

Banish Fatigue By Re-Arranging Working Schedule

Tired most of the time? If this is the way you feel take stock of yourself and your habits. You may lose that tired-all-the-time feeling by simply re-arranging the order of your work.

But first of all, get a good check-up from your physician. If he gives you a clean bill of health, then take these pointers.

DO YOU get tired at a specific time of day? Take a little time to relax then. Listen to the radio, or watch television or spend a little time with a good book or your hobby. Still better would be short rest periods interspersed throughout the day. Try lying down and relaxing completely for 10 or 15

minutes in mid-morning and mid-afternoon.

Is there a special activity that causes feelings of fatigue? If so, do that job piece-meal. If, for instance, you dread the ironing and get tired just thinking about it, arrange your work so you do the ironing for a short period of time over several days.

And think about your method of doing a job that always makes you tired. As an example, is your ironing board too low—perhaps you could eliminate that shoulder ache by raising your work area several inches.

YOU MAY be making yourself tired, by trying to accomplish too much. So-called fatigue can come from the tension and frustration of trying to get more done in a day than can be accomplished. Don't set your goals too high and then you can enjoy the feeling that you have everything done at the end of the day.



MRS. CHRISTIAN FREDERICK SCHNEIDER, JR.

Bride Asks Sisters-in-Law To Be Her Honor Attendants

Two honor attendants stood at the altar of Kirk-in-the-Hills late Saturday afternoon when Norma Jean Waterbury and Christian Frederick Schneider, Jr. spoke their double-ring vows before the Rev. William Lemon.

The bride, daughter of Mrs. Ronald James Waterbury of Williamsburg road and the late Mr. Waterbury, asked her sister-in-law, Mrs. William Charles Waterbury of Lansing, and the groom's sister, Elsa Lou Schneider of Essex Falls, N. J., to be the matron and maid of honor.

MR. AND MRS. Christian Frederick Schneider, Jr. of Essex Falls, N. J., are the parents of the groom and Miss Schneider.

Other bridal attendants were the Misses Barbara Watkins, Carol Donahue of Fort Huron, and Marion James of Larchmont, N. Y.

THE BRIDE chose antique white taffeta for her gown and train, which was covered by a long veil of Pointe-d'Angle lace brought from Brussels. The veil was lined with illusion and was held by a cap. Calla lilies and a white orchid formed the bridal bouquet.

The attendants were in floor-length gowns of corsetation blue taffeta, styled with bouffant skirts and off shoulder necklines. The honor attendants carried white rubrum lilies to which pink rubrum lilies were added for the bridesmaids.

ALVIN STOTTMEISTER came from Caldwell, N. J., to be his cousin's best man. Guests were seated by David Clark, Ensign Wilbur Muller of Rossland, N. J., Laurence Thomas of Ann Arbor, and Gunnard Ribbins of Toledo, O.

Mrs. Waterbury attended her daughter's marriage in a floor-length gown of Dior blue in Alençon lace and tulle, highlighted by a spray of white spray orchids. Mrs. Schneider chose a floor length

dress of hyacinth blue and a purple-throated white orchid corsage.

AFTER A buffet supper at the home of the bride's mother, the newlyweds left for two weeks in Bermuda. They will reside in New Jersey on their return.

On her departure the bride was wearing a navy silk linen dress with a waist length jacket and white collar. A white beaded hat, and navy and white accessories completed her costume.

West Beverly Hills News
By VIRGINIA DETWILER
PHONE MI 4-3830

Two Beaconsfield road families, the Charles Vogels and the Jerry Doroughs are spending many of these "dog days" swimming at the Clarita club pool on Long Lake road. Owners of the pool have offered a half-acre lot in Tarpon Springs, Fla., to the member who paints the best panel on the surrounding fence. A panel has been reserved for the artistic endeavors of Jerry Dorough. On Aug. 8, come the unveiling.

Mr. and Mrs. Harry Menard of Bedford road have recently returned from their summer home at Point Nipigon, on the straits of Mackinac.

Back from a three-week western trip is Mrs. H. W. Rath, Bedford road. Accompanied by her sister, Mrs. Ralph Foreman, of Columbus, Ohio, Mrs. Rath traveled to Los Angeles and up the coast to Portland, Ore.

Mr. and Mrs. Perry H. Ziel, of Devonshire road, have another family birthday to remember now. Belva Perry, weight eight pounds, one ounce, was born on July 19.

Mr. and Mrs. Glenn Houndy of Norchester road returned July 20 from a two-week vacation at Rockswyn lodge, Lake Cochebe, Ont. Wisconsin Dells was the destination of the E. D. Sheleys, of Riverside drive, on a recent week-

long automobile trip. They took a leisurely drive through Michigan to Wisconsin, and returned by boat from Newsmare to Ludington.

The William Blacks of Kirkshire road spent a weekend at Rosburg Brook Inn, Harbor Springs, recently, with Mr. and Mrs. Herbert Sievert of Grosse Pointe. They stopped en route for lunch at the Ottago Ski club.

Because Jay Madonna made the Little League all-star baseball team, his Bedford road neighbors, the Norris Hoots, and son, Brady, held a backyard picnic after the July 14 Red Sox game. Invited were the Madonnas, Jay Galsman of Beaconsfield road, another Red Sox player, and Peter and Frank Johnson, Medford road rooster.

Mrs. Harriet Cronenweth, of Bedford road, is back from a week's visit with the Frank M. Johnsons, in Traverse City.

Home from a three-week auto trip are Mr. and Mrs. Douglass Witters of Kirkshire road. They visited friends in Marshalltown, Iowa, dropped in on their son, Doug, at Camp Ojibway, near Siren, Wis., then swung around to Burt Lakes, where they visited the Paul Wobles of Rogers Oak.

The Kenneth Manuets, of Devonshire road, returned last week from a business trip to New York City.

No meeting of the West Beverly Hills garden club was scheduled for the month of July. Details of the next meeting have not yet been announced, but will be completed shortly.

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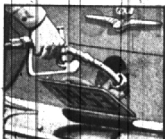
Actually, it's not just any one or two of these fine things that make Ford your best buy. It's all of Ford's "Worth More" features combined... features which make Ford worth more when you buy it... and worth more when you sell it!



"Best buy" where you ride! Ford's foam-ribbed cushioned seats, front and rear, are soft-wide and safe-soft. Interior fabrics, color-keyed to Ford's smart outside colors, would be a credit to any car at any price.



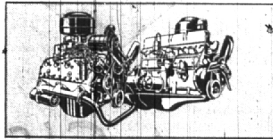
"Best buy" where you drive! Ford's suspended pedals operate easily... eliminate dusty, drafty floor holes. And Ford drivers have a choice of Fordomatic Drive, Overdrive or Conventional transmission.



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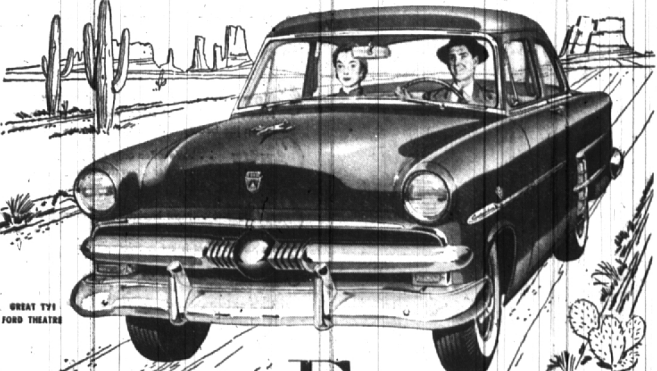
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"Best buy" in engine power! Only Ford in its field offers you a choice of V-8 or Six. Ford has built more V-8's—over 13,000,000—than all other makers combined. And Ford's Six—the most modern in the industry—with Overdrive, was the Mobigo Economy Run Grand Sweepstakes!



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