

OBSERVER

WORLD

OF WOMEN

For Observerland

The Complete Reducer's Guide

Are the weighty matters of life beginning to catch up with you?
Pounds and girth and dress size on the rise?
Avoiding the full-length mirror?
If so, you have lots of com-

calls have been numerous enough to push us into a little research.

And we now can tell all would-be reducers -- wherever they live in this area -- where to get in touch with some like-minded people.

There are three main organizations, the Buxom Belles, Take Off Pounds Sensibly (shortened to TOPS), and the Weight Watchers.

THE BUXOM BELLE GALS have an enthusiastic advocate in Mrs. Flo Perryman, who is a member of the Garden City S.O.S. (for Save Our Shapes) chapter.

Mrs. Perryman said she got the chapter started about 10 years ago, when she weighed 185 pounds, and set her reducing goal at 150 pounds, following Buxom Belle procedure. She admits she didn't do very well at first.

"I kicked those 35 pounds around for ten years," she said. In fact, the weight went up.

But finally, with the encouragement of fellow members of

Thursday Night Trimmers), who meet in Farmington High School, on Thursday evenings, of course. President Janet Gooden can be reached at 422-6313.

The Redford Township Figurians, who also meet Thursday evenings at the Hubert Junior High School, Puritan and Lexington, Margaret Kauffman, Lu, 4-1751, is president.

The Merrihew Trimmers, who meet Wednesday evenings in the Alford Noble Library, Livonia. They are headed by Delores Smith, 425-3508.

TAKE OFF POUNDS SENSIBLY is a national organization, with annual conventions and strict rules in the matter of weighing and recording weights. Its program has the endorsement of the American Medical Association.

At least nine groups are located in this area, and those who would like to take off a few pounds, sensibly, may call Betty Domino, Lu, 4-1408, to get information on the one nearest by.



m. m. memos

I'm sure my main Memorial Day memories will be of wild scrambles for items like white gloves and polished shoes.

These things, regularly misplaced, are vital parts of the uniform for marchers in the parade that marks one of the highlights of the year for the Girl Scouts we know.

Somehow, though, we seem to manage to get everyone ready each year. Then, after all clothing is rounded up, all hair brushed and all marchers dispatched to meeting places, what's left of the family takes up its station with the crowd at the end of our street to wait for the various contingents to come by and to spot our own participants.

This year we won't have to look among the green uniforms. We'll have a Brownie carrying a flag and a couple of tooters in one of the school bands. (Must remember to check and see if white blouses and black skirts are clean.)

We'll probably continue the family tradition of taking a few home movies, and after that the only non-marcher is likely to persuade me that we should follow the parade to the civic spot where special ceremonies will be held. She's a band-follower from way back.

Next Memorial Day, if all goes by plan, we should have four gals in the big parade. Guess I'll start right now laying in a supply of shoe polish, Brownie beanies and white gloves.



PRESIDENT'S PIN — Mrs. Raymond Swires (left) receives a president's pin from Mrs. Omar Van Gorp, her predecessor, as she takes over as head of the Livonia Branch of the Women's National Farm and Garden Association. Installed with her recently were Mrs. Jesse Bonner, vice-president; Mrs. Joseph Nagy, Jr., second vice-president; Mrs. Clarence Hoesl, recording secretary; Mrs. Herbert Winegarden, corresponding secretary and Mrs. Mark Bivins, treasurer.

HOLIDAY SPECIALS FOR WOMEN



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the S.O.S. chapter, Flo succeeded in losing 74 pounds, and dropped her dress size from 22 1/2 to 16. And, true to all the ads of weight-reducers, she says "I've never felt better."

THE S.O.S. CHAPTER meets Wednesdays in the Garden City Log Cabin, and the weighty in that area may get more information by calling Mrs. Perryman at Ga. 2-7050.

Three other Buxom Belles chapters include: The Farmington T.N.T. (for

There are the Nibble Nots, in the West Chicago and Lakster area of Redford Township, the See Less 'O Me, meeting in the McGraw School, Redford Township, the Change-Eaters, at the Wilson School, Livonia, the Redford Tops, meeting in the Roosevelt School, Five Mile and Aubrey.

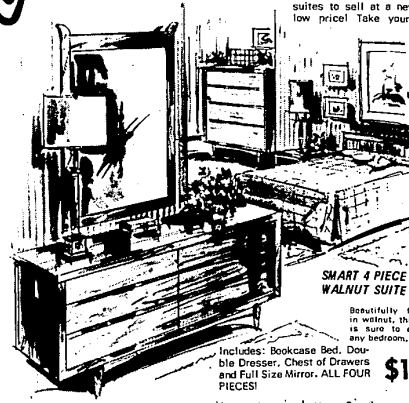
Then there are the Plymouth Pare-Weighters, the Farmington Scale Watchers, who meet in the First Methodist Church of Farmington, the Livonia Stimmettes, meeting in the

the Log Cabin.

THE WEIGHT WATCHERS of Southeastern Michigan also has several groups in this area, and can be reached with a call to a central office, Un. 3-0900. So if it's reducing you have in mind, don't call us, call them. Well, call us if you want, but they'll do you more good.

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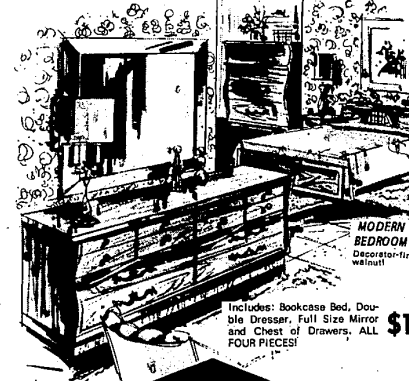
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MICHIGAN WEEK TEA — Mrs. James Jabara, seated, wife of the mayor of Plymouth, pours a cup of tea for Mrs. John McEwen, wife of the Plymouth Township supervisor, at a Michigan Week tea Friday in the Dunning-Hough library. The tea was sponsored jointly by the Plymouth Business and Professional Women's Club, the Sarah Ann Cochran chapter of the Daughters of the American Revolution, the Plymouth Woman's Club, and the Plymouth branch of the National Farm and Garden Association. Mrs. Norman Saunders, of the DAR group, was chairman.

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