



**Incognito**

Halloween isn't just for kids, customers at Gerald's and Chet's Hair Stylists, Franklin, learned Saturday. Employees at the salon dressed up in their favorite costumes befitting the occasion. Rose Mooradian (right) finds she "just can't do a thing" with the "hair" of Sandy Marion, who seems to be enjoying the session. The salon is located at 32770 Franklin Road.

## It's Those Extras That Put on Weight

Dissatisfied with your silhouette? Turnip greens, lettuce, and other greens, tomatoes, celery, cucumbers, beets, cabbage, eggplant, onions, rutabagas, cauliflower and turnips. Want to improve your appearance and protect your health against diseases caused by overweight?

Mary Coleman, foods instructor at Michigan State University, says the most important step in achieving and keeping a pleasing figure is to acquire better eating habits. Miss Coleman stresses that you can lose weight safely and comfortably without starvation methods or drugs.

It's the extras—what you eat, but don't need—that cause the extra pounds, she says. Calories must be reduced, but essential nutrients, such as proteins, minerals, and vitamins, should not be sacrificed.

It is important to start the day with a well-balanced and adequate breakfast, she continues. This will help you to resist that mid-morning snack. She notes that the American Dietetic Association lists several proposals for better menu planning.

A pint of whole milk is acceptable for adults. A pint of skim or non-fat dry milk, however, may be substituted since it contains only half as many calories as whole milk.

—Vegetables selected from the following group are especially low in caloric value: Asparagus, broccoli, carrots, green beans, kale, squash, spinach, the plants.

## State Crime Rate Double That of Population Rise

Michigan's crime rate increased 8.6 per cent during the last four years of 1960-63, according to the fifth annual Michigan Law Enforcement Officials' Report on Crime for 1963, compiled by the State Police from reports submitted by all police agencies.

There were 1,238.7 criminal offenses per 100,000 population last year compared with 1,140.2 in 1960. The rate was 1,208 in 1962 and 1,100.9 in 1961.

The state's population, according to federal estimates, gained 3.7 per cent from April, 1960, to July, 1963. The population was 7,993,000 in 1961, 8,029,000 in 1962 and 8,116,000 in 1963.

VIEWED another way, the rate of increase in crime in Michigan has been two and a third times greater than the rate of the population gain in the 1960-63 period. The annual total of major offenses, which are classed as Part I crimes, increased by 14.2 per cent during the four years, rising from 176,493 in 1960 to 201,526 last year.

A special interest is the report's section on juvenile delinquency which shows that 55.8 per cent of the persons apprehended for major offenses in 1963 were under 17 years of age. The breakdown also shows that 21.2 per cent of those apprehended were in the 17-21 age group while 29 per cent were in the 22-50 bracket.

A PROJECTION based on experience in the period of 1959-63 indicates there may be a total of 57,356 juvenile offenders in 1968. This compares with 57,847 in 1963, 61,834 in 1961, and 63,548 in 1959. These totals include all types of misbehavior involving juveniles.

Related to this analysis are figures showing that a big percentage of the first post war major wave of increase in population is now entering that 17-21 age group. Michigan's projected population for 1970 is 9,600,000, compared with 7,823,194 in 1960.

Major offenses in 1963 included: Crime against the person 242 murder, 940 rape, 6,301 robbery, and 7,370 aggravated assault; crimes against property 44,086 burglary, 25,513 felonious larceny, 100,061 simple larceny, and 17,014 auto theft.

URBAN MAJOR offenses last year totaled 163,848, including 191 murder, 583 rape, 5,559 robbery, 6,050 aggravated assault, 32,540 burglary, 18,438 felonious larceny, 84,882 simple larceny, and 14,598 auto theft. The total was up from 152,396 in 1962.

Rural major offenses totaled 37,678, including 51 murder, 357 rape, 345 robbery, 710 aggravated assault, 11,546 burglary, 7,075 felonious larceny, 15,178 simple larceny, and 2,416 auto theft. The total was up from 36,800 in 1962.

The 1963 report has an additional value for police departments and other interested agencies in that it summarizes experience for the five years of 1959-63.

## B'ham Woman Shows Hobby At Exposition

Mrs. Kathleen Alcorn, wife of Keith Alcorn, 1691 Oak, Birmingham, will be one of the featured exhibitors of the Michigan Mineralogical Society's educational exposition at the Brightmoor Community Center in northwest Detroit Saturday and Sunday.

Mrs. Alcorn, long active in the society, is presently vice president of the organization. She and her husband will display materials from their collection of minerals, fossils and artifacts gathered in extensive travels in the United States and Canada.

One display case will contain Michigan native copper and artifacts found at the sites of ancient mining activity. Another of their display cases will be given over to a unique family of minerals, the zeolites.

OTHER LOCALITIES, exhibiting are Walter Martin, Jr., 10837 Woodward, Birmingham, who will show examples of his collection of minerals and lapidary work, and Ellis W. Courter, president of the society, 20120 Rouge Court, Southfield, who will exhibit unusual minerals.

Residents of the Birmingham-Bloomfield area who are members also include Dr. Robert T. Hatt, director, Cranbrook Institute of Science, an honorary member of the society; William E. Beresford, Goodhue, Road, Bloomfield Hills; also a member of the Board of Directors, Cranbrook Institute of Science.

Miss Eloise Goddard, 24429 Green Valley, Southfield, daughter of the original president, Dr. A. N. Goddard, and one of three surviving founding members of the society; and Abe Selburn, 19419 Silvercrest, Southfield, known for an unusual collection of minerals and crystals of international origin, including striking micromound crystals.

Alberta summers are long and warm with cool nights.



## Retail Talk

Eleven high school students from the Birmingham-Bloomfield area were entertained last week at a luncheon at the Community House and given a behind-the-scenes tour of the B. Siegel Co. as part of the Careers in Retailing Week. From left are: Irvin Formato, Siegel Birmingham store manager, Phyllis Levin, Groves, Tina Liffsey, and Earl Halvas, Bloomfield Hills.

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**Fall Series Ends On "Becket" Review**  
Birmingham Temple will hold Birmingham Masonic Temple on the last in its fall series of book Woodward Ave. Tickets may be reviews at 1 p.m. Tuesday. Rabbi purchased at the door. For further Sherwin Wine of the Birmingham information, contact Esther Gott-Temple will review the play by Jean Anouilh "Becket". After the review there will be The review will take place at the a discussion period.

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