



NELL BENEDICT shows how to use a starter for economical sour dough bread.

Bake your own bread for only 15 cents a loaf

BY MARGARET MILLER

"In these days of high prices, how does a loaf of bread for about 15 cents strike your budget?"

You can have it for your family if you bake your own from the sour dough recipe that provided life-sustaining bread for the Gold Rush miners in California more than a century ago.

That kind of crusty bread uses only flour and milk and a bit of salt, said Mrs. Nell Benedict, who is demonstrating bread-making this week for Kitchen Glamor, Redford Township store that handles ingredients and utensils for all kinds of kitchen arts.

But sour dough bread does need a starter and 24 hours of rising time, Mrs. Benedict pointed out. If you want to speed things up a bit, you add yeast to the dough and a couple of cents to the price per loaf.

Rye and wholewheat bread also average about a nickel more per loaf because the flour costs more.

"But even with the price of flour so high these days," said Mrs. Toula Patsalis, a Livonian who operates the store with her husband, Christopher, "it's a lot more economical to bake your own."

"I do it for the love of bak-

ing," agreed Mrs. Benedict, "but it does cost far less. Last week I bought sour dough bread on sale for 69 cents."

Sour dough, whole grain and flat Arabic breads are among the stars of three shows a day this week in the Redford store, located at 2670 Grand River between Inkster and Beech-Daly.

The shows and demonstrations by Mrs. Benedict are at 9:30 and 11 a.m. and 1 p.m. Friday evening there will be a 7 p.m. seminar.

All are free, and those participating will receive a book of easy yeast recipes prepared by the Fleischmann Yeast Co.

Mrs. Benedict will demonstrate bread-making both with the use of a new, high-power mixer equipped with a kneading hook and by the time-honored hand-kneading method.

She will go into the history of sour dough bread as well as techniques for its present day production.

"We don't know just how old the method is," Mrs. Benedict said, "but we know that in this country it started with the Gold Rush. The starter dough was a valuable possession for the miners."

To make the starter, she said, you leave milk at room temperature for at least 24 hours, stirring it occasionally as it starts to thicken.

"After 24 hours put in an equal amount of flour," she said, "and stir it a couple of times a day for five days."

Then it's ready to use for

bread, she said, but the loaves have to rise for 24 hours.

"We'll fudge a bit and use yeast in the baking for the demonstrations," Mrs. Benedict added. At Kitchen Glamor and in her home, starter dough is kept on the shelf and stirred a couple of

times a day. When some is

observing life

used for bread, new flour and milk are added to the starter.

"Sour dough bread should have a golden crust and a tangy taste," the demonstrator said. "It's been a trademark of the San Francisco area for a long time, and now people all over the country are getting better acquainted with it."

Arabic bread is another unusual bread that will be demonstrated.

"This is a flat bread that people in the Arabic countries use as a scoop for their food," Mrs. Benedict said. "It has a sort of pocket in the center that makes it good for eating that way."

Mrs. Benedict also will point out good recipes for dark breads and show some fancy sandwiches she makes using light and dark breads and some white bread tinted pink and green with food coloring added at the mixing stage.

She will demonstrate use of a Pullman loaf pan, a special pan with a cover to give a loaf of bread a squared off shape.

Mr. and Mrs. Patsalis have recently been importing these pans from England because they were unable to find them in this country.

"We recently shipped two of the pans to Julia Child for her television shows," Mrs. Patsalis said.



TOULA PATSALIS (left) of Livonia and Mrs. Benedict look over some of the varieties of bread Kitchen Glamor shows in Redford Township this week. Mrs. Benedict is holding a crusty loaf of sour dough bread. (Observer photos by Maurie Walker)

m. m. memos

My aunt, who stores in beautiful order a lifetime of treasures and memories, recently shared with me this memento of a bygone St. Valentine's Day.

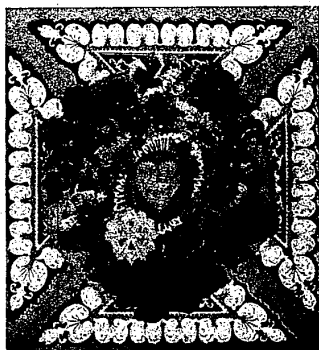
It was sent to her parents - she thinks in 1893 - and she remembers that when it arrived in the mail, she and her older brother ran with it to the nearby church where their mother was teaching a sewing class.

"We had to show it to her because it was the biggest and fanciest one we had ever seen," she recalled.

Carefully pasted in an old scrapbook, it has lasted well for more than 60 years with its "fond remembrances" legend and sentimental verse.

So I share it here, with a wish for a pleasant Valentine's Day, 1974 vintage.

- Margaret Miller



A AAUW drama

Peter Pan flies again

Live theater for children is in store Friday and Saturday, Feb. 22 and 23, when the Plymouth branch of the American Association of University Women stages "Peter Pan."

The fairy tale classic is the 14th annual children's production to be put on by the branch.

Produced and acted entirely by AAUW members, it will be presented in the auditorium of Plymouth - Salem High School, Joy west of

Canton Center Road. Curtain times will be 7 p.m. Friday and 10 a.m., 1 p.m. and 3 p.m. Saturday.

Three other performances are planned Saturday, March 8, in Northville High School, Sheldon and Eight Mile.

Tickets are 60 cents each and will be available through the Plymouth public and parochial elementary schools Feb. 13 to 15. They also may be purchased at Del's Shoe Store, 322 S. Main, Plymouth, beginning Feb. 15.

Telephone sales will be handled by Jan Carney, 11517 Burger Drive, in Plymouth, and Ruth Clemens, 9950 Levan, and Jan Malmer, 14630 Susanna, in Livonia.

Because the plays in past years have been well received, Mrs. Carney advises parents to purchase tickets early. There will be no sales at the door.

The Plymouth AAUW began presenting children's plays 14 years ago in an effort to give young children of

the community an opportunity to see and enjoy live theater.

The group uses professional scripts, averaging an hour in length and aimed at an audience of children three to 10 years of age.

After each showing the performers go into the audience so that the children can meet and talk to their favorite characters.

The AAUW also plans a special benefit performance Thursday, Feb. 21, for more than 300 children from Our Lady of Providence, the Plymouth Center for Human Development, the Wayne County Child Development Center and Hawthorn Center.

Individual AAUW members, in addition, have provided donations for 100 tickets to be distributed by local school principals to children who might otherwise not be able to attend.

Jean Davis is directing "Peter Pan," with Mary Uhl as stage manager and choreographer and Lynn Culotta as business manager.

Committee chairmen include Laurna Badendieck, house manager; Launa Wakenhut, publicity; Kio Philippi, posters; Jackie Binder and Penny Neuchterlein, luncheon and Marilyn Dwyer, set design.

Others are Sue Silletti, set construction; Rita Heaven, costumes; Sharon Belobraidich, music; Diane Amos, flutist; Emily Kennitz, properties; Gail Kerning, make-up; Mimi Settles, lighting; Dorina Domalska, sound effects; Rita McClumpha, prompter, and Sue Blake, ushers.



LOIS ANDRES as Captain Hook, Chris Timoshuk as Wendy and Nancy Deck as Peter Pan will provide plenty of action for young audiences attending the American Association of University Women's production of the children's classic "Peter Pan" Feb. 22 and 23 in Plymouth. (Observer photo by Bob Woodring)

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