

Keeping yourself fit will speed recovery

Dear Jo:
I am scheduled for an operation in six months. Is there anything I can do while I'm waiting to improve my chances of recovery?
C.R., Niagara

Dear Mr. R:
In advance of surgery, there are three major things that you (or anyone of any age) can do to improve chances of recovery. Keep fit through daily exercise, do not smoke and keep your weight under control. Keeping fit through exercise improves circulation and general health.

Smokers have a higher rate of postoperative respiratory complications — i.e., pneumonia, bronchitis. Studies have shown that even stopping as late as one week prior to surgery is beneficial.

Reducing body fat, when necessary, means that less anesthetic will be needed and recovery will be faster.

You are fortunate to have six months lead-in time before your surgery and wise to want to prepare for this important event. Good luck.

Dear Jo:
Would you please give me some tips on how to keep my cholesterol in check? I eat out a lot and find it hard to stay on my diet.
Mrs. D.H., Victoria

Dear Mrs. H:
As you well know, cholesterol comes from foods of animal origin. The highest sources and the foods to avoid are organ meats — beef and chicken liver. The best entrees to order when eating out are broiled poultry and fish.



Diet Pills Sweeping U.S.

Doctors Invent 'Lazy Way' to Lose Weight

New 'Fat Magnet' Diet Pill Guarantees Fast Weight Loss
BEVERLY HILLS, CA (Special) — An amazing new weight loss pill called "fat-magnet" has recently been developed and perfected by two prominent doctors at a world famous hospital in Los Angeles that reportedly "guarantees" that you will easily lose fat by simply taking their tested and proven new pill.

No Dieting—Eat Normally
Best of all, "you can continue to eat all of your favorite foods and you don't have to change your normal eating habits. You will start losing fat from the very first day, until you achieve the ideal weight and figure you desire."

"There has never been anything like this before. It is a totally new weight loss medical breakthrough for weight loss (worldwide patent pending).

Flushes Fat Out of Body
The new pill is appropriately called the "fat-magnet" pill because it breaks into thousands of particles, each acting like a tiny magnet, "attracting" and trapping many times its size in fat particles. Then, all that trapped fat is naturally "flushed" right out of your body because it cannot be digested.

Within 2 days you will notice a change in the color of your stool as the fat particles are being eliminated.

"Fills Out All the Work"
According to the doctors, the fat-magnet pills do all the work while you quickly lose fat with no starvation diet menus to follow, no calorie counting, no exercising, and no hunger pangs. It is 100% safe. You simply take the pills with a glass of water before meals.

The fat-magnet pills have just been offered to the American public and are already sweeping the country with record sales and reports of dramatic weight loss. It's the "lazy way" to lose weight for people who enjoy eating.

Now Available to Public
If you need to lose 20, 50, 100 pounds or more, you can order your supply of these new highly successful fat-magnet pills (now available from the doctor's exclusive manufacturer) by mail or phone order only by sending \$20 for a 90 pill supply (+\$2 handling), or \$35 for a 180 pill supply (+\$3 handling), cash, check or money order to: Fat-Magnet, 9016 Wilshire Blvd., Dept. W-24, Beverly Hills, CA 90211. (Unconditional money-back guarantee (if not 100% satisfied). Visa, MasterCard and American Express OK. (Send card number, expire date, and signature.) For fastest service, credit card orders only. Call anytime, 24 hours, toll free (800)527-9700, ext. 1224.

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gerontology

A. Jolayne Farrell

Most restaurants have a salad dressing that is low in fat and cholesterol.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 1J3.

William P. Vittoe, president of Michigan Bell Telephone Co., criticized federal court supervision of the breakup of the Bell System, claiming that it is not working out to the benefit of the American public.

Addressing a meeting of the Detroit Rotary Club, Vittoe said regional phone companies, such as Ameritech, and their operating companies, such as Michigan Bell, "are

hampered by restraints and impediments unequalled in American industry."

He said Michigan Bell will push for further federal regulatory and judicial reform. He said Michigan Bell faces prohibitions against providing information services, the manufacturing of telecommunications equipment and certain long-distance services.

VITTOE SAID the federal court's decision to continue the restrictions means the benefits of technology are enjoyed almost exclusively by large users, not by small businesses and ordinary citizens.

"Considering that virtually every business in this country depends on communications, you can imagine the potential impact on the economy," Vittoe said.

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SONY audio tapes. Record your own music and save money! 90 min. \$1.99c* END COST

Pay \$159 for 25" COLOR REMOTE. ONLY \$150/MONTHY. Search no more for the controls. This television has a wireless remote control that can control your color TV. On-screen channel display, 147-channel cable ready tuner. Automatic color system. #B2545

Pay \$157 for 13" PORTABLE COLOR TELEVISION. ONLY \$150/MONTHY. It's the kind of TV that is easily carried and offers brilliant color, pure uniform color in every picture, on every channel. Contrast adjusts brightness and color at once. #TAP1300

Pay \$188 for YORX Remote Audio Home Stereo System. You'll love the convenience of wireless remote for your home audio system! AM/FM stereo receiver. Dual cassette deck. Equalizer. Turntable. Speakers. Audio rack makes this an attractive investment! #M-2501ST

Pay \$159 for 31 cu. ft. counter-high freezer. Full-range temperature control. #F324

Pay \$119 for PANASONIC Jet-Fridge uprightr. Triple filter. #MC655U

Pay \$1346 for LoPHONE 3-line telephone. Redial. Tone/pulse. Lighted dial. #LP800

Pay \$228* for Stereo VHS Video Recorder with Wireless Remote. For evenings at home... quiet or no... You'll love this VCR! Tape now and entertain later with 14-day/4-event programmable timer. HQ produces a more defined image. Dolby stereo sound. Wireless remote. #5VG4000

Pay \$188* for HOTPOINT electric dryer. Up to 80-min. timer. Up-front lint filter. #DLS12508

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Pay \$72* for Microwave Oven With Auto-Timer. This microwave is faster than a speedy diner! Convenient front-panel menu guide with preparation information for commonly prepared foods. Removable glass tray doubles as a serving tray. Auto-timer. #M203

Pay \$247* for Panasonic Personal AM/FM Stereo Cassette Player. Whether you're riding a skiff in the Rockies, or a bus in Cleveland, a train in New York, or a 10-speed on the trail, you'll want to take this portable music maker with you! Fast forward/rewind. Lightweight headphones.

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Sharp 19" color television. Color your world a little better! One-year service. One great price! #19MP17... \$197*

MAGNAVOX VHS 3-head on-screen programmable VCR with remote. On-screen menu. 4-head auto-eliminate programming errors. #WR603... \$329*

MITSUBISHI 4-head VHS VCR with remote control. On-screen programming. 4-head auto-eliminate programming errors. #VHS350... \$399*

G.E. 25" stereo remote color television. MTS stereo sound. On-screen display. Cable ready. #E2560... \$466*

RCA 25" remote color cable ready console color television. MTS stereo broadcast reception. \$599*

MITSUBISHI 36" stereo remote big screen color television. Broadcast stereo reception. Channel memory scan tuning. #V363... \$1699*

Audio

TECHNICS AM/FM digital receiver. 40-watts per channel. Built-in 5-band graphic equalizer. 24-station memory. #SAR210... \$197*

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SANYO 6W" coaxial car stereo speakers with protective cover to prevent water and dust damage. #SP04... \$24*

Appliances

AAHANA 20 cubic foot refrigerator with easy reach bottom-mount freezer. Entirely frost-free. #RL201... \$847*

FRIGIDAIRE 13 cu. ft. upright freezer with 455-lb. storage capacity. Adjustable temperature control. #F13D... \$327*

CALORIC 30" gas or electric range. Both feature on easy clean lift-off oven door. #EH5340/RL5341... \$259*

TAPPAN microwave oven with Browning element for increased cooking versatility. Automatic temperature probe. #564787... \$249*

MAYTAG dependable automatic washer. A washer that won't drain your budget! 3-temp selections. Multi-cycle. #A104... \$397*

FRIGIDAIRE built-in automatic dishwasher. Heavy-duty non-scratch cycles. Energy-saving air dry. #WD3300D... \$318*

Dalux ultrasonic humidifier with humidistat. Pay \$39 for this unit that reduces sore throats, get \$5 mfr. mailed rebate. \$34*

22,000 BTU kerosene heater helps chase the winter chills away. With automatic shut-off if tipped over. #22DKC... \$118*

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G.E. voice-activated headset walkie-talkies. Hands-free communication with movable boom microphone. #35948... \$1971*

COSBA superheterodyne radar detector. Talking X and K band alerts. Anti-lag circuit. Dash-mount windshield mount. #RD1370... \$187*

JVC personal AM/FM cassette stereo with graphic equalizer and lightweight headphones. #KCF2BK... \$69*

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