

The fashion plate

'In' is a step away

By RUSTLE SHAND

Anybody who talks or writes about the ins and outs of fashion is out. Even W. THE edited-down, sassed-up consumer version of the fashion retailer's bible, Women's Wear Daily, said so.

When they published their last list of ins and outs, in the bottom line they disclaimed any in-ness of their proclamations. Of course, millions of people do not read W. Among non-readers are those happily serving white wine to guests who don't know it's out and that they should really be drinking Perrier water which, while very expensive, is still cheaper than white wine.

When you think of hordes of outs serving potato chips and dip instead of raw cauliflower, don't you just cringe? And those who still serve quiche and crepes are awfully gauche. Currently, of course, fish is in but that could be replaced by the lowly hamburger, which may soon cost more than lobster.

White wine glasses are out, too. Wouldn't you just know it, right after I inherited some from my thoroughly modern mother-in-law. The problem with this white wine thing is that I just bought a whole case of it—because I was on sale and I thought it would be fun to have a wine and cheese party—out, out, out.

I HAVE COME to the conclusion that by the time I latch on to a trend, it is out. For years, I had bare windows in my living room so some of the outside could come in. Peer pressure forced me into draping my windows to the world. One week after the curtains were hung, Charlotte Ford bared the windows in her Manhattan high-rise apartment. Suddenly curtains were out, out, out.

Many of us enjoy maintaining a low-key image. Natural, I like to call it. Out is what others call it. Beauty experts see us as kerples dolls with kohled eyes, rosebud lips and a curly cap of hair. Others think we should be long and languid with Lauren Bacall hair and lots of blusher. We think we should be comfortable. But, you guessed it. That's out.

For years, women walked around girled and slen-

der. Then came all the in clothes to hide under and all those innovations to save human energy. Add to that all our out friends who served potato chips and dip and our growing boys who adore mashed potatoes and gravy (out, out, out). Those 10 pounds lurking lumpily under last year's tent dress now have to go.

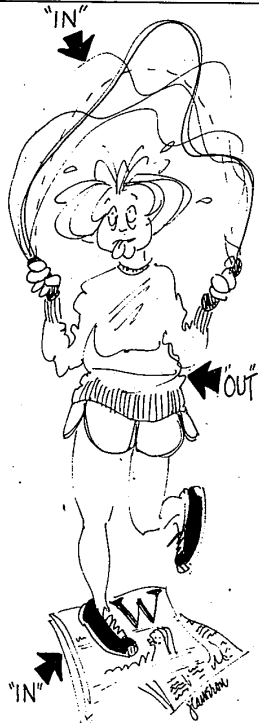
THIS TIME, I am two jumps ahead of the in list. Santa left a jump rope along with a lump of coal in my stocking this year. The lump of coal, he said, was for always being so out. The jump rope, he said, will be the most in form of exercise for '79. I figure he should know what's in and out. He knows who's been good or bad, doesn't he. He gave all those in ladies microwave ovens and calculators, cross-country ski equipment and lynx coats and diamonds this year.

He's telling me to get down to a size eight like Jackie O and I, too, can become a trend-setter. Then, what I do will be in no matter what W says. One of the nicer things about the jump rope way to lose 10 pounds is that you don't have to invest any money in a jump rope wardrobe. You don't need \$100 warm-up suits and \$50 jogging shoes. You don't even need a ready-made jump rope. An old piece of clothes line will do.

THE END of the rope should just reach your armpits when you stand on the rope's middle. Then, you just jump—both feet at a time—and before you know it, you'll be skipping rope with the best of them.

Start with 25 jumps the first day and work your way up to 300-500 jumps with rests in between. Any exercise should be done in three steps—the warm up, the exercise period and then the cool down. Warm-ups may consist of any simple exercise you time, designed to loosen you up. Cool downs may be accomplished by walking around and including a few stretches.

Don't start jumping rope until you've had a thorough medical checkup. Could be you've got health problems that mean you shouldn't jump. Otherwise, onward and in.



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Learn to cope with SPACE

Annette Bechek will discuss coping with problems when she speaks for a meeting of SPACE, a community program for the widowed and divorced and their families, at 8 p.m. Tuesday, June 30, in the office of the National Council of Jewish Women, 16400 W. Twelve Mile, Southfield.

"How to Cope Without Being Wiped Out" is the topic for the talk by the Jewish Family Service clinical social worker.

There will be a \$1 charge for the program. SPACE is a service of the council's greater Detroit section, and the even-

ing with Ms. Bechek is just one of its projects for women with special problems.

It also is beginning a new series of support groups for the widowed, the divorced and for children of single parents. The program for the widowed will begin at 8 p.m. Tuesday, Jan. 23, and

the one for the divorced will be at the same hour Wednesday or Thursday, Jan. 24 or 25. Rap groups for youngsters begin at 1 p.m. Sunday, Jan. 21.

All groups will run for four weeks, and there is a \$5 fee for the series. Registrations are being accepted at the council office, 557-9604.

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