

## Protective Diet Is Perfect Diet

By IDA JEAN KAIN

What one quality is indispensable for success in reducing? It is persistence. Success stories reported in the column are often the result of a protective diet. Once you catch the spark of enthusiasm from a former skeptic, your whole attitude changes. But let's face it, some of you probably read these triumphant reports with more than a little skepticism. Every so often, some overweight, vastly discouraged fighter on their own efforts to banish the stubborn fat, writes to say that she simply cannot accept all the fat's stories with the happy endings. Today's frank letter comes from a former skeptic who helps other dieters to take a new viewpoint.

"I have read your column for years, and have attempted to reduce countless times, unsuccessfully. I began to think the letters you published from dieters were for my thoughts. I finally decided, almost defiantly, to see if calorie counting would do the trick. To my surprise, I have reduced 20 pounds by following your pattern of eating three meals a day and omitting the fourth meal at night. It works!"

### HERET-STICK TO IT

"I never thought this would happen to me. I now know the

secret is to stick with it. The rewards come when your family and friends begin to notice and compliment you. Oh brother... is that nice!"

The protective diet plan can't fail... but, of course, the only successful diet is the one you stay with! Actually, the protective plan isn't a diet... it is a choice pattern based on the foods which contribute their full share of the essential nutrients. This scientific way of eating helps to change your food habits, which is the real secret of weight control.

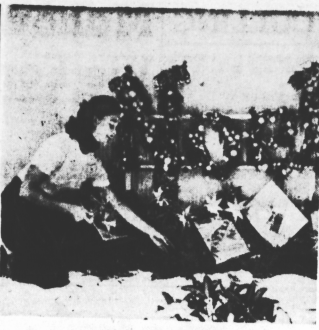
When daily calories are restricted to 1,800 or 1,500 a day, you lose from one and a half to two pounds a week. On the protective diet, you do not feel hungry or weak because it provides an abundance of every essential required for smooth functioning of the body. It's a perfect diet and the only deficit is in calories.

Back to what these letters can do for you. The knowledge that others have been able to succeed can give you new-found confidence and enthusiasm to help you overcome the initial inertia to diet. Then, as the scales and your figure begin to show results, the compliments from friends and family keep your spirits high and bolster your determination to carry through. With this frame of mind, you're on your way to normal weight.

legs took the place of the four legs of the horse.

It was authentic enough to fool a flock of big Canada geese. The geese were feeding in fields east of the Seward farm. The "herd" appeared, wandered around and appeared and approached nearer and nearer.

When within range, the horse gave up its hidden men and when the snare had cleared, six geese were in the bag—five of them weighing more than 13 pounds each.



NOEL GREETING

This novel outdoor Christmas decoration extends a colorful greeting to all who pass, which probably find enough ornaments by day or night. Evergreens and outdoor lights of complete Christmas ornaments and outdoor lights plus perforated hardboard letters, combine to simplify making this gay salute to a most festive season.

The full size pattern offered here simplifies cutting out the big letters from hardboard. The pattern also locates positions of lights and ornaments to insure success for your efforts.

The letters, measuring approximately 26 inches high by 50 inches wide, are easy to cut out. After tracing each full size letter, each is cut out with a coping or jig saw, then fastened to a frame exactly as the step-by-step directions suggest. While the pattern recommends using strings of outdoor Christmas lights, interwired with sprigs of evergreen and Christmas ornaments, an even more striking effect can be achieved by floodlighting the Noel Greeting at night.

Actually, anyone who can follow simple directions should be able to build this decoration. The

## Are Becoming Quite Unique

LONDON (AP) — In Britain, where family devotion to public service is an ancient tradition, the Foots are becoming unique. Rarely have three brothers been so prominent at the same time in British affairs.

Dingie Foot—of the musical Christian name—is the most recent of the Foots to make headlines. At 52, with a long record of public service, he won a House of Commons seat in a by-election. Sir Hugh Foot, 50, has become governor of Cyprus.

Michael, 44, is a former member of Parliament and determined to get there again.

Isaac Foot, father of the clan, was for many years a leading figure in the Liberal party. He served as secretary of mines, member of Parliament and lord mayor of Plymouth. At 77, he is still a leader in religious activities and a writer.

**SWITCHED PARTIES**

The family gave stout support to the Liberal party for many years. With its decline Michael, and then Dingie, set their own courses.

Dingie managed a successful switch from the Liberal to the Labor party. He decided the Libs were an ineffective party. Under the Labor banner he received 25,900 votes to 18,100 for his Conservative party opponent in the Ipswich by-election, a resounding triumph.

Dingie served in Parliament as a Liberal from 1911 to 1945.

Colonial administration is the main interest of Sir Hugh. He was governor of Jamaica six

years. To Cyprus he brings a civilian rather than a military touch.

Michael Foot, a Labor member of Parliament for 10 years, has made vigorous use of the platform, radio, and journalism to carry on the Foot tradition.

He edits The Tribune, reflecting the left wing of the Labor party. He has been assistant editor of Lord Beaverbrook's Evening Standard and is a political columnist of The Daily Herald. His voice carries weight in Labor party councils.

**Pilgrims Will Visit Basilica**

MEXICO CITY (AP) — Half a million pilgrims Thursday will visit the basilica of the Virgin of Guadalupe, the virgin patroness of all the Americas and the Philippines.

The site is on the outskirts of Mexico City and tonight thousands will huddle around campfires on nearby hillsides, in narrow streets, in parks, awaiting the first mass.

The church will be brilliantly illuminated all night, and its

These food buys belong on your

# Christmas menu



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Baking Powder, lb tin ...	39c	Minced meat, 28 oz. tin ...	49c
Icing Sugar, 2 pkgs. ....	29c	Bacon, sliced, lb. ....	59c
Heinz Soups, 6 tins ....	89c	Christmas	
Robin Hood Flour, 25 lbs. 1.75		Ice Cream Bricks, special	29c

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MAGRATH, Alta. (CP) — Two hunters from this southern Alberta town used their own version of the Trojan horse recently and bagged their quota of geese.

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