

Membership Tea
Botsford Garden Club will hold its membership tea at the home of Mrs. Joseph Craig, 36201 Quakerstown Lane, Farmington, Monday, Oct. 17.

1966-67
Lecture Series
Livonia Town Hall
Location: Terrace Theatre
30900 Plymouth Rd.
Time: 10:30 a.m., Wednesdays
October 19, 1966
November 16, 1966
January 18, 1967
March 15, 1967
Price: Sweet Ticket \$2.00
Luncheon reservations call Mrs. Norbert Dittus at Ca. 7-7231
LUNCHEON:
Mayflower Meeting House
Plymouth, Michigan.
For further information call Mrs. Douglas Thomas at 1-3242

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The Distaff Side...

By Jerry Wendt, Women's Editor

While Jerry Wendt is in New York getting her throat unharmed looking at the tall buildings, we have invited or "dared" W. F. Edgar to pick his first two weeks he will have some helpful hints for the ladies—Ed.

When I was a young lad, enjoying my first exposure to "book learning," our old maid school teacher, possibly cursing the fates that guided her life used to admonish us with this warning—"don't ever over-look an opportunity or shy away from a challenge."

So, when the powers that be called me aside and said, "You have been sitting in for Sue Shumacher as the Farmington Editor for the past several weeks, how about doing the Woman's Page column?" It wasn't a question of whether I would accept the challenge. It simply became a matter of choosing the subject.

And, knowing that women are always interested in the problem of weight and excess poundage I'd like to tell you about one of the greatest psychologists I've ever met.

He is my doctor. He doesn't advertise himself to be a psychologist, but I'll let you be the judge.

As I was leaving his office one afternoon some years ago he looked at me and said, "You sure do enjoy life—but you'll enjoy it a whole lot longer if you lose some of that weight." (I weighed 240 pounds at the time).

"I can't diet," I answered, "and, furthermore I can't count calories. I'd look awkward sitting at a table, peering at a card in my hand to see just how many calories there were in each dish I might want."

"That's where you make a mistake," he shot back. "I don't place my patients on diets. I work out a plan for reshaping their bodies with three little rules." (What a psychological approach!).

"I'll listen," I told him, "but counting calories is out."

"Forget the calories," he repeated, "for on my plan you can eat as much as you want—with reservations."

"Now, the first rule—" Here he stopped and asked, "If there was a vial on the table tonight and it was marked 'deadly poison,' would you try it?"

"When I shook my head in the negative he said, 'Okay, that's rule No. 1. Starting tonight potatoes—all kinds—will be deadly poison.'"

"Rule No. 2 is a bit tougher," he explained, "but it will be up to you. Rule No. 2 is 'don't eat anything made with flour and you'll have to be the judge. Maybe your baker won't like it, but it is an important rule in this reshaping of the body.'"

"And Rule No. 3 tells for you to limit liquid intake to six six-ounce glasses of fluid a day."

"Remember," he cautioned, "if they weighed your skin and bones you'd go only about 20 pounds. The rest of your weight is body liquid. It only takes a quart each day to lubricate your body, so why have more? You wouldn't give your automobile an over-dose of oil, so why give body more liquid than it requires?"

He looked at me for a moment and concluded, "That's it. If you want to re-shape your body, why don't you try it. It will be like playing a game to watch the change and see the weight go down."

He held me on the idea. I tried it.

Would you believe it, in 18 months I lost 70 pounds on the three simple rules—

No. 1—no potatoes.

No. 2—nothing made with flour.

No. 3—six six-ounce glasses of liquid a day.

There it is. Indict. Have fun.

Next week we'll talk about fashions.



Livonia B & PW Club To Hear About World Affairs

Livonia Business and Professional Women's Club will meet Tuesday at Hillside Inn, Plymouth. Dinner will be served at 6:30 p.m. Guests are invited to attend.

This month's program is under the sponsorship of the World Affairs Committee. Chairman Nellie Reynolds and committee members Betty Hadden, Marjorie Birch, Phyllis Robinson, and Rita Radzickowski are happy to present a program on the lighter side of world affairs.

Umberto Formicella, the Director of the International Division of Telegraphy Delivery, International Headquarters, will show color movies and present a commentary on floral arrangements being designed and delivered around the world.

Flowers play an important part in our business world today, everything from floral arrangements for business gifts to plants to complement an office decor. This program should prove both informative and entertaining to today's business woman.

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CAROL ANN MANDEVILLE
Mr. and Mrs. L. E. Mandeville, of Redford Township, announce the engagement of their daughter, Carol Ann, to Theodore Bartell, son of Rev. and Mrs. Theodore Bartell, of Berwyn, Ill. Miss Mandeville and Bartell are attending Concordia Teachers College at River Forest, Ill., where both are seniors. The wedding has been set for March 26.

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