They Take Off Weight By Stealth

At 7:30 one hot night recently sixteen portly, panting women filed resolutely into a secondfloor room in a neighbourhood YMCA in Milwaukee.

The woman who greeted them, clip-board in hand, took up a position beside a set of scales. One by one, the women grimaced, stepped on, and stepped off as Mrs. Klug recorded the

"I went wild this week," reported one.

A woman in a green dress un-snapped a triple strand of pearls she got on the scales.

"Take off your earrings, too," laughed one of the women lined up behind her. The occasion was a weekly

meeting of the local TOPS (Take - Off - Pounds - Sensibly) club, one of 1,100 such chartered clubs in the United States and Canada waging a psychological war against acute obesity by applying the same principles that help Alcoholics Anonymou cure drunks.

"The idea," explained one 190pound TOPS official last week, is to discuss food openly. It we're overweight, we're not t be afraid to talk about it."

TOPS, a non-profit organiza tion which claims that its 25,000 members last year collectively shed about 100 tons of fat, was born out of a stout Milwauke housewife's sudden decision to try the AA approach twelve years ago. Now president and executive director of TOPS, Mrs. Esther Manz recalled last week at Milwaukee national headquarters that although AA was her original model, "I soon found out that heavy drinking and heavy eating might have common or similar causes but few other similarities. For one thing, how can a fat person be 'anonymous?' . . . What we really do is psychological group therapy. It's the idea that you'll do anything, even starve, rather than go to a meeting and con-

fess that you've gained." Losers are cheered loudly at meetings; gainers are roundly booed, and must wear a sign cut in the shape of a pig. TOPS leaders, admitting that their method of prodding members to lose weight is unscientific make it clear that a reputable physician's advice is needed for prescribing the ideal diet. "We don't want our members giving diets to each other," says Mrs. Carolyn Caze, an area supervisor. TOPS will expel any chapter or member who become "identified in any manner with any commercial weight-reducion method." A few years ago, by threatening a lawsuit, TOPS forced a Milwaukee bakery shop



by Laura Wheeler

Each butterfly is a single patch applique that a beginner could do! Start a quilt now! Use odds and ends out of your scrap bag. The body of the butterrly is embroidered. Pattern 662: charts: directions: patch

Send THIRTY - FIVE CENTS (stamps cannot be accepted, use postal note for safety) for this pattern to Laura Wheeler, Box , 123 Eighteenth St., New Toronto, Ont. Print plainly PAT-TERN NUMBER, your NAME

and ADDRESS. New! New! New! Our 1960 Laura Wheeler Needlecraft Book is ready NOW! Crammed with exciting, unusual, popular designs to crochet, knit, sew, embroider, quilt, weave - fashions, home furnishings, toys, gifts, bazaar hits. In the book FREE - 3 quilt patterns. Hurry, send ents for your copy.

to stop marketing a bread label-

The club's success in shedding pounds where crash diets and 'miracle" reducing pills have failed affirms a growing conviction in medical circles that the real causes of overweight are rooted in a complex web of emo-

Ruth E. Mann, a TOPS member who plummeted from 332 nds to 228 in twelve months, said about her weight problem: "It wasn't serious until all my rothers and sisters were grown. I guess after they were gone, I drowned my loneliness in eat-

At the forefront of the research in this country on compulsive gobbling is Dr. Albert Stunkard, a University of Pennsylvania psychiatrist. Dr. Stunkard has found three distinct eating patterns: People who raid the refrigerator all night, then are repulsed by food in the morning; "orgiastic binge-eaters" who devour mountains of food during times of stress, then suffer acute depression accompanied by severe self-condemnation; and people who "eat without satiation" and are unable to stop once they have started.

"The current widespread use of reducing diets," says Stunkard, "has had unfortunate consequences: for a small number it has been disastrous." Reason Obese people who try but fail to lose weight often suffer an

acute emotional setback. Dr. Stunkard foresees possible reappraisal of medicine's approach to problems of overweight, "The more we investigate this subject," he says, "the more we are aware of the inadequacy of both our information and theories." - from NEWSWEEK

Modern Etiquette By Anne Ashley

Q. Someone has told me that a man who is driving a girl should, at the end of the trip, get out of the car first, go door for her. But what about any heavy traffic that might be pouring past the car on his

A. In this case, he should just lean across the girl (excusing himself, of course), open the door for her, and after she alights, he can push himself across the seat and follow her out on the right side. Q. At what side of the plate

when setting the table? A. If you set your table with place plates, the napkin is placed on the plate. If food is on the place plate when the guests

at the left of the plate. O. Is it necessary to write anything, besides your name, on the card that accompanies a

gratulations may be offered at Q. Can you give some sug-

tail party? A. Simplest, of course, are peanuts, olives, pretzels, cheese sandwiches, "dipped potato chips", and the like. If you want to be more elaborate, however, you can serve small sandwiches of various kinds - and the modern cookbook has pages devoted to suggestions on this.

Q. If a wedding is to be so small that engraved invitations don't seem necessary, how should the bride and bridegroom invite

A. The bride can write each invitation personally, or she may invite the guests by telephone or in person.



TREATY STAMP - A stamp commemorating the 100th anniversary of the signing of a trade treaty between the United States and Japan will be placed on sale in Washington on Sept. 26. The four-center, in pink and blue, was designed by Miss Gyo Fujikawa.



LIKE A LION YET - Who knows? Maybe this three-week-old kitten will scare someone. Cert-

the bird watchers of Massachu-

setts on the activity of the bird

citizens and visitors of the Bay

The Massachusetts Audubon

Society is the only Audubon so-

ciety in the United States offer-

ing this service to its members

and others. The service has been

in existence since 1954 and has

such popularity among bird watchers that calls are received

Many people plan their vaca-

tions according to the reports of the Voice of Audubon. A man

in Florida was planning a trip

to New England and wanted to

know exactly where to go to ob-

serve his favourite bird. He re-

ceived his answer simply by

calling KE. 6-4050 in Boston,

The Voice's source of informa-

tion is a voluntary response on

the part of bird enthusiasts.

Birders are constantly calling

in to the society with reports on

the location of unusual birds and

their activities. In the busiest

months such as May the society

has received close to 1,000 re-

the Christian Science Monitor.

started so many calls were re-

ceived that the recording ma-

chine kept wearing out. An

average of a call a minute was

The recordings for the Voice

You can purchase telescopes,

A Statistician — A person who

SHELL TIME - Corinne Anderson finds Padre Island a fine

for shell collectors.

goes from unwarranted assump-

tions to a foregone conclusion ir

one easy move.

ports, writes Robert Y. Ellis, in

When the service was first

from all over the country.

CHRONICLES OFGINGER FARM

Another week gone by with | vest" on the late show, A lovely, disquieting world news almost every time one reads or listens to a newscast. To dwell on it in this column would be to spread gloom and that is far from my intention. After all there are still pleasant things to think about and to make one happy. On a huge set of scales I imagine the good things in life would still outweigh the bad. I feel that we should enjoy what is good but never, never be blind to what

ainly trying hard enough.

is bad. You know -- "look for should the napkin be placed the best but prepare for the worst" sort of thing. To be thinking constantly of the dreadful things that are happening — or may yet happen - is a sure way to work up a bad case of jitters. And isn't that exactly what Mr. are seated, the napkin is placed Khrushchev would like us to do? It seems to me the movies and TV could boost the morale of most people by producing more lighthearted comedy and old time A. No. Good wishes and con-

musical favourites instead of so much horror and crime. I don't pictures may be it does not do any good to watch them. I wonder what kind of warped personality a person must have to produce such stuff. That people like happy theme in music and drama is obvious by the popularity of the Don Messer show popularity which still has the art critics stumped. And then there is "Pollyanna"

now showing in Toronto, I went to see it last week and I'm telling you no one who has a chance to see it should miss it Polly. anna is an orphan, adopted by a rich aunt (Jane Wyman). She is a mischievous, lovable, adorable child who, in every situation, always finds something to be glad about. And don't think that isn't possible. It is. She is always quoting her father, who was a missionary, and from him Pollyanna got her philosophy of gladness. She tells of one time longing for a doll and hoping there would be one in the next mission bale. There wasn't a doll out there was a pair of crutches.

Her father handed them to her and said - "There, now you can be glad!" "Glad," said his small daughter, "what's there about crutches to be glad about?"

"You can be glad you don't need them," replied her father. Could there be a better reason. but would either you or I have thought of it? "Pollyanna" is one of those rare pictures that combine pa-

thos with humour. One time you have a catch in your throat but before it has a chance to choke you the scene changes and you find yourself laughing. Maybe you won't be able to get to Toronto to see the show but at some future date it is sure to be

touring the province. Watch for it. You will find it a gloom shaser for the whole family. Another night last week Partner and I did something that was most enjoyable but not very sensible. We sat up until onethirty watching "Random Har-

day. It was worth it. Inbetweenwhiles we do manage to get a little work done. For Partner two days every week is taken up with mowing the lawn Three days this week as our next door neighbour is away on holiday. And of course there is plenkeeping dead flowers clipped off takes time. We have one bed that is quite a show - and am I glad because it vindicates my mad method of gardening. You see it isn't a well-planned garden at all but at least it has been admired. This particular bed is a big

heart-warming performance. But

we were awfully sleepy next

border alongside of the garage received. Now the average is and in the late spring it was just closer to one call every four or a mess, with self-sown seedlings five minutes. everywhere. "For crying out loud," Partner would say, "can't of Audubon are made in a little you take out what you want office in the back of the Massasaved so I can dig the whole chusetts Audubon Society's store thing up?" But I wouldn't let at 174A Newbury Street, Boston. him because there was new stuff Not only can you get reports on coming up every day. But I did allow him to dig about a yard you can also receive the inforsquare each day and then I would mation and equipment you need thin out and transplant seedlings to find out for yourself what's from one end of the garden to going on in birdland. the other. What is there in it that's so precious? Well, I'll tell binoculars, books, records of you - just common plants. Burning bush, cosmos, nicotines, cornvarious birds singing, bird feedflowers and scores of double red ers, bird food, bird houses. You poppies. Can't you see it - white name it and if it's for the birds you can get it.

nicotines, blue cornflowers and red poppies against the lovely green of burning bush? Can you imagine a better colour combination - even if everything is growing like so many weeds. Even Partner has to admit it

In front our most attractive plants are giant petunias. Huge ooms, easily six inches across. People say "Where did you get the gorgeous petunias?" Well, I unted for them. I visited places in the spring where bedding plants were sold and inquired or giant petunias. Eventually I got them. They are not as freeblooming as ordinary petunias but they certainly are showy. You can generally get what you want if you keep trying - and that applies to more than flowers!

Phone Service "For The Birds!"

"A black skimmer and a willet have been reported from Monc-"A common egret was seen in

Hingham and another in Salis-"Mockingbirds are nesting in East Bridgewater. "Shore birds are returning and

short-billed dowitchers, least sandpipers, and black-bellied plovers have been observed." If you had called KEnmore 6-4050 that's what you might have heard. It's the Boston number of the Voice of Audubon. Daily and sometimes twice daily a new report is given to

sympathy of knew him in his not rible death But it friends, he

Turned Syrapath Into Jail Term

Slightly built m

Alberto Fidele, had t

a charity his eyes to children. Everybody o assist him in his n Radio, stage and se peared for charity shows

frigerators and radios them all. Then to a relieved na perto dramatical thanks to some pill ceived from Hong Kong cer was being cured. The police

by Arone Adams

Success sheath — flatter figures, adapts to all him goes all places! One-should tab detail, side buttons and the state of the should be should be

takes 2% yards 35-inch h

Printed directions on each

tern part. Easier, accurate

cannot be accepted, us

NUMBER.

Toronto, Ont.

Send FIFTY CENTS (

note for safety) for this plant

NAME, ADDRESS, SIL

Send order to Anne

Box 1, 123 Eighteenth St,

ISSUE 33 - 1960

wanted to help a downright susni the divergent ele-Alberto for a little cha sult? - for his tric

is now in jail. career, in 1925, Bryan forge the entire South mentalist" move-Summer's Hit he was feuding — through pers - with the en-PRINTED PA concept of modern science, icularly the concept that is descended from the ape. neously, Darrow was the height of his fame exponent of using modern to deal with crime. 4571 Dayton itself, a man eorge Rappleyea had SIZES outraged at a funeral on delivered by a Funda-alist preacher. (An 8-yearhad been killed by car; the preacher told the

rners: "This here boy, 'cause pappy and his mammy didn't him baptized, is now a-writhn the flames of hell.") appelyea was so bitter that lecided to attack all Fundaalism. Scopes, a friend of bined science teacher and ol Tennessee had a Fundast state law that pro-the teaching of "any that denies the story of divine creation of man as ht in the Bible"; the idea descended from a lower

Trial?

into the tiny

the court-

living in

Dayton was

S Ochs, to

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the nation

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the man who put

airty-five years

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ear stopped, and ut and told re-

r of animals was taboo. ppelyea asked Scopes if he appelyea asked scopes in all mind being arrested for aking the law, provided they ald dig up a couple of high-hool kids who would give evice against him.

he rest became history. The town of Dayton became its moment — the most widepublicized town in the world ch divirgent commentators Will Rogers and George Berd Shaw had their say about trast binding accent it sinks

Cool, comfortable.

Printed Pattern 4571: 18

Sizes 10, 12, 14, 16, 18 52

Finally, of course, Scopes was trial); the cross-examination and fined \$100, and

last month, when Scopes came ck to Dayton to take part in ceremonies for the "Inherit the Wind" - a zation of the trial ton itself got back into the of the old days. It was ned with banners: the men the striped shirts and celollars of the '20s; soft were a nickel apiece, and rs two for 5 cents. Now, Dayton held a parade in

> n is still on the statue books Tennessee. From NEWSing married is something oing into a restaurant with You order what you nd, when you see what fellow has, you wish

taken that.

ISSUE 33 - 1960

or of Scopes, gave him the

And, of course, the law pro

iting the teaching of evolu

s to the city.



ROLLING PHONE - John J. Allen gets a kick out of making inaugural call in Washington on first phone installed on a bus. Trailways hostess Jean Monroney looks on. He called London,

Eddystone Light An Expert's Job

Winstanley's drawing of completed (1699) lighthouse is more than a guide to the building. It is a revealing guide to the man who built it. He completed the picture with these descriptive notes on the various parts of the building.

At the bottom of the lighthouse on the right: "An engine crane that parts at

joints to be taken off when not in use, the rest being fastened to the house to save it in time of storms, and it is to be made use of to help landing on the rock, which without is very dif-

Above this crane: "A gallery to take in goods and provisions from the boat to

the store room." Winstanley sketched himself fishing from his gallery. The window to the left of its roof is: "The window of a very fine bedchamber with a chimney and eloset, the room being richly gilded and painted and the out-side shutters very strongly bar-

The apartment immediately above the bedchamber and extending as high as the gallery "The State Room, being 10

square 19 foot wide, and 12 foot high, very well carved and painted, with a chimney and 2 closets, and 2 sash windows with strong shutters to bar and bolt." Above the State Room: "The Airry or open Gallery there is conveniency to crane up goods and a great leaden cis-

tern to hold the rainwater that falls from upper roofs in pipes and to let the sea pass through in times of storms." The umbrella - shaped above the Gallery: "The kitchen where is a large chimney, oven, dressers, and table, with a large closet and a

large standing bed." The small hezagonal "A bedchamber with 2 cabbin beds and all conveniences for a dining room with large lockers

to hold a great store of candles for lights." Above this the lantern: "The lanthorn that holds the lights is 8 square, 11 foot diameter, 15 foot high in the upright wall: having 8 great glass win-

dows and ground plates for squares, and conveniency burn 60 candles at a time besides a great hanging lamp There is door to go into the gallery that is all round, to cleanse the glass of the lanthorn, which

is often dim'd by salt water that washeth it in storms.". . . But nothing illustrates Winstanley's quality of purposeful whimsy so much as the six graceful candlesticks bracketed to the outside of the lantern. This was how he described and justified them:

"Great wooden candlesticks for ornament; but the irons that bears them is very useful to stay a ladder to clear the glass." There was a final masterly

Write or phone today for full information about unattended coin operated Westinghouse Laundromat eq uipped laundry store opportunities in your community. You manage in your spare time — while netting high income. We finance 90% of your total purchase, offer you longest financing period at lowest monthly installments. You receive training and advice from a national organization that has helped over 8500 men and women like you go into business for themselves. No experience necessary. Modest investment. This proven new profitable automatic business offers a money-making opportunity to anyone who wants to own his own business. Compare our complete program. French privateer two years previously. The lighthouse must be equipped to resist invasion. Pro-

"A moving engine trough to cast down stones to defend the landing place in case of need."

—from "The Eddystone Light," by Fred Majdalany.

Human Lives Are Very Cheap

before the war.

His commanding officer had been asked by the local British Consul to take a Sheikh — a militant character - for a local cruise. The purpose of the trip being to demonstrate to the terrific fire power of the ship's

troyed by high-explosive shells. The Sheikh gazed open-mouthed at the sight. Then he turned to the captain and, pointing to a dhow

afloat nearby, said: "See if you can destroy that boat." The captain warned him that if the guns were trained and fired on the craft, she and her crew would be blown skyhigh. The Sheikh smiled reassuring "That is all right," he said.

"It is my dhow and manned by my own elaves." A virus is when the docto

Two mothers-in-law, replied

touch. Winstanley had not forgotten his rough handling by the

jecting downwards from the rail of the gallery on the right-hand side of the sketch is a chute. Winstanley described it as: ALD CANADA LTD. 54 Advance Road

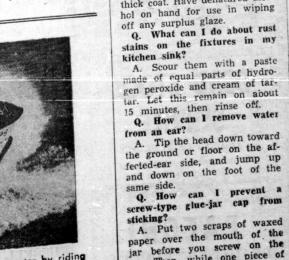
Most Orientals place a low value on human life - that was proved during the last war by the Japanese "kamikaze" pilots. But the East's complete disregard for what we regard as normal emotions was brought home when a retired RN officer was telling recently of the time he served in a Persian Gulf patro

200 ACRES; 60 cattle, 30 milk cowst Mile to town. Price \$39,000 — \$15,000 down W. C. MacDonald, Broker, phone 280, Winchester, Ont. FOR SALE - MISCELLANEOUS CANADA'S lowest ammunition prices
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award pins, teen age jewellery, tattes, award pins, teen age jewellery. Special: men's and children's jewellery. Special: Lassie cuff and tie set for boys \$1.00. Dexter Manufacturing Co., Box 324. St. Johns, Que. After a couple of days at sea, some distant targets were des-Gasoline and oil handling equipment—
Tanks, new and used— Tank trucks—
Truck tanks
parts Goodycar hoses
ville linings—Pipe used—
Tank trailers—Used Washmobile car washers;
Special: \$250.00
R. ST. GERMAIN
6568 St. Lawrence, Montreal, Que.

doesn't know what else to call it. An allergy is when he knows what to call it - but doesn't know how to get rid of it.

Fred promptly, when asked by fellow scrap merchant what the heaviest penalty for bigamy



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FARMS FOR SALE

How Can I?

By Roberta Lee

porcelain on my stove?

A. There are a number

Q. How can I repair chipped

porcelain glazes on the market

for this purpose. The area to be fixed must be free of grease

and dirt, and completely dry. Ap-

ply a thin coat of the glaze, wait

30 minutes, then apply another

thin coat. Keep applying these

thin coats until the damaged area

is built up so that it is level

The trick is not to try to fill the

with the surrounding surface.

chipped area with one single

Then, while one piece of

thick coat. Have denatured alco-

A Coin-Metered Unattende; Westinghouse Laundromat Equipped Laundry Store. Net \$4,000-\$8,000 Annually

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72 Rideau Street, Ottawa "JOIN the Sixth Sense Club for success. Questions answered. Confidential. Enclose stamped envelope. P.O. Box

DRUG STORE NEEDS BY MAIL PERSONAL needs. Inquiries invited Lyon's Drugs, 471 Danforth, Toronto.

the waxed papers will still slide

against each other for easy re-

Q. How can I remedy a loose

A Lift out the loose tile, pour

some hot paraffin, then

Q. How can I remove paint

A. The quickest way to do

this is to use a kitchen match.

Dip it into cold water, and ap-

moths and silverfish in my rugs?

Q. How can I discourage

A. These pests have a hearty

dislike for printer's ink, and

you can capitalize on this by

spreading layers of newspapers

under your rugs. Put the papers

between the rug and the pad,

a heavy layer of newspapers and

from working lease in plastered walls?

if you have one - if not, use

it will serve as a cushion, too.

Q. How can I prevent screws

A. Make a tiny opening in the

plaster where you wish to drive

your screw, then fill this with

some plastic wood. Drive your

soft. Q. How can I remove grease

from silk?

A. Take a lump of magnesia,

rub it well on the spot, let dry,

screw in while the wood is still

quickly replace the tile. It will

emain in place indefinitely.

tile in the hearth of my

moval of the cap.

spots from shoes?

ply to the paint.

FOSTER PARENTS AND NERVOUS tension may cause 75% of sickness. Particularly sieeplessness, itteryness and irritability. Sieep, calm your nerves with "Napps", 10 for \$1.00. 50 for \$4.00. Lyon's Drugs, 471 Danforth, WANTED. Understanding foster parents capable of supervising girls of school age. These girls have personality problems and will be under boarding care. Domestic employment is also required for girls 16 to 18 in a good family setting; reasonable wages. Apply Superintendent, P.O. Box 307, Gait, Ont.

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phia, Pennsylvania! Three letters for \$1.00. I affix U.S. Air stamp. Phila-delphia Sunday classifieds \$1.00 post-paid. White's, Box 47-AA, Lansdale, Pennsylvania.

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TEACHERS WANTED

BLACK River Township School Area No 1 requires a teacher for a rural school of 35 pupils, Grades I to V inclusive. Salary \$3,000 to \$3,800, depending on qualifications and experience. The school is 12 miles west of Matheson on Highway 101. Apply to Mrs. Nelly Griffiths, Secretary, Shillington, Ontario, stating age, qualifications, experience and name of last inspector.

PUBLIC School Section No. 1, Stevens, Thunder Bay District, requires in Sept., 1960, a qualified teacher for grades 1 to 8. Teacher's Federation salary schedule in effect. Furnished teacherage will accommodate married couple, available at \$15 per month.

Available at \$15 per month.

APPLY in writing, stating age, academic qualifications and name and address of last inspector, to C. Riach, Sec.-Treas., P.S.S. No. 1, Stevens, Ontario.

HELP WANTED MALE WANTED. Beef cattle herdsman with general farming experience for small Angus herd bordering western Ontario city. Family man around 40 with son interested in 4H Club preferred. Free house, permanent position. Apply stating experience, wages expected. Box 215, 123-18th Street, New Toronto, Ont.

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eczema will respond readily to the
stainless odorless ointment, regardless
of how stubborn or hopeless they seem.
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PRICE \$3.50 PER JAR
POST'S REMEDIES
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MISCELLANEOUS

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steel wool.





FLYING BLINDERS - U.S. Marine Lt. John L. Pipa must feel somewhat like a racehorse in Bridgeport, Conn. Blinders restricted his field of vision to the instrument panel as he tested a helicopter scheduled to go into allweather service between Bridgeport and Atlantic City.