

By ELISE WEGLYAR
Staff Writer, The Statesman

We pushed our plate back with our dessert and half of a rye cracker, unsatisfied, reached for a second cup of calorie-less coffee, and dug in our purses for a pencil.

This was a special demonstration luncheon staged Wednesday by a Marion County diet class, and the eating part of it was over. (Picture on Page 1.)

Tomato aspic salad, eight calories; caper cheese dressing, 15 calories; tuna-brown rice casserole, 90; two dry crackers, 34; relishes (two carrot sticks and one radish rose, 19; and strawberry-whipped cream, dessert, 72.

The astonishing total was 238 calories.

Surprised, I chewed my pencil (without counting the calories) and went back over the menu. Still that astonishing 238 calories—which included a full desert.

Pleasant Feeling
But I was completely satisfied with that pleasant feeling of having a rather sleepy afternoon at the office as a result of eating too much lunch.

"Why this dieting business is pretty slick stuff," I thought to myself, recalling my own teenage starvation diets and the candy bars crunched between meals when the hunger pangs momentarily destroyed my youthful will power.

The attractive heavily laden table set out by the jolly calorie-counting students from the Marion County Health Department's weight control class Wednesday noon might have been the buffet luncheon of any social group gathering for a noon meeting.

Was this the way some 54 students in those three classes had managed to peel off almost 450 pounds in eight weeks time?

Of course, the calorie labels set firmly in front of each dish on the table were rather forbidding. And, when I mentally went over my list of favorite foods, I discovered most of them weren't on the table.

Still, to eat and lose weight—that is something.

That's exactly the goal of the three classes going into their ninth week of weight losing through

More Learn Hebrew

JERUSALEM, June 5 (AP)—Many Jewish immigrants don't know Israel's language. So the Ministry of Education will expand courses in Hebrew this year to handle 52,000 adults. About 19,000 now are taking the language courses.

To Cut Street Noise

TORONTO, June 5 (AP)—The City Transit Commission plans to put rubber tires on subway coaches to reduce the noise in the 2½-mile Yonge Street line.

group therapy. To lose weight healthily with a balanced diet and to borrow will power from the student in the next chair when you find your own slipping.

"Change Approach"
"We change our whole approach to food," says Mrs. Evangeline Williams who serves as leader in two of the classes. The group doesn't just count calories. They study mineral and vitamin content of various foods, eliminate those with a high calorie count and low food value, and concentrate on all the healthy sounding food most of us disliked as children.

'Y' Pool Readied for Classes



Physical Director Dale Dykman checks flow of fresh water refilling Salem YMCA swimming pool Wednesday after pool maintenance work just before today's opening of free swimming classes for estimated 800 boys and girls. (Statesman Photo.)

800 Due for Swim Lessons

More than 800 boys and girls are expected to turn out today to start swimming lessons at Salem YMCA. It is the annual free learn-to-swim campaign.

Parents are urged by the YM to accompany the children this first day so they can receive some orientation about the program. Swim students will be grouped by ability for the instruction program.

but they report by age groups to day according to this schedule:

Girls in four morning sections: 9 a.m. for those 12, 13 or 14 years old; 9:30 a.m. for those 10 and 11; 10:15 a.m. for those 9 and 11:15 p.m. for those 8.

Boys in the afternoon—1:30 p.m. for ages 12, 13 and 14; 2 p.m. for ages 10 and 11; 3:15 p.m. for age 9; 4:15 p.m. for age 8.

For instance, strawberry-whipped cream for desert without any real cream or strawberries still makes a tasty dish. The ingredients include strawberry jello and non-fat whipped cream and the dish is loaded with proteins, calcium, Vitamin A, phosphorus, and Vitamins B-1, B-2 and C.

The epic salad, with its happy total of eight calories per serving, gives you Vitamin C and A, calcium, iron and protein.

It wasn't until Robert Miller, leader of the Monday night class who has peeled off 37 pounds in the last eight weeks, mentioned the will power called upon to refuse a proffered piece of pie (laced with something like 400 calories) that I suddenly recalled that dieting probably isn't much fun even on borrowed will power.

Temptation at Hand
Temptation is always at hand while dieters chip away at the excess poundage. A dieter's nightmare must be unhealthy delicious chocolate cakes and real whipped cream.

I suddenly thought of all the warm, jolly fat people I'd known through the years and shivered at the thought of these people being replaced with sleek, healthy, slightly grim calorie counters.

But these weight control students seem to have shed their collective 40 pounds without shedding their happy approach to life—which is quite an accomplishment while munching on celery sticks and sipping black coffee.

Portland Woman Given Probation On Assault Charge

PORTLAND, June 5 (AP)—A 31-year-old Portland woman, who was indicted with her husband on charges of beating their daughter, has been placed on one year's probation after pleading guilty to a lesser charge.

Circuit Judge Alfred Sulmonetti sentenced Mrs. Dorothy Denessen to one year in jail, and then placed her on probation, after she entered a guilty plea to a charge of simple assault.

Earlier a jury returned a verdict of guilty against her husband, Glen Denessen, who had been charged with assault and battery with sufficient force to cause bodily harm, a felony.

Denessen, who has not yet been sentenced, was charged with beating his 13-year-old daughter, Janet.

The girl since has been placed in a foster home.

Combined working area for flight operations on the aircraft carrier USS Saratoga is more than six acres.

WE QUIT

SAV-MORE SHOE STORE GOING OUT OF BUSINESS FOR EVER!

DOORS WILL CLOSE FOREVER - FIXTURES FOR SALE

We have decided to liquidate all stock and fixtures and close our doors forever. These savings are bona fide values and we hope you will not confuse this advertisement with general run-of-the-mill clearance of stock liquidation sales.

This is a Bona Fide Outfing Business Sale, Registered With City of Salem



Men's Shoes	Children's Shoes
Nationally Famous Brands	
Reg. 9.95 DRESS SHOES 3.97	Reg. 4.95 Oxfords, Straps 1.97
Reg. 11.95 DRESS SHOES 5.97	Reg. 5.95 Oxfords 2.97
Reg. 13.95 DRESS SHOES 6.97	Reg. 6.95 Patents 2.97
Reg. 8.95 LOAFERS 4.97	Reg. 6.95 DRESS Oxfords 3.97
16.95 Imported English Brogues 10.97	
19.95 Genuine Shell Cordovans 11.97	
Men's Work Shoes	Women's Hi Heels
First Quality—Oil Tanned	White Patent 3.97
Reg. 9.95 6-in. WORK SHOE 3.97	And Other Colors Values to \$12.95
Reg. 10.95 6-in. Cushion Work Shoe 6.97	
Reg. 12.95 8-in. WORK SHOE 7.97	Women's Wedgies 3.97
Reg. 14.95 LOGGER BOOTS 8.97	
Reg. 14.95 ENGINEER BOOTS 8.97	

Boys' Shoes	Canvas Footwear	Door Busters
Work Shoes 3.97	Children's 1.59	CHILDREN'S HOUSE SLIPPERS
Val. to 7.95	Women's 2.97	Sizes Baby to Children's 3 Reg. \$3.95 a pair
Mile Hi Oxfords 3.97	Men's 2.97	Only 75¢ pr.
Val. to 8.95		Black or White BASKETBALL SHOES Reg. 2.75 5.95 2 pr.
Tennis Shoes 1.87		
Val. to 3.95		
Girls' Shoes	600 Pair Men's MOCCASINS	LADIES SHOES
Flats Open-Closed Values to 1.99	Reg. 4.95 1.99	
6.95 1.99	Women's SKIMMER FLATS 10 colors Reg. 4.95 1.99	
Famous brand saddles Values to 3.97	Men's HOUSE SLIPPERS Value to 2.00 6.95 2.00	
8.95 3.97	COWBOY BOOTS Q.D. Brand Value to 8.95 3.97	
Wedgies all colors Values to 2.97	While they last 3.97	
6.95 2.97	PATROL BOOTS Boys' 6-in. Reg. 7.95 3.97	
	Oil Tanned 3.97	
	Entire Stock Must Be Sold Hurry—Hurry	

Open Mon. & Friday Nites Till 9 P.M.

SAV-MORE Shoe Store

339 COURT ST.

Fit the Entire Family at These Low Prices

99¢

Not Every Size In Every Style

STARTS THURSDAY
June 6th
METROPOLITAN'S
Famous Monthly
Sale Starts 9:30 A.M. Sharp. No Sales to Dealers.

5[¢] SALE

Dishtowels Reg. 25¢ 5[¢]	China Ware AND GLASS WARE Large Assortment Values up to 98¢ 5[¢]	Handkerchiefs MEN'S AND LADIES' Values up to 29¢ 5[¢]	Pot Cleaner Reg. 29¢ 5[¢]
Figurines Values up to 98¢ 5[¢]	AFTER-SHAVE LOTION Reg. 59¢ 5[¢]	Fancy Ribbon Reg. 39¢ 5[¢]	WRITING TABLETS Reg. 15¢ 5[¢]
Tooth Brushes Reg. 29¢ 5[¢]	Plas. Tumblers All Sizes Reg. up to 29¢ 5[¢]	Batteries Regular Size Reg. 15¢ 5[¢]	GROCERIES Various Items Values up to 59¢ 5[¢]
PICNIC SPOONS, FORKS, ETC. Values to 39¢ 5[¢]	TOYS Large Assortment Val. up to 98¢ 5[¢]	Toilet Tissue Reg. 15¢ 5[¢]	Clothes Pins Reg. 19¢ Doz. 5[¢]
Art. Flowers Reg. 19¢ 5[¢]	CANDY Val. up to 39¢ 5[¢]	Envelopes Plain and Return Address Reg. 10¢ 5[¢]	SPONGE DISH MOP Reg. 29¢ 5[¢]
Tin Cups Values up to 19¢ 5[¢]	Dish Cloth Reg. 19¢ 5[¢]	Moth Fingers Reg. 15¢ 5[¢]	Paring Knife Stainless Steel Reg. 29¢ 5[¢]

AND MANY, MANY MORE ITEMS NOT LISTED

THE METROPOLITAN STORE—SALEM
136 N. COMMERCIAL STREET TEL. EM 2-1002