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# Cindy Adams Takes A Look At Women, East And West

By GLENNA MERILLAT

Cindy Adams was admittedly in a chatty mood last week as she addressed the Northville Town Hall on "Women's Role—East and West" Thursday.

The author of "Sukarno, An Autobiography as Told to Cindy Adams," is a self-assured woman who is as much at home talking to the Duchess of Windsor as she is sitting on the dirt floor of a hut in Indonesia.

"SUKARNO is a peasant at heart," explained Mrs. Adams. "His luxurious palace is only for show. He really lives in a five-room cottage, eats with his fingers and sleeps on the floor—possibly because of his previous years of exile and prison."

"He is also a great lover," she said with a grin, and told the story of an idle conversation with the former leader on geography. As they talked, he began equating the continents with women, stating that a 20-year-old woman is like Africa—wild and untamed; a 30-year-old woman is like Asia—hot-blooded and passionate.

Mrs. Adams interrupted to ask about America, and Sukarno quickly replied that America is like a 40-year-old woman—overly trained and too well "technique." She became too flustered to pursue the statement.

Five years with Sukarno gave her an unusual insight into the character of this "great big bad wolf of Asia."

IT WAS IN 1961 that President Kennedy asked Cindy's

husband, comedian Joey Adams, to head a cultural exchange unit in Southeast Asia. As Cindy put it, "Russia sends us bears and the Bolshoi Ballet and we send them Joey Adams."

It was only natural that Cindy, a syndicated columnist, accompany her husband and chronicle the troupe. She had the opportunity to interview kings and queens and learn first-hand the vast differences in the lives of Asian peasant women and modern women in the western world.

"It is only in the last few years that the women of Afghanistan have started to shed their veils. When I say veils, I don't mean the filmy kind you may have seen in exotic movies. These go from head to toe, with a small grating at eye level."

Because these women have worn veils for centuries, they have had no need for combs or cosmetics. Cindy told of a park in the center of the Afghan capital where the women are permitted to appear without veils. "Believe me," she said, "from what I saw, it would have been better if they had left them on."

CINDY'S TRAVELS have taken her to Cambodia, many parts of Southeast Asia and as far as Russia where she had a James Bond experience with her in-laws guide, Natasha. Natasha confessed a yen for some "good" cosmetics, and when Cindy learned this she agreed to give the girl her own lipstick and eyebrow pencil upon leaving the country.

Never dreaming her telephone could be tapped, she re-



CINDY ADAMS delighted the audience at a celebrity luncheon in the Plymouth Meeting House after her Northville Town Hall talk.

pealed her promise to the girl on the telephone and noticed the response instead of delight, was that of extreme nervousness.

In the lobby of the hotel Cindy inquired what the problem was, and the girl replied, "You are guilty of trying to bribe me, and I may be in a great deal of danger, but I want the make-up so badly I'll arrange to meet you in two hours in a very secluded place."

Cindy followed the directions

and sat on a park bench with lipstick and eyebrow pencils for two hours. "She never showed up, and I never saw her again," she said.

IN RELATING an average day in the life of a woman of Nepal, an Asian nation rushing pell-mell into the 14th century, and the horrors of childbirth in the Cambodian hill country, Cindy vividly illustrated the gulf between woman's role east and west.



## Doctor in the Kitchen®

by W.W. Bauer, M.D.  
Consultant, National Dairy Council

When you go shopping, do you read the label on the food package you buy? Not while you're waiting in the line to be checked out. Not when you're putting it away on the pantry shelf. NOT when you open it for use! No, No! Before you put it in the shopping cart -- that's the time to read the label, so you'll know what you're buying.

Hash, for example, usually contains meat and potatoes; but some kinds contain potatoes and meat. Same difference? Far from it. The label which says "meat and potatoes" tells you that meat is the main ingredient; the reverse label tells you that you are buying mainly potatoes, which are much cheaper. But if you don't read the label, . . .

Many housewives say they do not like having everything packaged; they like to see what they are buying. That's the way it used to be when the

crackers came in a barrel and the wheel of cheese stood open on the counter. You could see them all right and even sample them. Of course they got a little dusty, and maybe the flies sampled them too.

A well-known food scientist recently told of how he and his brother both suffered from food poisoning in their infancy; his brother died. Next door to them lived a family with one child; the remaining ten had died in an epidemic of cholera. That, of course, was before the era of food packaging, before pasteurization of milk, before sewage treatment and water purification. That was in the good old days.

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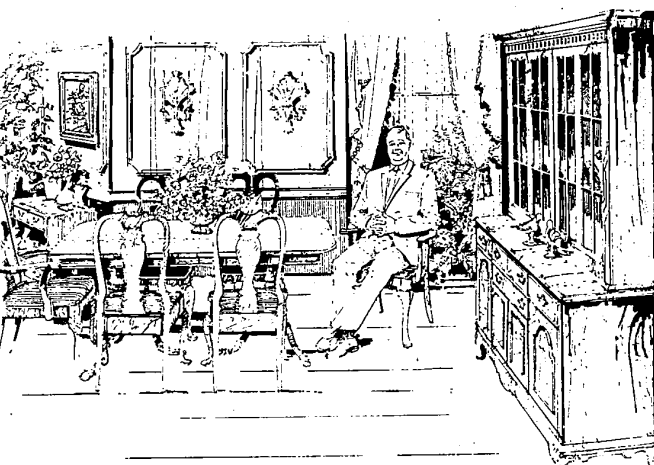
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