

Good Health is Vital To the Glow of Beauty

The glow of youth! What sort of picture does this conjure up in your mind? No doubt you will concentrate on the world "glow"—not youth—a "radiant being—fresh, vital." For youth is not an age; it's a status. We think of beautiful babies, pretty girls, lovely matrons. These are qualities all women desire, from childhood on, whether 14 or 40. They are the secrets to being attractive, admired, popular. To glow with beauty one must also glow with health for good health is essential to a clear, clean skin, bright eyes, a well-formed figure and, not least, a wealth of energy.

SO MUCH emphasis has been given to weight problems these days that one is apt to overlook the most basic principle of looking well—to be healthy. Pills, diets and, sorriest of them all, the denials of certain foods are sheer nonsense. Simple enjoyable living and sensible discipline can accomplish what you are seeking—to be physically fit; controlling the amount of food rather than eliminating nutritious foods.

If you question this, look to your authoritative nutrition experts who have proven that an every day routine of balanced meals is the way to health and beauty. Keep fit, don't undermine your health and lose your glow! Should you have a special diet problem, see your doctor.

AND LEST that teenage daughter lose her glow of youth before

Pumpkins are pickers when it comes to collecting frost. Nothing does it better than automobile windows on chilly mornings. The Institute for Safer Living says keep your windshield wipers and defroster in good working condition. Also carry a scraper and a supply of clean cloths for cleaning side and rear windows. Remember that better visibility means safer driving.

A bad skid often results from a bum steer. Proper steering is the most important essential both for preventing a skid and in getting out of one. If you do find yourself skidding on the road surface turn the wheel steadily in the direction of the skid until the car begins to travel in a straight line. Avoid over-steering while attempting to correct a skid.

her youth is gone, explain to her that to be pretty, popular and happy now and in the future means practicing good health habits.

She'll be smart to cut down on carbonated beverages, french fries and catsup, and not forsake good milk, fruits and vegetables, especially if she wants to keep her pretty complexion and pep.

Remember, too, that health isn't all boxed up in food. Interests in mind, hobbies, recreation and rest are as important as what we eat.

WHAT IS THE right gauge for exercise? Activities that suit your age and physical condition and those you enjoy.

Recreation? Ways to have fun, meet and mix with people and take your mind off cares.

Rest and relaxation? Sleep, taking it easy and doing the things that make you and those about you happy.

To sum it all up, the way to glow is to be healthy, happy, energetic and interested in life, for the glow of life is pure beauty in itself.

BEAUTY has a healthy look, gained by sensible discipline in matters of diet, rest, recreation and exercise. Hobbies, an interest in life and mental stimulation play a part too in supplying that glowing look.



HOMEMAKING



What Are Your Values? Are You Practicing Them?

What values do you, as a homemaker, put first? And what do you do around your home to fulfill those values?

Check yourself with this quiz put together by Boris Dyer and Dr. Beatrice Paolucci of the Michigan State University department of home management and child development. It was used recently in a research project aimed at finding out if homemakers' everyday activities reflect their values. It may give you a better indication of what's most important to you and whether or not you are actually putting your values into practice.

READ ALL NINE value descriptions. Then select the one that describes you best, second best and least.

1. I want to get the most for my money. I shop around for bargains. I try not to waste things, money or time. I consider myself economical.
2. I want the things my family does to be socially accepted and influential. I would always want my family to do things that other people like and would want to copy. I want other people to respect my house and family. I want to be admired by other people.
3. I like to do things that keep my family healthy and good natured. I want to prevent illness in my family and avoid accidents. I see that the family gets nutritious meals and arrange the house and activities so they get enough rest.

ARRANGE FOR new experiences.

8. I like to do things that increase my education and fitness for present and future times. I want to know what is going on around me. I want my family to be interested in learning. I arrange house and activities for new experiences for my family. Reading material is available for all the family.
9. I want to have things attractive and orderly. I would like my surroundings to be harmonious. I enjoy working with pretty things. I arrange so that my family members can express themselves artistically.

IMPORTANT to be together.

4. I like to do things with my family because I think it's important for family members to be together in both work and play. I want to help my family be content. I arrange the home atmosphere so that family members can be with each other in work and play.

ARE YOU PRACTICING what you preach?

5. I like the things that I do to agree with the teachings and beliefs of my religion. I arrange so my family can practice our religion—attend religious services, hear prayers and the like. I teach my family to be honest and kind to other people.
6. I enjoy my friends and like to do things for them. I like to be around people. I like to get together with my friends. I think it is important to have close friends.
7. I want lots of freedom to do the things I want to do. I would prefer to come and go as I please. I would like to do things as I want, without restrictions of daily duties. I take the time to do things that interest me.

THE VALUES represented by each example are: 1. economy; 2. prestige; 3. health; 4. family centrism (unity); 5. religion; 6. friendship; 7. freedom; 8. education; 9. aesthetics.

Perhaps these answers seemed obvious to you. But perhaps, too, the little test helped you to clarify your own values. And, Mrs. Dyer points out, "Most people hold several or all of these values in varying degrees."

General Motors has awarded more than \$41 million to its employees who have submitted usable suggestions for making jobs safer since the Corporation's suggestion plan was introduced in 1942. Through 1961, GM employees throughout the country submitted more than 3.6 million suggestions, of which more than 869,000 won awards.

A Heavy Date Thursday With Pounds Away Club

By EVELINE OEN Arts Editor

Such slogans as "he who indulges bulges" and "what tastes good on the lips doesn't look good

on the hips" serve as proverbs for a local group known as the P.A.C. PAC stands for Pounds Away Club. The organization meets each Thursday at 8 p.m. in the Birmingham Community House.

The purpose of the club is "group therapy for all of us to try to help each other to get and keep our weight down," said Mrs. John Barnowski, president of the group.



ALL MEMBERS "weigh in" for each meeting; statistics are kept by two officers known as the weight recorders. Financial penalties are exacted for any weight gained.

The one who has lost most during the week receives a trophy—the one who has gained most, a bib (which she must wear throughout the meeting) bearing the inscription, "I am a pig." She must take home "Pig" and display it prominently there all week.

THE GROUP also has instituted a "big sister" system. Should one member feel herself tempted by a light, fine piece of devil's food cake coated with creamy chocolate frosting, she is to call a fellow member whose duty it then is to talk her out of this indulgence.

At the meetings, the group discusses diet foods and recipes, the number of calories in different foods and new "diet" products on the market. (They do not do exercises because members are of varying ages and degrees of health.)

THE ORGANIZATION sometimes brings in speakers and has even had a hypnotist.

"I had him tell me I didn't like doughnuts any more," said Mrs. Barnowski. "It did work for a long time. I could pass a bakery counter and never give them a second thought, but in time it wore off."

Members also bring clippings and cartoons concerning obesity to put on a bulletin board.

Among them is the club's "holiday slogan" composed by Mrs. Barnowski:

"Let's get humming for the holiday coming. Get yourself into shape before it's too late."

The biggest bell in the world is a monster over in Moscow called the "Farr Kolobok" which weighs an estimated 200 tons and, ironically, has never once been rung. There is a large eleven-ton piece broken out of it and, the housing situation being a big tight in Russia these days, the bell is now used as a building. Resting on a special base, the big bell forms a room 19 feet high and 21 feet wide, rent figures not available.

WEIGHING IN is one of the orders of business each Thursday when the Pounds Away Club meets at the Birmingham Community House. A financial penalty is exacted for each pound gained, and she who has gained most must wear the bib inscribed "I am a pig" and display "Pig" in a prominent place in her home that week. Preparing to learn her fate on the scales is Winifred Frederick, 2832 Windemere, Birmingham, while Roberta White of Royal Oak hopes she won't have to be the one to have "Pig" for the week.



Broomfield United States Congressman 18th District
 Anderson State Representative District 1
 Smith Legislative Candidate District 2
 Hogan State Representative District 3
 Murphy Clerk-Register Oakland County
 Sparks Treasurer Oakland County
 Barry Drain Commissioner Oakland County
 Taylor Prosecutor Oakland County
 Irons Sheriff Oakland County
 Main Surveyor Oakland County
 Baker State Representative District 4
 Hayward State Representative District 5
 Waller Legislative Candidate District 6
 Roberts State Senator Oakland County

YOUR TEAM FOR RESPONSIBLE GOVERNMENT

These Republicans Represent Action --- Jobs --- Leadership! They represent 143 years of experience in county, state and national government . . . Experience which means greater efficiency in government for your county and more effective representation in Lansing and Washington. These are Oakland County men who know your needs . . . They have worked in your behalf . . . They have earned your vote on November 6 . . . Don't Trade Promises for Experience!

VOTE FOR RESPONSIBLE GOVERNMENT -- VOTE REPUBLICAN ON NOVEMBER 6

Adv. Paid for by Republican Committee Oakland County