



m.m. memos
Margaret Miller

Speaking of Oscars. . .

Enjoying nostalgia is supposed to mean you're either starting a collection or getting old.

But the afternoon we recently arranged was at the urging of the young. And for both generations it was one of the best in months. It's been a long time since we've hauled out our movies. We have reels and reels that filmed tiny daughters, but schedules haven't permitted any picture shows in years.

Our married daughter and soon-to-be-married daughter decided it was high time this was changed. They had told the men in their lives about the vacation spot where we went for years. They had talked about other vacation times. They remembered the Christmas and special occasion pictures and wanted to see them again. They even had reached the state of maturity in which they didn't mind being viewed in various states of undress.

SO WE SET an afternoon to be devoted to old movies and cleared the decks of all other commitments.

The man of our house hoped the projector would work after its long rest. On a trial run with a short roll of film it performed admirably. Then he hoped the film splicing he had done on longer films would hold. Only time would tell.

We gathered our forces, covered the basement windows and started the show. First on the screen popped our lively puppy of more than a quarter-century ago. "I had forgotten we had those pictures," said the now householder and dog-owner. "He sure does look like our dog."

I, a slimmer mother, giving a very early bath to our soon-to-be mother came next. "Be instructed," I told her. "It's a wonder I survived," she decided as a shirt-went over the head.

WE WORKED our way through several nursery school graduations (evaluating who kept the mortarboard on best), Christmas mornings ("She got more good stuff than I did") and vacation sojourns. We re-enjoyed a children's run while visiting relatives in Illinois, a parade around the cabin where we stayed up north and a session with its pump.

We tested our memories about who was the baby in which sequence, and what everybody else was doing. We remembered favorite dresses and had commentaries about the less becoming outfits.

And finally we reached the piece de resistance promised — the movie the clan made up north ten years ago. It involved the girls' trying to find a water lily as a birthday present for Mother, and the dramatic gestures and falls in the lake were funnier than ever before.

We figure by now the new men in our family are thoroughly indoctrinated. Or maybe just thoroughly convinced in-laws should be outlawed.

ENERGY.
We can't afford
to waste it.

High-fat diets can cause heart disease

Despite a recent report to the contrary, high-fat diets can bring on coronary artery disease, according to a new University of Michigan research report.

Nearly twice the rate of heart disease deaths was reported among persons on high-fat diets in an epidemiologic (population health) study of a community in western Scotland, according to the U-M scientific paper.

Victor M. Hawthorne, M.D., professor and chairman of the U-M School of Public Health epidemiology department, presented the paper on "Cholesterol — Vital Statistics, Not Value Judgments" at the recent annual meeting of the American Public Health Association.

It followed the earlier report by National Academy of Science's Food and Nutrition Board, which stated, "There is not scientific evidence that a reduction in fat consumption or a reduction in cholesterol intake could be claimed to reduce coronary artery disease."

The widely publicized Academy report is believed to have led many to

return to diets higher in saturated fats in the belief they are safe.

But Dr. Hawthorne notes in his paper, "The authors of the controversial (Academy) report have surprisingly chosen to omit the epidemiological evidence, yet only epidemiology can resolve some of the doubt for the present."

The five-year epidemiologic study was of 5,616 adult males in the working population of western Scotland. The death rate was 7.6 per 1,000 from heart disease for those with low blood cholesterol levels (260 milligrams or less per 100 cc).

For those with moderate levels (261-290 mg.), however, the heart disease death rate jumped to 19.2 per 1,000, and for those with high levels (over 290 mg.) to 21.9 per 1,000.

"A reduction in cholesterol levels among mild to moderate cases (261-290 mg.) down to less than 260 mg. would prevent nearly half the number of deaths attributable to levels over 290 mg.," the report states.

The Gibsons share trip down the Yangtze in program at the center

Harold and Frances Gibson will take guests on an imaginary trip into the interior of China, where few westerners have yet to explore, in a program that will begin at 8 p.m. on Saturday, April 11.

"China Revisited — The Yangtze River from Chungking to Nanking" is the focus of a slide presentation and commentary by the couple, who traveled to the People's Republic of China in 1980.

They made their first excursion to China in 1978 when the country was first made accessible to foreigners.

"Our trip encompassed 21 days but the slide show will concentrate on our nine-days cruise on the Yangtze, the third-longest river in the world, plus our side trips to Shihao Block, Nanking and Wuxian," Gibson said.

Asked what was the most memorable place they visited on the trip, Gibson decided that the ancient town of Shihao Block stands out.

It was first opened up to visitors in 1949 and described by Gibson as "a virtual trip back into antiquity. It is the

China which existed at least 300 years ago."

SHIBAO BLOCK is a huge block of granite that rises several hundred feet about the river. The town is located on the top of the stone formation.

"We were the objects of great curiosity to the townspeople. They were friendly and helpful to us, and very eager to be photographed," Gibson said. The Gibsons found another spot of unusual beauty on a one-day cruise through the Three Gorges.

"They are subjects of many Chinese paintings and art work because of their rugged charm and the mists which often shroud the area and gives an air of mystery to them," Gibson said.

The presentation will begin after guests have been invited to sample authentic Chinese hors d'oeuvres prepared by Ima Tchen, noted Farmington Chinese culinary expert and a teacher of Chinese cookery in Farmington Community Center.

The event will take place in the center, at 24705 Farmington Road. Tickets are \$4 each and are on sale now in the center.

Jaycettes seek beautiful babies

Farmington Area Jaycettes "Baby Beautiful Contest" is under way now in the group's annual spring promotion of its infant-safety program, Buckle Up Babies (BUBs).

The contest is open to all babies from birth to those whose first birthday is before April 1, 1981.

Entries are judged on photos not larger than 5 by 7 inches sent to Baby Beautiful Contest, 22839 Maple Road, Farmington 48024, postmarked before April 30.

The name of the parents, the child's name, address, phone number and baby's birthday are to be written on the back of the photo. Photos will not be returned.

The winner will be determined on beauty only by judges who are residents of Farmington Nursing Home. The winners will be announced in the Farmington Observer in May.

Prizes are a GM Youth Car Seat and a GM Love Mobile Stroller, donated by Bob Saks Oldsmobile.

THE JAYCETTES began its BUBs program with the rental of Love Seats when it was learned that the automobile is one of the leading causes of accidental death for the child under one year of age.

General Motors developed the Child Love Seat after years of intensive research in answer to statistics showing that about 1,000 passengers under the age of 4 are killed every year.

A child alone, or even in an adult's arms, becomes a projectile upon the impact of a crash. The Love Seat cradles the infant with both comfort

and security in an automobile.

The Jaycettes in the Farmington Chapter purchased the Love Seats for rental since the cost is fairly expensive for an item that will be used for a short period of time.

THE MEMBERSHIP owns 35 seats now that are in constant rotation. A seat can be rented for a nine-month period for \$8, plus \$7 deposit.

In 1980 the group supplied the funds for two pieces of playground equipment that has since been installed in Farmington City Park.

Carol Jurk is chairperson of the BUBs program and the affiliated Baby Beautiful Contest. She will take inquiries at 476-0759.

Center calls for rummage sale donations

Farmington Community Center's staff asks area residents to donate discards after spring cleaning to its second annual rummage sale, set to run from 9 a.m. to 4 p.m. Saturday, May 2.

Pat Coleman, chairwoman of the sale, will have volunteers on hand in the center to accept tax-deductible contributions beginning at 8 a.m. Friday, May 1.

All proceeds from the sale go towards the continuing operation of the non-profit center at 24705 Farmington Road.

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HALSTON



Color coordinated components from the Halston Sportswear collection for Spring and Summer. Rich tones and crisp white in linens, silks and blends. Here, three from the group of pants, jackets, skirts and blouses: the roll-collared blazer over a full-skirted tattersol and soft silk blouse.

400 Tower, Second Level, Renaissance Center, 568-7832

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