



PREPARING FOOD BASKETS for use as prizes at Saturday's Marquette School PTA Spring Frolic in Garden City was a pleasant chore for (left to right) Mrs. Pat Russell, Herman Bersano, Principal Richard Enos and Evelyn Strobel. The annual Marquette event attracted over 1,000.

14 TOPS Lose 264

The ladies of Farmington TOPS Scale Weighers live outside themselves. Since Jan. 1, 14 of the women have shed a total of 264 pounds and that's not figuring in the fractions of the pounds they lost.

Looking very swell, these 14 members are Marge Boden, over 10 pounds lost; Francis Cornico, over 12; Caroline Grand, more than 12; Bea Blum, 16; Edna Koglin, 16; Carole Haidor, over 16; Diane Cottogin, over 17; Judy Drogmiller; 18-plus; Alice Corvian, 18-plus; Francine Hantrickson, over 19; Ann Stewell, more than 21; Judith Prager, 26-plus; and at the top of the list Arlene Palmer with almost 32 pounds and Mary Lu Ostrander with over 33.

Queen of the group Geraldine Johnson and group leader Ruth Sherrick have returned from TOPS national convention in Florida with deep tans and newly-inspired after seeing the national grand prize-winner who lost 200 pounds in a year's time.

Farmington's queen last month was Diane Cottogin who lost more than 17 pounds. Loser of 11-some pounds, Arlene Palmer was runner-up. Beth Drombrowski was named prize-casser for shedding over four pounds. Queen for the week was Pat Domenzain, who slimmed down by four pounds.

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Doctor in the Kitchen
by W.W. Bower, M.D.
Consultant, National Dairy Council

Are there really snacks that slim? Not actually. No single food is fattening, nor is any single food weight-reducing. Nor are there foods that "burn up fat." There is never a time, never an age when calories do not count.

But there are patterns you can follow in food selection as well as in your style of life that will help you control your weight. One of the life-style ideas for weight control concerns snacks.

THERE IS SOME evidence, for example, that eating often may help in weight reducing and control. The person who eats more often may actually eat less, whereas the person who eats only three meals a day may be hungry enough to put away more total calories in those three meals.

Thus, snacks might help to slim if they are chosen wisely, i.e., from the four food groups, so as to become little meals that in themselves take the edge off that otherwise too-nasty appetite at the time of those wanted and traditional three "squares" a day.

WHAT ARE SOME snack ideas, along this line? Milk is one of the first things that comes to mind. With its balance of top quality protein, fat, and carbohydrate—all accompanied by a generous supply and variety of vitamins and minerals—milk is a small meal in itself. It is admirably suited, too, to flavoring with fruit juices or a dash of coffee.

A break in the day, or at work, can refresh and revive if snacks are sensible and considered as part of the food you may normally eat as part of your meals. At home, you could even save one of the foods you would otherwise have had at a meal and enjoy it later as a snack.

Or raid the ice box, but allow yourself only one bite each of several tidbits. A fourth of a cup of plain ice cream is only 70 calories, sherbet or fruit flavored water ice even less.

HOT BEEF BROTH, bouillon, and chilled vegetable juices qualify as snacks. Appetizers can be high in flavor but low in calories and used with toast strips or crackers for a crunchy snack. Try slices of cucumbers, tomato wedges, radish fans, celery branches, carrot curls, hard-boiled egg slices, and bite-size chunks of lettuce.

If the time between your meals allows, and it fits into your weight-reducing daily-calorie budget, there is no reason why a sandwich cannot be a healthful snack.

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De Molays To Stage Road Rally

Farmington Chapter of DeMolay will hold its third annual Road Rally from 10 a.m. to 5 p.m., Saturday, May 18, at the Farmington Masonic Temple, Grand River and Farmington Rd.

Winners will be announced at a dance that evening in the Masonic Temple.

Tickets for the rally, covering both driver and navigator, will be \$1.75. Cost for each additional passenger will be 50 cents.

Admission to the dance will be by rally ticket. Additional tickets to the dance will be 50 cents.

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