



Larry Janes' neighbors on Lathers Street in Livonia show off the dishes they brought to the annual block party recently. There were family casseroles,

Perfect recipe for a summer day

THE RECIPE was simple. Start with a mixture of cheerful neighbors and 2 competers, bowls of salads, a combination of casseroles and hordes of desserts.

Pour in a couple of kegs of beer, wine, soit drinks and about 5 gallons of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade. Top it all off with a gorgeous Sunday alternoon hard of lemonade which a gorgeous Sunday alternoon hard of which a gorgeous Sunday alternoon hard of with a gorgeous Sunday alternoon hard of which have entitled the alternoon hard of which are alternoon hard of which are alternoon hard of which have entitled the alternoon hard of wh



AFTER EVERYONE settled down, plates of homemade "turties" and Hello Dolly Bars were prougly displayed (even though Diane and Frank dropped a few), and the kids were treated with a visit from the Fenguin lee Cream lady. (I'm sure we helped make her quota for the evening.) an occasional belch and lossening of a belt buckle, it was time for the adults to try helir skill at the water balloon loss and sack races. Those who lost the water balloon toss were grateful for the cool dousing as the sun began to set and four more cases of beer were brought out for the adults — all this while the kids listened to stories and four more cases of beer were brought out for the adults — all this while the kids listened to stories and four more cases of beer were brought out for the adults — all this while the kids listened to stories and four more cases of beer were brought out for the adults — all this while the kids listened to stories and four more cases of beer were brought out for the adults and four more cases of beer were brought out for the adults and four more cases of beer were brought out for the adults and four more cases of beer were brought out for the adults and four more cases of beer were brought out for the adults of the control of the decimal to the control of the decimal to

Spinach pie whets partytime appetites

WIL AND PATTY KREITMEYER'S
SPANAKOPITA PHYLLO
APPETIZERS
2 bunches green onions (whites only)
chopped
3 cloves garlic
3 (10-annet) packages frozen spin-

WIL AND PATTY KREITMEYER'S

SPANAKOPITA PHYLLO

A Bounces ricotta cheese
16 ounces ricotta cheese
16 ounces ricotta cheese
18 ounces ricotta cheese
2 bunches green calous (whites only)
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2 caspoons sall
2 caspoons sall
3 (10-ounce) packages frozen spinach, defrosted
4 place a small amount of oil in a
5 (cap lemos juice
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5 (sep lemos juice)
6 (sep continue)
7 (sep lemos juice)
7 (sep lemos juice)
7 (sep lemos juice)
8 (sep lemos juice)
8 (sep lemos juice)
9 (sep lemos

400 degrees for 12-15 minutes or till golden.

MARY AND TONY RICCI'S
ZUCCHINI-RAISIN BRAN MUF-T RICد... IN BRAN FINS

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He's not beefing about tender steak

Not being a big fancier of beef, I can count on one hand the number of times I've eaten steak in the last year.

Not bear in mind, I'm no Cybill Shepherd so when I was invited to lunch last week at MacKinnon's of Northville to try a few steaks and meet cattle rancher Mel Coleman, the founder and president of Coleman's Natural Beef, I accepted with syphrows raised, eady to publicly announce that I could not noticeably discern Coleman Natural Beef from regular beef, (Remember Shepherd's role touting beef, and then a magazine announcing that she never eats the stuff).

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As they say down on the ranch, "Boy, was I wrong on that one!"

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So in walls Mel Coleman, fresh from a siint on the J.P. McCarthy show, praising his natural beef, followed by a marketing reproun Allied Provision, the sole wholesale supplier of Colemans' boef to this area. Mel was decked out in typical (?) cattleman's dads, complete with a 10-galice hat, western-cut shirt with the Coleman brand, Levi dress slacks and cowboy boots.

OTHER DINERS, with their initial looks and glances, may have





been wondering if Coleman left his horse hitched to the big clock in the center of downtown Northville. I received a handshake that would have brought hills Typon to his knees, definite proof of his fourth-generation cattle-ranching background.

Seems that Coleman has been cattle ranching on "just a little-backyard ranch of 280,000 seres" 31 miles east of the Continental Divide in a little town called Saguache, Colo., all his life, just like his pappy did and his grandpappy before him.

Coleman can be credited by cattle industry executives and food retailers with starting as important trund in cattle production that

will definitely restore consumers' confidence in beef as a healthy food. Seems that Coleman, back in 1978, started what is today the nation's largest production of meat raised without drugs, bornones, antibiotics, growth stimulants or other chemical substances.

mones, antioutes, growns standards.

As Coleman says himself, "diddly squat is added to the cattle before butchering."

"Airight, Mel, tell me bonestly," I said, while downing my salad and anticipating just another broiled steak, "What do you do when your cattle get sick and they have to be treated?"

"We seculow em, treat "em and sell them to other ranchers?" was his reply. "Our families didn't believe much in medicine, our mother said she'd rather pay the grocer than the doctor. We were the same with the cattle."

JUST THEN, the waitress brought us our steaks. I thought it real interesting that Coleman opted for a club sandwich while the

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