

The Observer

Women

Don't Crash In Dieting, Warns Nutrition Expert

Would-be bathing beauties hoping to slim down for summer are given a warning from health experts at the Northwest Branch YWCA.

"Crash dieting and strenuous exercise are common mistakes made by both men and women in Northwest Detroit," said Ann Hoffa, YWCA/director of health, physical education and recreation.

Miss Hoffa cited reducing pills, "water" pills,gressive exercise regimens and artificial reducing machines as the chief reasons so many area residents place their health in jeopardy and still fail to win the "battle of the bulge."

"Many of our members, including men, as well as women, have actually come to the Branch with a desire to lose weight. GAINS after experimenting with fat reducing methods," Miss Hoffa continued. "We're especially alarmed to find that many of these methods are downright dangerous....hence, our warning."

THE FOLLOWING list of "dos" and "don'ts" was issued by the YWCA as guidelines to "safe" dieting.

• Do not "crash diet, take reducing pills, jog or join health clubs without prior permission from your doctor. Many men and women are unaware that a kidney ailment, heart trouble or nervous condition can be seriously affected by many of these activities.

• Do map out a sensible, combination of reduced calories, gradual exercise, and restricted activities with your doctor's guidance. Diet or exercise alone cannot help the person whose goal is to lose inches as well as pounds. Often, a "fun" sport such as swimming or tennis may be recommended in place of "drudge" exercising.

• Do allow yourself limited quantities of "forbidden" foods once a week and only measure yourself once a week. Looking forward to treats and noticing significant results are psychological boosts that encourage staying-power.

• Do not cut out salt or use "water" pills to aid your slimming process. Salt, and the water it retains, are essential to your body's respiratory and eliminative processes, especially in summer weather. A "water weight" loss is only temporary and meanwhile may cause dehydration.

• Do remember that eventually you must return to normal eating patterns and exercise. Once unrealistic diets, special diet foods and medications are self-defeating in the long run.

MISS HOFFA cited YWCA policy on conditioning and exercise as being part of a goal toward total health....physical, mental and spiritual. To take all three of these factors into consideration, she said, the Northwest Branch YWCA prefers to analyze each man or woman as an individual, before charting an exercise course.

Unless it's sitting at this desk and having the pictures of young and younger engaged girls come in even bigger droves.

Occasionally it's a bit of a joke to realize that the bride-elect is the daughter of someone else years ago in school.

But not as big a shock as the bridal picture the man brought recently. The pretty bride looked familiar somehow, and I understood why when I looked at her name.

Never had seen her, but I used to work with her father, to whom she bore a strong resemblance. What's more, it seems to me I remember the day she was born and the happy news was reported at the office.

Anyway, there's nothing like being reminded of advancing years both at work and on the home front.

One sample of the latter came a few weeks ago when I received a geranium for having the first girl children at a mother-and-daughter banquet.

One of my girls said she was glad I won in that category because the flowers were pretty "and I really didn't think you had much chance of being the oldest mother."

—Margaret Miller

m. m. memos

"I wish you'd stop putting my Brownies' pictures in your engagement columns," a friend told me last week.

I know just what she meant. There's nothing to foster that I-must-be-getting-old-but-it-can't-be-possible feeling better than realizing that those seven-year-olds of such a short time ago are suddenly rushing for the altar in droves.

Unless it's sitting at this desk and having the pictures of young and younger engaged girls come in even bigger droves.

Occasionally it's a bit of a joke to realize that the bride-elect is the daughter of someone else years ago in school.

But not as big a shock as the bridal picture the man brought recently. The pretty bride looked familiar somehow, and I understood why when I looked at her name.

Never had seen her, but I used to work with her father, to whom she bore a strong resemblance. What's more, it seems to me I remember the day she was born and the happy news was reported at the office.

Anyway, there's nothing like being reminded of advancing years both at work and on the home front.

One sample of the latter came a few weeks ago when I received a geranium for having the first girl children at a mother-and-daughter banquet.

One of my girls said she was glad I won in that category because the flowers were pretty "and I really didn't think you had much chance of being the oldest mother."

—Margaret Miller

Useful, Too

Colorful Murals Trace Styles

Colorful murals of women's dress—all the way from pioneer to mod—are the newest touch in decorations of the circular library in Stevenson High School, Livonia.

THE WHOLE PROJECT took about two weeks for the six students involved.

The library decoration isn't complete yet. Another set of windows on the other side will

later be decorated with men's clothing down the years by students in the group who will be turning next fall.

"I'm bequeathing that one," said designer Deb.



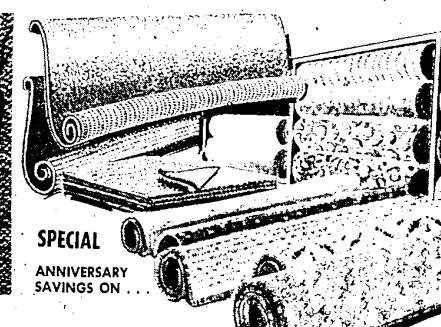
LIBRARY COLOR — These students created windows of colorful murals in the library of Stevenson High School, Livonia. From left are Chris

Kramp, Deb Keene, Cathie Hawley, Tina Kramp, Kathy O'Leary and Ker Rose, art teacher.

Last few days to save during our 14th

Anniversary Sale

Outstanding Carpet Values
from such well known manufacturers as...
C. H. Masland, E. T. Barwick, Philadelphia,
Alexander Smith, Coronet, World Mills
and others.



Anniversary Value No. 1 501 Nylon TWEED 8 beautiful color combinations 12 ft. width only.	A \$5.95 value \$3.87 sq. yd.
Anniversary Value No. 2 Barwick Heavy Plush ACRILAN 15 beautiful colors in 12 and 15 foot widths.	A \$9.95 value \$6.87 sq. yd.
Anniversary Value No. 3 Barwick Luxurious Heavy 501 NYLON 10 beautiful colors, foot widths in 12 and 15 foot widths.	A \$7.95 value \$4.95 sq. yd.
Anniversary Value No. 4 Tip Sheared KODEL Seventeen vibrant colors	A \$10.50 value \$6.95 sq. yd.



Made-to-your-measure

CUSTOM DRAPERIES

LUXURIOUS ANTIQUE SATIN LABOR INCLUDED	NOW! \$2.99 Yd.
Correlated SHEER UNDERDRAPES LABOR INCLUDED Large Selection of Colors	\$2.59 Yd.

SHOP AT HOME SERVICE

Cafe today, we'll send a carpet consultant to your home with samples. There's no obligation to buy, of course.

Call GA 7-1400 or KE 8-1210

REMNANTS

12x9.7 Green 501 Nylon	\$65
12x11.0 Black and White Wool Tweed	\$64
12x11.3 Heavy Avocado Wool Tip Shear	\$99
12x9.8 Gold Nylon Plush	\$49
12x11.2 Green Wool Tweed	\$75
12x7.3 Marlin Acrlan	\$32
12x8.4 Beige Tip-Shear Wool	\$53
12x11.6 Red Herculon (Kitchen).....	\$75
12x8.6 Mushroom Acrlan.....	\$48
12x9.8 Persimmon Herculon (Kitchen).....	\$69
12x8.2 Gold/Gold Super Kodel	\$59
12x8.6 Avocado Heavy Wool Plush	\$65
12x13.2 Gold 501 Nylon Tweed	\$79
12x14.3 Rustic 501 Nylon Tweed	\$79
12x9.2 Tulone Olive Carved Nylon	\$69
12x8.5 Gold Tweed (Kitchen)	\$49
12x12.9 Green Carved Wool	\$99
12x12.12 Olive Kitchen* Tweed	\$79
7.10x10.11 Beige 501 Nylon Tweed	\$30

Suitable for Dens, Family Rooms, Bed-rooms, Mobile Homes, Trailers.
"All Kitchen Carpets listed have high-density rubber backs."

DISCONTINUED
SAMPLES 15-50¢

St. Clair
CARPET
of Livonia, Est. 1955
28040 JOY ROAD
Between Inkster and Middlebelt

ROLL BALANCES

27 Yds Sandalwood Heavy 501 Nylon	\$168.00
32 Yds Turquoise 4-Ply Wool Wilton	\$195.00
26.1 Yds Red Hocky Commercial Tweed	\$119.00
39 Yds Heavy Green Nylon Plush	\$198.00
32.1 Yds Sandalwood 501 Nylon	\$135.00
26 Yds Beige 501 Nylon	\$119.00
27 Yds Blue Green 501 Nylon	\$139.00
47 Yds Green 501 Nylon	\$209.00
38 Yds Persimmon Wool Plush	\$299.00
32 Yds Yellow Green 501 Nylon	\$179.00
35 Yds Green 501 Nylon Twist	\$129.00
29 Yds Beige 501 Nylon	\$130.00
27 Yds Beige 501 Nylon	\$125.00

Just partial listing of our many fine values

SEE... our large selection
of SHAGS in Nylon, Acri-
lan, Kodel Polyester....
Beautifully priced during
this sale!

Phone
GA 7-1400
or
KE 8-1210
Open Daily 9-9, Tues. 9-6
Member Detroit Floor Covering Assoc.



1914 GRAD — It was 55 years ago that Mrs. Maybelle Robinson, 15205 Middlebelt, Livonia, graduated from the school of nursing operated by Detroit's Woman's Hospital, now Hinsel Hospital. Recently she attended an open house that was part of the hospital's centennial celebration and was welcomed by Mrs. John N. Farber, Hinsel president. In the background is a mimosa drooping in the style of uniform Mrs. Robinson wore in her days as a registered nurse.