

KEEP IN TRIM

Reducing Together Is Fun

By Ida Jean Kain

Triumphant report from a reducing club in Ohio: "We have lost a total of 49 pounds in 3 weeks." Reducing together is not only more stimulating, but it seems to require less will power. Overweights bolster each other's morale, make a game out of reducing, and find that even the doing is fun.

Now to go on with the report: "Three weeks ago we formed a Reducing Club, along the same idea as the Tots Clubs, although we are doing this on our own. We meet once a week, weigh in, and get suggestions and pointers from those who lost successfully that week. We help one another in every way we can."

"We closed the membership with eleven overweights as we meet in our homes. We are all middle aged women and range from 12 to 130 pounds overweight. At the end of the first three weeks, seven dieters lost a total of 49 pounds. To us that seems wonderful. You should just see the bright happy faces."

"Truly this is like a drowning person being given a helping hand. The club members act as though this is the answer to all their problems. Overweight has caused unhappiness in at least one of the homes—domestically as well as mentally."

"We pay ten cents for each pound gained and five cents a week dues. We plan on buying new scales with our funds. But the idea of paying a forfeit for gaining is an added incentive to stay with our diet. At club meetings we discuss menus and low calorie recipes, and each one brings in

helpful material that will help us? We surely would appreciate it." Congratulations! Your club is further proof that overweights can help each other triumph over the common enemy, fat, and take a new lease on happier living.

Now a few suggestions. It is always a wise plan for each club member to have a medical checkup and follow the doctor's advice as to the amount of weight to be lost.

Meeting once a week, rather than less often, has been found desirable. It also helps to set a definite period for the duration of the club—12, 16, or 20 weeks. Those who need to continue reducing can step into the leadership for the second semester.

In small reducing clubs particularly, it is helpful when the members have similar interests—all homemakers or all career gals. I'm sending along a leaflet entitled "Slimming Clubs," which gives suggestions for club activities, as well as weight charts, measurement charts, stretching exercises and diet material. We'll be eager to receive a progress report on November 1.

Girls Grow Up Too Soon

Do our Canadian teen-age girls try to be adults before their time, and whose fault is it if they do? Miss Esther Palin, headmistress of a famous New Brunswick school for girls, warns of danger in this desire for sophistication and blames it on ambitious parents. Fathers and mothers of growing girls should read this article in The Standard this week. Get The Standard—on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents!

CLYDE RIVER SCHOOL REPORT FOR SEPTEMBER

- Grade 1: Anna Young; 2. Betty Bellman.
- Grade 2: 1. Gail Hyde.
- Grade 3: 1. Anna MacNevin; 2. Byron Murray; 3. Shirley Hyde; 4. Dalva Scott; 5. David Young; 6. Claude MacPhee.
- Grade 4: 1. Edith Bellman; 2. Annie Boyle.
- Grade 5: 1. Freddie Beer; 2. Donna Beer; 3. Carol Gillespie; 4. Elizabeth Cameron; 5. Andrew MacKinnon.
- Grade 6: 1. Hilda Dixon; 2. Alberta MacNevin; 3. Christine Young; 4. Percy Scott.
- Grade 7: 1. Diane MacPhee; 2. Leith MacKinnon; 3. Angus Cameron; 4. Alden Scott.
- Grade 8: 1. Donald Murray; 2. Everett Swan.
- Grade 9: 1. Carol MacNevin.
- Grade 10: 1. Robbie MacKinnon; 2. Gloria Hyde; 3. Ronnie MacPhee; 4. Wayne Gillespie.
- Grade 11: No tests.

Highest average Grade 2-4: Robbie MacKinnon 97 per cent. Highest average Grade 5-7: Hilda Dixon 95 per cent. Highest average Grade 8-10: Anna Young, 90.4 per cent.

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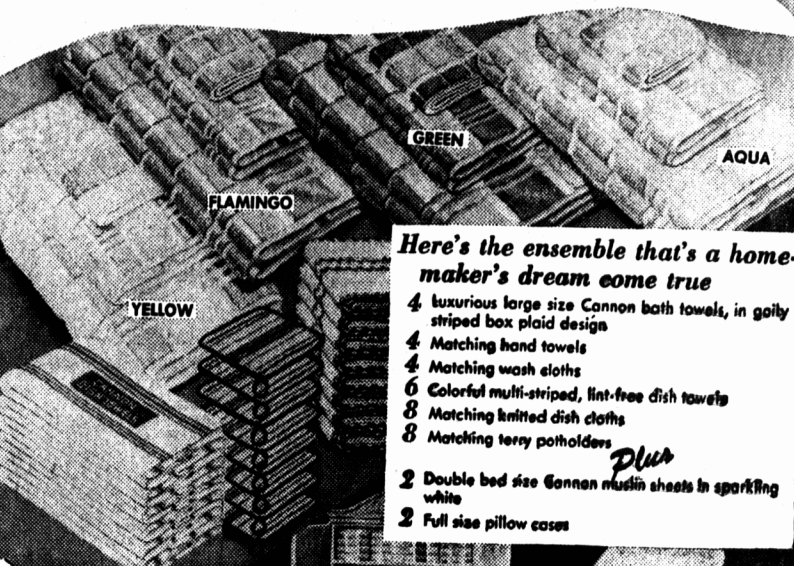
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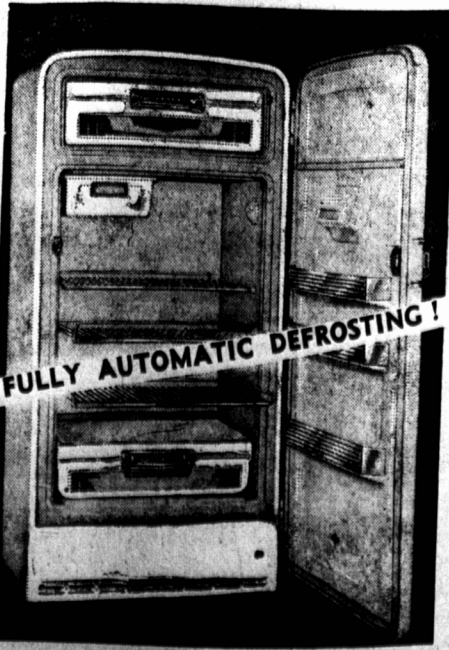
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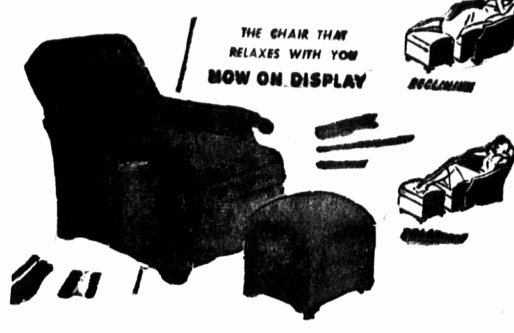
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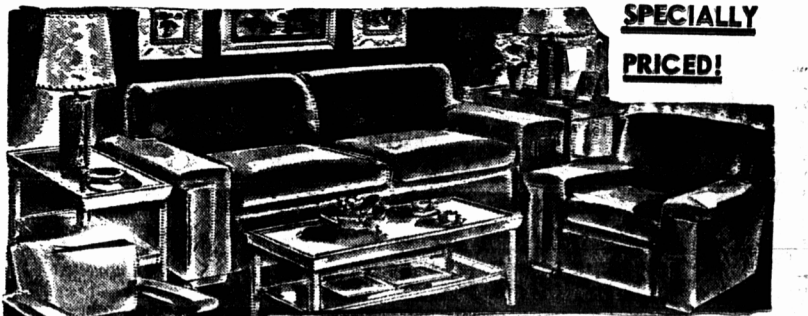
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