

## Battle of Gumdrops Is a Sticky Problem

BY RUTH VOGT  
Special Writer

They say that every case is different. Some, while whittling down the waistline and chopping off inches from the hips, will abstain from potatoes, gravies and any kind of bread, all the time adhering faithfully to daily exercises.

They will eventually slip out to the kitchen for a nice, gooey, midnight sundae. Topped with praline, too. And maybe whip cream squirted from a bottle.

OTHERS, SO the experts declare, will not touch ice cream in any form but, when everyone's soundly sleeping, will sneak a huge piece of cheese, (yellow creamy

cheese at that) and plunk large slices down on about a dozen white crackers. Crunching their way through this feast, after a lettuce and tomato diet for days, they experience not only guilt pains but stomachaches when they creep back into bed.

However, there seems to exist in this tough world of "diet-land" another type of breed who goes overboard for gum-drops. These are the ones to be pitied the most.

"But what's so wrong about a few innocent, gayly colored gumdrops?" someone might wonder who has not this yearning.

Usually this naive question comes from a willowily, terribly thin sort of person who never had to fret about a bulge in her life. How can you explain to such a lass that there's nothing like a few gumdrops? That they come in large families and once you've gulped a couple, more is sure to follow?

"HAVE YOU tried putting maybe eight or ten in a bowl and then limiting yourself to this number as you work your way through your diet-filled day?" one such slender, beautifully-shaped observer asked.

That poor, poor friend. How foreign are the ways of the pound-losers to her.

Not only has this trick been tried but they've been carefully placed throughout the whole house and with a time-table attached to the mind as to when they'd be nibbled.

It didn't work. Then she innocently wondered if it wouldn't be a wise idea, when the craving becomes overwhelming, just to rip open a brand new sack and deliberately plopp down to "eat until you can't eat another one!" Her theory being that you'd never want to see another. This doesn't last.

"And are you aware of how many more minutes a day you've got to peddle a bike down a bumpy road in order to work off the fully of gulping a couple dozen of those delicious things?" this spatchett-type friend was asked in frustration.

She didn't have the slightest notion; she who can wade through chocolate cake, hills of ice cream and who serves all vegetables with thick cream sauces.

OUT OF GREAT sympathy

B-F THE BIRMINGHAM (MICH.) ECCENTRIC Sept. 10, 1964



## Car Care for Kids

Will you be carpooling the youngsters this fall? Avoid this mother's dangerous errors. Keep children seated until the car is fully stopped. Park close to the curb. Have children exit from the right side only—directly onto the sidewalk. And don't let that back-seat roughhousing distract you from your other precious charges. Remember School's open—Drive safely!

she suggested that common sense psychology might work.

"Keep saying over and over, 'I hate gumdrops. I hate them.' She had to be told a frightful fact: 'This doesn't work either. You get so absorbed in the very thought of them that you rush to the top shelf of the cupboard

and grab them down from their hiding place.'

It was then she asked the silliest question of all: "Why buy them in the first place?" . . . doesn't she know once you're hooked on gum-drops, you're really hooked? Excuse me! I smell gumdrops somewhere!

## Resident Finds One Course Leads to Others

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It's perfectly all right for the different colleges (thinking of Oakland U. in particular here) to send, via the mails, their handsome booklets describing the many day and night courses open to adults.

Nevertheless, shouldn't there be some stipulation (or at least a footnote tucked in somewhere) which declares:

"Beware, all you eager-beavers who pore over what we have to offer you in the way of further learning, of the dangerous situation that if you do sign up for just one course either out of curiosity or ignorance—you may be hooked at that!"

No one ever does. It's like a disease! a delightful disease!

One course leads to another. And another.

"Gulp, gulp," goes your brain. "Feed me more and more," is the theme song sung over the ironing

board or sweeping the front room floors. (These courses do the funniest things to household chores; they turn 'em into exciting moments when one can dwell on the next night's spree to learning.)

YES. FOR the good of those who blithely 'sign up' this next month, they should be warned about what their future holds: a great big wide opened field in so many subjects yet untouched.



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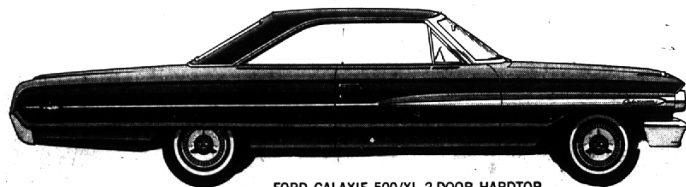
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