-addressed envelope to Concern, Inc., 1 Northfield Plaza, Troy, 48098.

Concern welcomes questions on consumer and environmental topics.

In the United States, ham and lamb are favored for Easter feasts—although there are non-traditionalists who opt for beef and poultry.

Volunteers

The Oakland County Volunteer Bureau, a program of Volunteer Action Center of United Community Services, has weekly listings of agencies needing volunteers. Further information about the agencies and type of volunteer services needed may be obtained from the bureau, 642-7272.

POSITIVE OPTIONS a community agency interested in preventing juvenile delinquency is looking for volunteers for its Milford-based program. Adults are needed to chaperone youth activities, usually in the evening. Help also is needed in the area of sewing and pottery classes at the Hickory Haven Nursing Home. The agency would like to establish a file of volunteers who would be willing to work on a "one-project" basis as various needs arise.

WING LAKE DEVELOPMENTAL CENTER in Bloomfield Township needs volunteers to assist in the school cafeteria during lunch periods, 11:30 a.m. to 12:30 p.m. weekdays.

CLURE (Citizens Council for Land Use Research and Education) in West Bloomfield needs typists to assist with preparations for a symposium coming in May at the University of Michigan. Typists may work in their own home or at the West Bloomfield location, for this short-term commitment.

The organization also is looking for someone interested in distributing program leaflets.



What is acidophilus milk? How is it different from buttermilk or ordinary cow's milk? Is it good for me? Sally K., Rochester

Acidophilus milk is pasteurized cow's milk with vitamins A and D added to it. Some of your local dairies are now producing it and it can be found in supermarkets and drugstores in the area.

It has the same healthful benefits as other culture milk products such as buttermilk and yogurt and some fermented vegetables such as sauerkraut. Lactic acid bacteria is found in buttermilk and sauerkraut. Yogurt is often made with lactobacillus bulgaricus bacteria.

Acidophilus milk is more digestible than ordinary cow's milk. It has a very high calcium and protein content which is easily and rapidly assimilated by the body. Acidophilus milk is

Teen-ager pageant set

Michigan girls between the ages of 13-17 are eligible to compete for the sixth annual Michigan National Teen-ager Pageant, to be held May 29-30 at Hoyt Conference Center, Eastern Michigan University.

Michigan's pageant is the official state finale for the Miss National Teen-Ager Pageant to be held in August in Atlanta.

Terry Lee Wilkenson of Livonia is the current Michigan titleholder who received a scholarship. The national winner is awarded cash scholarships a trip and many other prizes.

Contestants will be judged on scholastic achievement, leadership, poise, personality and beauty. There is no swimsuit or talent competition.

Contestants must be 13-17 years old as of Jan. 1, 1977. Any girl interested in entering Michigan's National Teen-Ager Pageant may write for an application to Mrs. Mary Jo Scarborough, Director for Michigan, 727 Seneca Drive, Horseheads, N.Y., 14845 or call 607-582-3547.

Blood feud

In Uruguay, dueling is legal as long as both parties in the dispute are registered blood donors.

Your Invitation to Worship

Easter Services

Episcopal Church Of The Advent
3325 Middlebelt Road
Orchard Lake, Mich. FE 8-3505

HOLY WEEK SERVICES

Palm Sunday 8 and 10 a.m. Holy Eucharist
Monday 6:30 Paschal Meal
Tuesday 7:30 a.m. Holy Eucharist
Wednesday 7:30 a.m. Holy Eucharist
Maundy Thursday 7:30 a.m. Holy Eucharist
Good Friday 2:00 p.m. Service of Meditation
Holy Saturday 7:30 a.m. Lighting of Paschal Candle
Easter Day 6:30 a.m. Holy Eucharist
9:00 a.m. Holy Eucharist
11:15 a.m. Holy Eucharist

SERVICES AT BLOOMFIELD HILLS BAPTIST CHURCH
Good Friday, April 8
12 noon-1:15 P.M. — Lunch in the Fellowship Hall
1:30-2:30 P.M. — Good Friday Service in the sanctuary

Easter Sunday, April 10
9:00 A.M. — Coffee time in the Fellowship Hall
9:30 A.M. — Sunday School classes for all ages
10:30 A.M. — Morning Worship Service (with special music)
6:00 P.M. — Evening Worship Service
(Nursery provided for Sunday Services)

A WARM WELCOME TO ALL!
3600 Telegraph Road (Just north of Long Lake)
Pastors: Reverend Wilfred A. Bellomy
Reverend James Lake

FIRST BAPTIST OF FARMINGTON
33400 Showasssee 474-0350
Richard Duncan, Pastor

GOOD FRIDAY 12:30-1:30 p.m.

EASTER SUNDAY
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Film: "THE POWER OF THE RESURRECTION" — 3:30 P.M.

Peace American Lutheran Church
17029 W. 13 Mile Rd.
Between Southfield and Greenfield
642-7047
Pastor: Edward E. Brown

Worship with Communion, Maundy Thursday, April 7 — 7:30 p.m.
Good Friday Services — 12:00 Noon — 1:30 (3 half-hour segments)
Worship — 8:30 & 11:00 Easter Sunday, April 10 — Communion following both services.

REDWOOD BAPTIST CHURCH
GRAND RIVER AND SEVEN MILE 133-2300

WELCOME TO OUR
EASTER SERVICES

7:30 A.M.
Sunrise Service
Sponsored by the Youth

9:30 A.M.
Worship and Service of Baptism
"SOMETHING GOOD HAS HAPPENED TO DEATH"
by Dr. Gordon H. Schroeder

8:00 P.M.
"A RESURRECTION PRAISE SERVICE"
Nursery & Special Music

St. Stephen's Episcopal Church
3500 N. Adams Road
(opposite Westview in Troy)
Pastor, Dr. Carl Russell Sayers

Maundy Thursday 6:30 P.M.
Feast of Loaves and Fishes,
The Lord's Supper and Foot washing
Good Friday — 12 to 3 P.M.
Tre Ore and Holy Communion
Easter Eve — 11:30 P.M.
The Great Vigil of Easter and
Campagne Breakfast "Agape"
Easter Day — 8 and 10 A.M.
The Holy Eucharist

LUTHERAN CHURCH OF THE REDEEMER
1800 W. Maple Rd., Birmingham, Mich.

HOLY WEEK SERVICES

Palm Sunday 8:30, 9:30, and 11:15 A.M.
Maundy Thursday 6:00 P.M.
Good Friday 1:00 P.M. and 8:00 P.M.
Easter Morning 7:00 A.M., 8:30 A.M. and
Festival Services 9:30 and 11:00 A.M.

Rev. Duane T. Wuggazer, Pastor — 644-4010
Rev. Holger G. Cattus, Pastor of Visitation

NARDIN PARK UNITED METHODIST CHURCH
29887 W. 11 Mile Rd.
Farmington 476-8860

Senior Minister: Dr. William D. Mercer
Associates: Rev. Meredith T. Mosbauer
Minister of Education: Rev. James F. Thomas
Minister of Youth: Allen Campbell
Minister of Emeritus: Dr. V.S. Mumbulo

PALM SUNDAY
Duplicate Services at 9:15 and 11:00 A.M.
"THE POWER BEHIND THE THRONE"
Dr. Mercer, preaching

MAUNDY THURSDAY
Communion Service at 8:00 P.M.

GOOD FRIDAY
12:00-1:30 P.M. Special Good Friday Service
Everyone Welcome

EASTER SUNDAY
Sunrise Service at 7:00 A.M.

Duplicate services at 9:15 and 11:00 A.M.
"ALL THIS & HEAVEN TOO!"
Dr. Mercer, preaching

EASTER DAY SERVICES

ST. JAMES EPISCOPAL CHURCH
355 W. Maple, Birmingham
The Rev. Kenneth H. Gass, D.D., Rector

7:00 A.M. Choral Eucharist and Sermon (Junior Choirs)

9:00 A.M. Festival Choral Eucharist and Sermon (Sr. Choir and Brass Ensemble)

11:15 A.M. Festival Choral Eucharist and Sermon (Sr. Choir and Brass Ensemble)

Child care at the 7:00, 9:00 and 11:15 A.M. services.

ST. PAUL'S EVANGELICAL LUTHERAN CHURCH AND SCHOOL
20805 Middlebelt Rd. 474-2488
Pastor Robert Hoeh
Dr. of Music Linda W. Skow

HOLY WEEK OPPORTUNITIES

PALM SUNDAY — 8:30 A.M. & 11:00 A.M.
Theme: "He Shall Give Us Our Saviour King"
Palms distributed to all attending.

MAUNDY THURSDAY 7:30 P.M.
Traditional Holy Communion Service
Sermon: "Christ, You're The Perfect Host"

GOOD FRIDAY — TRE ORE, NOON — 3:30 P.M.
Based On: Last Seven Words From The Cross
Come and go as you please!
TENEbrae 7:30 P.M.
Service of Silence, Tremendous
Worship Experience

EASTER SUNDAY
7:00 A.M. Sunrise Hallelujah
8:30 A.M. FESTIVAL WORSHIP
11:00 A.M. Late Holy Communion
Sermon: "Hud says 'Nobody Gets Outa This World Alive'"
Christian School everyday, K-8, Enroll your child now for 77-78
Acting Day School Principal, Paul Baker
Sunday School & Bible Class every Sunday
School Supt. Lester Biermann

GOOD FRIDAY SERVICE

ST. JAMES EPISCOPAL CHURCH
355 W. Maple, Birmingham

12:00 P.M. to 3:00 P.M.
"Seven Last Words"
Preacher: The Rev. Kenneth H. Gass, D.D., Rector

Children's Service: 12:30 P.M. to 1:30 P.M.
Nursery Care