

## Handicraft Shops Open

Women who enjoy working with their hands will find a course in macrame will be available at Northland and Downtown only.

### Use Of Knits Is Increasing

Called the Craft Carnival, the new shop is located in the needlecraft department of Hudson's Westland and Northland stores, as well as Downtown and Oakland.

Crafts represented include leathercraft, needlepoint, crocheting, crewel, beads and macrame. Projects range from decorating a carpet animal "critter" to making a patchwork hostess skirt and matching bolero from pre-cut designs.

Special kits include instructions for coloring suede belts, making needlepoint vests, designing plastic bath accessories and crocheting a hot pants ensemble. Beginning July 20, knitting and crocheting classes will be offered at all Hudson's stores.



## She Calls Being Thin 'More Fun'

By BETTY MASSON

Mrs. Lily Smallwood has lost half of herself...and is she thrilled!

You see, Mrs. Smallwood, who stands 5-foot-4, used to weigh 272 pounds and had trouble in getting back up whenever she bent over.

Today's Mrs. Smallwood weighs a svelte 134 pounds, and is pretty enough to be a model.

"It's a lot more fun than being fat, because you can't do anything then," according to Mrs. Smallwood, who lives on North Territorial Road, Plymouth.

AND IT WAS a lot of fun being first in her class of Weight Watchers in Ypsilanti to achieve her goal. Mrs. Smallwood was presented with a jeweled pin to mark the occasion the pin itself representing 10 pounds off and each chip (there are 12)

representing another 10 pounds.

"Getting together with the other people who were dieting each week did me more good than the lectures," according to Mrs. Smallwood, but she does hope to become a lecturer herself.

It's taken Mrs. Smallwood 19 months to lose half of herself, but her persistence is rewarded with husband William's pride in her and with the comments of her friends, some of whom don't recognize her.

She's had her ups and downs of course, but now can say: "Today, I feel like Miss America."

Some of the downs, "Well, I was on this diet through two Christmases," she reports with a sigh. "I couldn't resist the banana bread and cookies."

Vacation trips to Kentucky were also hazardous, diet-



LILLY SMALLWOOD of Plymouth is half the woman she used to be, and here are the pictures to prove it. At left is Mrs. Smallwood 19 months ago at 272 pounds, and at right is Mrs. Smallwood at 134 pounds, as photographed by Observer photographer Bob Woodring. She was first in her Weight Watchers class in Ypsilanti to achieve her desired weight.

wise, and the last 10 pounds took special persistence, and about four months of weight-watching.

IT WAS ALSO hard in the beginning, when no one noticed the results of her efforts. But when she had lost 40 pounds and was just about ready to quit because dieting can be a discouraging, lonely business, a friend did notice and comment. Then the self-denial seemed worthwhile.

And the friend joined Weight Watchers, along with several others.

And then, as every dieter knows, there are those times of the day when you "just have to have something." Late afternoon is often the most hazardous time. For these times, Mrs. Smallwood learned to rely on lots of tea, sugar-free soft drinks and Weight Watchers whip and chili. It's made by boiling one cup of sugar free soda pop and dissolving in it two envelopes of unflavored gelatin. This is put in a blender with powdered milk and ice cubes are added one at a time until it thickens.

"I had always been fat," said Mrs. Smallwood. "When I was married, I weighed 169 pounds." When she was growing up in Kentucky, the food budget was limited and there were lots of potatoes and gravy on the menu.

THE SMALLWOODS have two children, Janet, nine, and Billy, two.

It was Billy's birth that helped Mrs. Smallwood decide she had better do something about her weight. Looking after him was a terrible chore at 272 pounds. Her doctor recommended that she join the group. "My doctor says I'll live longer," she reports, and keeping up with lively Billy now should help her keep that weight off.

Mrs. Smallwood has also come to the conclusion that eating is just a nervous habit. "We don't eat when we're busy or when we're nervous," she says. To keep her busy, she has Billy and



THE SHELF SHOP

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## Protection Is Urged

The Michigan State Circle, Daughters of Isabella, adopted a resolution urging the state to safeguard the life of the unborn, at its 42nd annual state convention in the Grand Hotel, Mackinac Island.

The circle members agreed to make every effort to know the facts about abortion and to inform the electorate in any referendum dealing with the question.

The group also adopted resolutions dealing with the right to pray in public, urging members to send letters to elected officials supporting the right to express faith in God and to read the Bible publicly without fear of threat and censure, and with recognition of selective conscientious objectors, a child needs dealing with a young person's

right to object to serving in a war to which he is opposed. New officers of the circle are Mrs. Jerome J. Kozlowski of New Baltimore, state regent; Mrs. Lester Macdonald of Trenton, vice-regent; Mrs. Michael Bretak of River Rouge, financial secretary; Mrs. John Gasperi of Menominee, recording secretary; and Anna Shea of Mt. Clemens, treasurer. The trustees are William Kuida of Franklin, Mrs. Edwin Schmidlin of Dearborn and Mrs. Joseph Forrest of Warren.

### Hands Off

The urge to help a child is strong, but a hands-off policy is sometimes best. To build self-confidence, a child needs to learn to solve problems.

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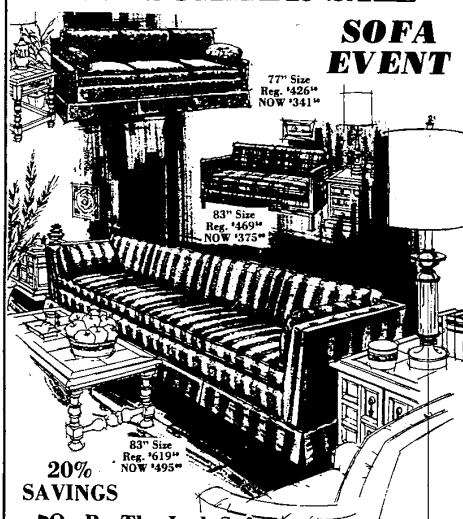
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