

Slim down waistline as you shape up house

If you're shaping up your house for spring, you can shape up your body at the same time.

Vacuuming, cleaning, mopping and even bed making can be turned into times of fat trimming, waistline slimming and body toning.

Bath Anne McKeown, one of six consumer information specialists for Johnson Wax, suggested a number of housework exercises while in Birmingham last week.

It is advisable to check your fitness program out with your doctor before gradually working into it. Avoid shoes with heels but don't be afraid of adding rhythmic music and a leotard to the housework routine.

ONE EXERCISE can be in-

corporated into the daily chore of bed making. When making beds, unfold the sheets with a wide - from - the - shoulder stretch. When tucking sheets in, do it from a knee-bend position.

Another easy exercise can be remembered when dusting. When wiping a wide or large surface, do it from the far side to get the most stretch from it. Use a knee bend with back erect when dusting furniture legs.

On the heartier side is a vacuuming exercise which works to firm thighs and waist.

FROM a feet-together, body-erect position, right hand grasping the vacuum, lunge forward on your right foot, pushing the vacuum forward.

Return to a feet-together position, drawing the vacuum back.

Lunge 30 degrees to the right and return.

Next lunge at a right angle to the body and return.

After three lunges to the right, transfer the vacuum to the left hand and repeat three times lunging to the left with the left foot.

RETURN to feet-together, body-erect position after each lunge. Move to another spot and repeat. Gradually work up to a total of 20 lunges to each side.

Damp floor mopping provides another time to smooth thighs and slim the waist.

Holding the mop handle with both

hands, slide the mop over the floor surface to the left as you bend both knees to the right. Return to starting position.

Then slide the mop to the right and bend the knees to the left. Repeat several times on each side.

THEN MOVE to another spot and repeat, gradually working up to a total of 20 on each side.

Unwanted inches can come off when waxing the floor but this exercise is suggested for waxing small areas, not an entire floor.

Sit erect on the floor with legs extended. Raise the right leg obliquely to the left, bracing yourself on your left hand.

With a small amount of buffing wax on a cloth held in the right hand, make three large clockwise circles on the floor, followed by three large counterclockwise circles, keeping the leg raised with the knee straight.

LOWER leg and reverse, raising your left leg obliquely to the right, resting on the right palm and using the left hand to apply wax on the left side in three clockwise and three counterclockwise circles.

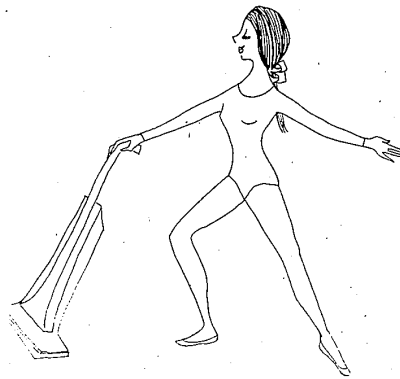
Another trimmer, a take-off on traditional dumb bells, is the use of two empty product containers which have large handles carved out of the bottle.

Fill each bottle with two pounds of sand or bath salts and close them tightly.

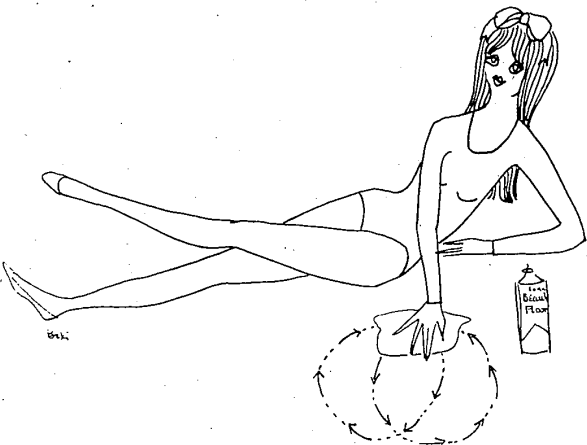
LIE on the floor with arms at the sides, palms up, grasping the dumb bells.

Raise arms, keeping elbows straight until the dumb bells meet overhead at right angles to the shoulder. Lower arms to the floor.

Close and open arms, inhaling to the count of three as you raise, exhaling to the count of five as you lower.



Vacuuming the thighs and waist into shape



Firming up the legs while waxing

Foundation offers pamphlets

Children should never be scolded or punished for bed-wetting, advises a new pamphlet offered by the Kidney Foundation of Michigan, a United Way agency.

The new pamphlet and one on "Urinary Tract Infections" are offered in connection with the March observance of "Kidney Month."

"We do not punish children for not beginning to talk at a designated time, so why punish them for a delay in proper toileting?" asked Frank Wesley, Ph.D., in the pamphlet.

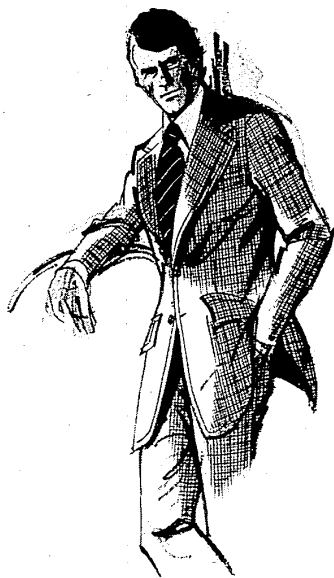
AUTHOR OF the Good House-keeping article reprinted in the pamphlet, "If a Child Is a Bed Wet-

ter," Wesley is professor of psychology at Portland State University in Oregon.

He recommended that parents take a child who has a bed-wetting problem after age three to a physician for analysis and treatment.

The second pamphlet, "Urinary Tract Infections," explains that nearly all can be controlled with proper medical treatment. If untreated they can lead to irreparable damage and possible kidney failure.

For a free copy of either pamphlet, write or call the Kidney Foundation of Michigan, 430 N. Woodward, Birmingham 48011, 646-4508.



now through Saturday, March 30
SALE

Men's Suits

Reg. \$100 to \$125, now \$90

Reg. \$130 to \$145, now \$110

Reg. \$155 to \$185, now \$130

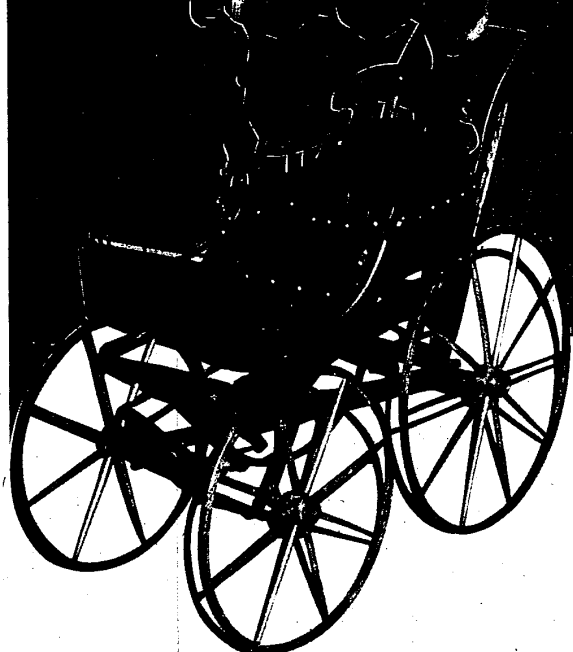
Year-around, spring-into-summer weight solid color, check, plaid, stripe classic and traditional suits, now at outstanding height-of-the-season savings! Included in this special group from the top names in menswear are knits, texturized polyesters, wools and carefree blends.

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Monday	Caning	1-4	Thursday	Caning	7-9
	Weaving	10-6		Rug Hooking	1-4
Tuesday	Weaving	11-3		Spinning	12-4
Wednesday	Caning	1-4	Friday	Spinning	6-9
	Rug Hooking	10-1		Weaving	10-9
	Weaving	11-3	Saturday	Caning	1-4

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Big Beaver Rd. at Coolidge, Troy, Mich. Thurs. and Fri. 10 to 9, other days 10 to 6