



retirement rhemos

Margaret Miller

We're learning how we ought to eat

Learning new ways with food — shopping for it, cooking it and eating it — has been our big retirement project in the last few months.

A doctor-ordered diet is the reason. Joe was ordered off salt and foods high in cholesterol. There went the bacon and eggs, the cheese he loved, the dairy products, even the shrimp. He also was told to lose some weight, so that took care of the pies and cookies.

I decided to follow the same regimen. In a two-person household, it's no fun for one to eat goodies the other shouldn't have. Besides, we have better ways to use time than to cook two sets of meals, and I figured the diet would be good for me, too. I certainly could stand to shed some of the pounds that have been accumulating.

OUR NEW HABITS started in the supermarket. I know many people have been checking ingredient listings on processed foods for years, but it was something new for us. We quickly became experts at spotting the verboten items in fine print.

We also started looking at some of the newer food products designed for low-sodium and low-cholesterol diets. This netted varying degrees of success. Fake sour cream and artificial cheese seemed pretty tasteless, and we're still looking for a good cheese substitute.

On the other hand, we discovered some excellent low-fat cottage cheese and made the acquaintance of the frozen cartons of Egg Beaters for no-

cholesterol scrambled eggs.

IN THE KITCHEN, we changed preparation methods. A new cookbook taught us more about using herbs for flavoring. We pretty much put away the salt shaker, though Joe still uses a bit on steak and fresh corn, and I need it in homemade soup.

The cookbook also had a recipe for "legal" mayonnaise, that was a great find. It also gave us hollandaise sauce for vegetables and tartar sauce for fish.

And there was the red-diet day when, with roast beef on the menu, I found I could still make our favorite Yorkshire pudding to go with it. The secret was Egg Beater and one egg white and beat it like mad.

THE NEW REGIMEN has wrought changes already. Some have been in the taste buds. Recently, we tried spreading salty cheese on salty crackers and found it didn't taste good at all.

And Joe has been delighted to report, with roast beef on the menu, the dropping of 14 pounds in two months. As for me, I'm still hoping and trying. But my nutrition-conscious friends will be glad to know I'm probably eating better than I have for years.

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.

Follow the rules when spraying



down to earth

Alice Burlingame

ground which have been pruned to be graceful.

FRUIT trees have a lot of unnecessary green leaf branches in the center which interfere with the sun ripening future fruit. It is lots of fun to stroll around the garden. You are king of the land. Prune where necessary for aesthetic purposes.

Trunks of trees can be beautiful when there has been some pruning of the core area to show the splendor of the main trunk.

Lots of people wonder why their lilacs don't give a large production of flowers. Quite often this is due to having planted the lilac 10 years before. At this point, the lilac is overpowered by the shade of nearby trees.

There is nothing wrong with changing some of the long-established designs in your garden. Often some plants have outgrown their initial purpose, and, meanwhile, you have grown in your knowledge of plants and their performance.

Maybe the answer is to simplify the design with a judicious selection of plant material which appeals to you in 1984.

Don't overlook the pleasure of looking out in your private, rear garden and seeing a pretty bench. Maybe there is a peninsula in design which spotlights a pretty piece of sculpture for those guests on your patio who will be envious of the artwork.



Arthritis Today
Joseph J. Weiss, M.D.
Rheumatology
20317 Farmington Road
Livonia, Michigan 48152
Phone: 478-7860

WHEN YOU ARE CONSIDERING A CANE.

A cane is an appropriate walking aid for someone who has one weak or painful leg.

The basic cane is "C" shaped with a single stem fitted with a wide grooved suction tip in order to provide a solid contact with the ground. In addition, a variety of canes are available for users with problems maintaining a stable grip or gait.

The height of the cane is proper if the top of the handle is level with the upper outer edge of the hip when the elbow in the hand gripping the cane is slightly flexed.

In general the user should place the cane on the side opposite the involved leg, with the tip 6-8 inches in front of the foot and 3 inches to the outside of the foot.

The usual walking sequence is to step with the cane and the involved leg at the same time, and follow with the good leg. When climbing stairs, the user should step-up with the stronger leg, and then follow with the cane and involved leg.

In another column I will take up the indications for use of a walker.

Parade float needs teens

Both Farmington and Farmington Hills branch libraries are looking for 11- to 18-year-olds to ride on a float in the Founders Festival parade Saturday, July 21. The volunteers will be dressing up as historic or futuristic characters.

In-person registrations are taken at

either branch library. At the time of registration the float-riders will get a permission slip to be signed by parents, detailed information and instructions. Registrations are to be made with Chris Abbate in the Farmington branch, or Bill Jenkins in the Farmington Hills branch.

Youth award winner

Anita Angelas, daughter of Mr. and Mrs. Adam Angelas of Southfield, has won the Youth Award from Holy Cross Greek Orthodox Church for 1984. She was presented the award by the Rev. S. J. Anthony, parish priest, Maria Poniros, president of Holy Cross Ladies Auxiliary, and Soter Liberty, vice president of Holy Cross Parish Council.

The prestigious award was established by the ladies auxiliary about 11 years ago and is awarded annually to the young person who has made the most outstanding growth and development in Christian character.

Angelas is president of Junior Greek Orthodox Youth of America chapter of Holy Cross in Farmington Hills.

JEWISH COMMUNITY CENTER

The featuring
Fabulous PUGH SHOWS

Tuesday, July 10-Thurs. July 12
Opens daily at 3:00 p.m.
at Maple & Drake Roads



Ride all day for
only \$6.00

(Individual ride
tickets also
available)

See You There!

Gem Carpet 532-8080
& Furniture Cleaners
All Work Guaranteed

DEEP STEAM
SHAMPOO
RINSE & EXTRACTION
Living Room or
Family Room & Hall.....
Additional Rooms.....
Includes Pre-spraying, Color Brightening,
Conditioner & Furniture Polish & Hardwood
Care.

\$24.95
"12" EACH
FURNITURE CLEANING
LICENSED & INSURED

YOU SAVE 2 WAYS

James H. Will

When you Pre-Plan your funeral with **WILL Funeral Homes**

1. Your funeral is guaranteed at today's prices. You are protected against inflation.

2. You guard against overspending. You specify the kind of funeral service and costs you wish.

Call us — Your Pre-Need Specialists
937-3670

AIR CONDITIONER SHOT? COUNT YOUR BLESSINGS!

Carrier

If a worn-out air conditioner is clouding your day, here's a terrific alternative. Carrier's best air conditioners are:

- TWICE AS EFFICIENT as typical older model air conditioners.
- TOP QUALITY THROUGHOUT.

OR CHOOSE A CARRIER HEAT PUMP. ... and get that same efficient cooling plus economical winter heating too.

WE'LL BUY YOUR OLD AIR CONDITIONING.
Buy Carrier and we'll give you a good price for your old energy-waster.

THE CARRIER SUCCESSOR ROUND ONE
The high efficiency choice for replacing old air conditioners.

from **\$923.00***
limited and running, 2-ton cooling capacity. Model SR0200 with your existing indoor coil.
*After Buy Back

DAY OR NIGHT 427-8092
BEEHIVE SERVICE & INSTALLATION

BERGSTRÖM'S

Prime Rib Dinner, AU JUS

Served with Yorkshire Pudding, Salad, Rice Pilaf or Baked Potato and our own Teacup Bread. **\$9.95**

Through Sunday, August 12

Meriwether's

Telegraph North

Central Air Conditioning SALE

AS HIGH AS 10 PLUS S.E.E.R.

*Copper Condenser Coil, Copper Evaporator Coil, Hand Welded Lines, Complete Installation

	8 plus S.E.E.R.	9 plus S.E.E.R.	10 plus S.E.E.R.
2 TON	\$1350.00	\$1395.00	\$1495.00
2 1/2 TON	\$1489.00	\$1529.00	\$1589.00
3 TON	\$1589.00	\$1659.00	\$1699.00
3 1/2 TON	\$1699.00	N/A	N/A
4 TON	\$1799.00	N/A	N/A
5 TON	\$1979.00	N/A	N/A

SALE ENDS JULY 20, 1984

Above prices not valid with any other advertised discount or rebates! Valid on cash sales only

2 Year Parts & Labor Warranty
5 Year Complete Compressor Warranty

*Includes: Condensing Unit, "A" Coil, 25' Line Set, Thermostat, Condensate Base, Tax, permits, normal electrical hook-up and labor.

Harrison Refrigeration, Inc.
REFRIGERATION • AIR CONDITIONING • HEATING

12256 Hubbard • Livonia

CALL FOR A FREE ESTIMATE
525-9050

Summer Sale

Simply Beautiful

Lustra Wall® Porch Enclosures
MON.-FRI. 8-5
SAT. 8-NOON
EVENINGS BY APPOINTMENT

Patio Door Sales, Inc.
Factory/Showroom
25461 W. Seven Mile Rd., Redford Twp., MI 48240
538-6288 Since 1963 538-6212 Lic. #21004

SIDEWALK SALE!

JULY 12-15 SAVINGS THROUGHOUT THE MALL!

Appearing

July 12 12-2 p.m. Only
• "Sugarfoot" 27" high real live pony
• Protect your child - Child I.D.
Fingerprinting
July 14-15 Livonia Rib Cracker
Radio Controlled Model
Aircraft Display