

Annual YWCA

Art Show Set

March 29-31

The Ninth Annual Northwest Branch YWCA Art Show which attracts hundreds of visitors each year, is scheduled Friday, Saturday and Sunday, March 29 to 31.

The more than 200 exhibits of students enrolled in the eight art classes held at Northwest will include examples of work "Y", 25940 Grand River.

Decorate With

A Pretend Cake

Garden Club

Sets Meeting

For a make-believe cake in which to hide small birthday presents, paint a round hat box a pretty "icing" color.

Then whip up a batch of thick soup or cake mix in a little water with a hand or electric beater until it looks like whipped cream. Just like decorating a real cake, you can even write "Happy Birthday" on it!

The Mayflower Garden Club will meet Thursday, March 28, at 9:30 a.m. in the home of Mrs. Roy Phelan, 1310 Maple.

The group will observe a demonstration on the art of preparing a terrarium followed by a workshop conducted by Mrs. F. R. Condit.

Mrs. Robert Johnstone is co-hostess for the meeting.

Birmingham
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EASTER BOUQUET OF FRESH PASTELS

Blossoming now in our Young World of Fashion...a fresh-gathered collection of the prettiest new dresses. Cottons and airy blends with all the niceties...ruffles, ribbons, lacy edgings that little girls adore. A. Flower-strewn dotted swiss: 4-6x, \$10; 7-12, \$12. B. Pink with lace, 4-6x, \$10. C. Aqua, with frills, 4-6x, \$12. D. Pink-and-white shirtlook, 7-12, \$12.

Full Scale Battle

Some Ins And Outs Of Weight Watching

(This is the second of a series on one reporter's experience with weight-watching clubs.)

By ELIZABETH WISSMAN

They joke about themselves, but Weight Watcher members are people with one-track minds.

They are out to get thinner, maybe not thin, but thinner. This is evident to anybody who attends one of their meetings.

The 70-plus women at the meeting we attended in St. Andrews Church weren't coy about admitting they were chubby.

We, on the other hand, are given to the odd look of the side view and back view. We approach a mirror straight-on where the aspect is more pleasing to the hopeful eye.

But at the meeting, we learned that Weight Watchers do more than think thin.

They work at it. Each has a program she received when she paid her registration fee.

THE PROGRAM'S seven pages are crammed with menu suggestions, instructions for weight reduction and include lists of acceptable foods and recipes for snacks and meals and foods and drinks one can NOT consume.

Handy-dandy hints at the bottom of a couple of pages are:

*Concentrate on one day at a time; make this a daily occupation--not a hobby.

*Good health is essential; Do not dig your own grave with your own fork.

Among the items which can be eaten as desired are bouillon (of course), non-caloric beverages, unflavored gelatin, coffee or tea (without), most herbs and spices and such interesting things as seltzer and water.

You can eat all you want; raw or cooked, or many vegetables running the alphabet from asparagus to watercress. There's a limit, however on the amount of pickles and sauerkraut you can eat and the list doesn't include corn, swimming in butter or any other way.

Next week we'll have some menu suggestions for you.



Bamboo shoots and scallions are naturally highly acceptable.

ALL FRUITS in season may be eaten, EXCEPT bananas, cherries, dried fruits, grapes, papaya and mangos (forget them while in Hawaii) and watermelon, which is a surprise.

Of course, you can't eat sauces, gravies or fried foods and you MUST eat five fish meals weekly.

You can drink two eight-ounce glasses of milk per day as long as it's powdered skin or buttermilk, or you can have one eight-ounce glass of evaporated skim milk.

MOST OF THE FOODS you know add inches to the midriff are on the list of 40 goodies you CAN'T enjoy, which means French fries, pancakes, cake or pie or spaghetti and so on.

And if you're Weight Watcher, you'll have to eat your hot dogs with mustard-ketchup is forbidden.

But for all this sacrifice you get a bonus. You can drink 12 cups of iced juice a day if your stomach begins to growl.

And cars has for days.

Next week we'll have some menu suggestions for you.

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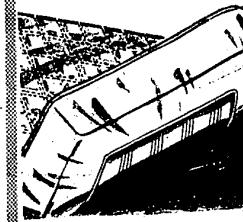
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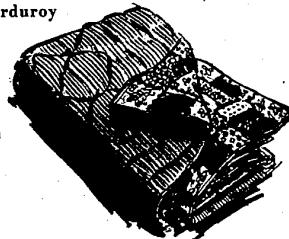
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