

Just as a prudent businessman protects himself by getting it in writing when he clinches a deal, a wise dieter can achieve protection from food traps by committing to a contract before entering a supermarket.

Florine Mark, president of Weight Watchers in Michigan, advocates making the contract, as an agreement with oneself, to shop intelligently.

For dieters who find themselves choosing between the foods available outside the house that shouldn't be there, the answer is to make certain the foods aren't there.

"Promise yourself when you set out to shop that you'll purchase wisely," Ms. Mark said. "Be keenly aware of your mission, which is to shop in a fashion designed to help you maintain your diet."

It's a dieter's right to shop with

himself, because that is a necessity for making the pillowpower work.

"All of us face a daily barrage of media advertising structured to send us scurrying to the market to buy things we wouldn't normally purchase," she said. "The commercial messages not only sell directly, they also contain, in product placement, the underlying marketing themes which suggest that buying the product is necessary to show love for the advertiser or to achieve emotional comfort."

MS. MARK has a defense for the ad which shows mom going through their easy steps of preparing a dessert, them enjoying the dessert, and then receiving an appreciative family thanking her for profusely as they dig in.

"It is wise to look critically at what the advertiser is trying to tell you and determine if it's really true," she said.

"Do you need a cake mix to serve

you love your family?"

"Will you really be doing anybody a favor by buying and using it?"

The same selling approach is faced within the market.

"Many deserts are packaged to suggest that you will prove yourself a loving angel if you'll serve them to your family," she said.

Ms. Marmorek believes that once a critical and analytical defense is cultivated against the selling patterns of foods that should be avoided, some practical steps can be taken to prepare for forays to the market.

"Before you set out, make a shopping list that you'll stick to precisely," she said.

"It's much easier to pre-shop weekly than to run yourself to the temptation to buy impulsively."

"Be certain that you go to the store after you've had a good meal and when

you're in a relaxed and happy frame of mind. When you're hungry, you tend to buy more and to buy much less carefully."

BUYING PATTERNS can sometimes be traced to moods.

"When you're tense or you have the blues, you are prone to buy certain foods as an artificial means of buying your spirits," she said.

Another suggestion, she said, is to shop with a friend who is also concerned about buying only needed foods because the team approach is a help.

"Dieting means taking charge of your own life," she said. "Commit yourself to the principle that you are shopping for your own good. Then put that commitment in writing. Sign it. You'll find it most gratifying to keep a contract with yourself."

The Michigan Space Center is testing money to man's historic footsteps into space. In contrast, the Ella Short Museum and farm park allows visitors to step back in time.

only surviving child was born and the young couple began enlarging the farmhouse. By 1865, the estate included more than 600 acres with fields, livestock and orchards.

When Ella married attorney John H. Sharp in 1881, they lived in the Merriam man family farmhouse. After John's death in 1908, Ella continued to manage the farm until her death in 1912. She willed the house and land to the city of Jackson to be used as a museum and city park.

THE PARK, as it is today, included

525 acres, equipped with a golf course, swimming pool, nine ball fields, tennis courts and rose gardens. In addition to the fully restored farmhouse museum, there's a gallery building with an exhibit area and artist studio, an authentic log house, country store, the restored Dibble School (typical of those in the mid-19th century), the Peter F. Hurst planetarium, and a wildflower garden and nature trail.

appropriate to its time of occupancy from 1856 to 1912. Visitors will find examples of period decor throughout the entire house, — from the sitting room, to the textile room, from the sewing room to the toy room, featuring a charming collection of toys dating from the late 1800s to the early 1900s.

The museum and park are open year-round, except on Mondays, major holidays and the month of January.

The Space Center is open year-round and is south of Jackson off U.S. 12 South.

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DRAWING FOR TIGER BASEBALL TICKETS

Register to win a pair of tickets to the Tiger baseball doubleheader where Al Kaline's number will be retired.

DRAWING ENTRY BALLOT FOR TIGER BASEBALL TICKETS

You could win a pair of tickets to the August 17 Detroit Tiger baseball doubleheader, where Hall of Famer Al Kaline's uniform, number 6, will be retired in a special ceremony between games. Kaline is the first Tiger player ever to have his number retired, so register for your chance to be part of this special event!

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Winner will be notified and name posted in lobby. All entries for the August 8 drawing must be made by 12:00 noon, Friday, August 8, 1980. Detroit & Northern Savings employees and their families not eligible for contest.

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Certificate	6 years	\$100	7 3/4 %	8.05 %*
Certificate	8 years	\$100	8 %	8.24 %
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