

Ungrowing Pains

By MARY TINLEY DALY

The Feast of the Epiphany has come and now the Christmas Season has ended.

With the expansion of holiday celebrations—from Thanksgiving, practically, until well after the New Year—has come another kind of expansion at our house, a physical expansion.

We NOTED it first in the Head of the House: his coat gaped between buttons, collars of his shirts suddenly seemed too tight.

bing about it with never an answer to the quip that perhaps he was not the only one whose holiday feasting was showing well into the long dull days of January.

Came the day we of the dress-wearing side tried to zip up into one of the holiday frocks and found that even putting a string into the loop and pulling with all our strength wouldn't budge the zipper past a certain spot.

Good heavens! That diet last summer had worked such wonders and here it was all undone.

We began to take stock: there had been the parties, granted. Party food nibbled in bits—portions had seemed so innocu-

ous at the time. Chatting with friends, reaching out for a third-or-that tid-bit somehow hadn't seemed like really eating—not like a great big meal, that is. But, no matter what it had seemed, the good old calories were there. Crackers covered with cheese, salty ham spread, olives, nuts, mints, fruit cake, egg nog.

A little of this added to a little of that had inexorably added more than a little in cumulative effect to the take hold by the bathroom scale, and to the amount of person to be poured, squeezed and zipped into the clothes that used to fit easily.

What to do? Like it or not, there is only one thing to do and that is—go on a diet.

Ugh! A distasteful process, made no easier by food habits that have taken hold so pleasantly and quickly.

We can, of course, pretend that the Lenten season has started early this year and "offer up" the sacrifices but somehow this doesn't quite ring true.

As to meals themselves: breakfast grapefruit will be sugarless, likewise coffee (also sans cream), and toast can have butter or jam, not both. Lunches will have to be merely soup and salad with a glass of skim milk. Dinners? Here is where the Head of the House rebels and we don't blame him.

"A man is entitled to one decent meal a day," he maintains and we go along with that, extending it to women. An Irishman from 'way back, he must have potatoes with his meat, even though they are fattening. But, unbeknownst to him, they can be mashed with hot skim milk, rather than whole milk or better yet, they can be baked and only a tiny pat of butter served on them, with the so-called creamer. "Cheating" on the gray can be accomplished by making that gray with a minimum of meat drippings, rich, brown color made up for by the addition of gray-coloring.

GIVING A man his just desserts can be a bit on the sly, too. An attractive compote of fruit, served with a plain cookie can make a fitting ending for a meal, or a bowl of plain fruit. This works for, perhaps, three or four a week. Inevitably comes the request for "a real dessert, like pie." Pie is fine now and then but it need not be his favorite coconut custard or gooey lemon too often. And fruit pies just can't be a la mode if there isn't any ice cream in the refrigerator!

"Forgetting" to stock the refrigerator with ice cream or "running out" of chocolate syrup is a good stunt, too, for the before bedtime snacks.

We are learning, the hard way, to enjoy the late news on television without adding too much poundage. An apple, we tell ourselves, is every bit as good—and much better for us—than a candy bar, ice cream or peanuts.

When Lent does start, we'll be ready for it!

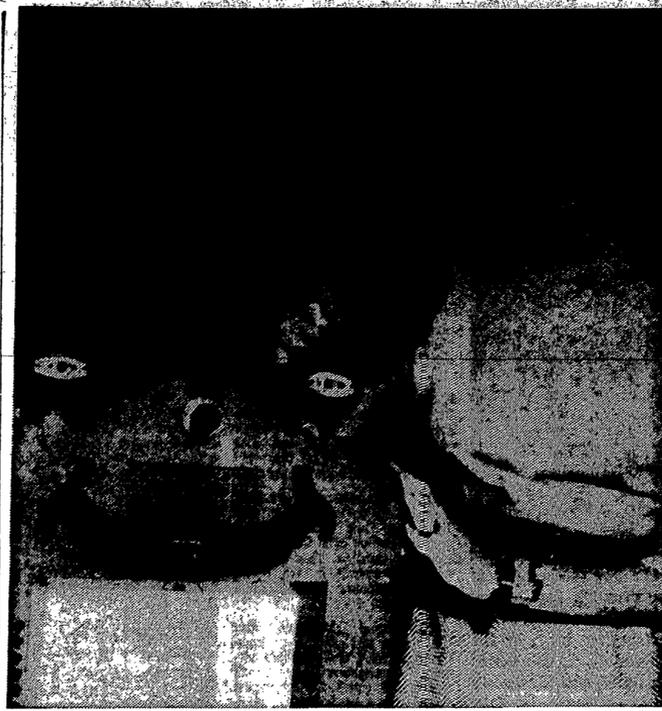
Program Listed At St. Ann's

Auxiliary for St. Ann's Home for the Aged will hold their monthly program from 7:30 to 9:30 p.m. on Wednesday, Jan. 10.

PROGRAM Will include games and card playing. Refreshments will be served and other groups of the auxiliary members will be visiting the infirmary floors or taking part in the monthly sewing session.

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Sunday Morning TV Programs

A series of half hour dramatic films produced by the Hour of St. Francis, Los Angeles, California, are currently being shown Sunday mornings on television channel 5, WROC-TV, at 10 a.m. Jane Wyatt will appear in this Sunday's "The Truth Machine" which portrays the troubles of married couples if they fail to tell the absolute truth.

Sacred Heart Academy Offers Two Scholarships

The Academy of the Sacred Heart is again offering two scholarships valued at \$1,200 each (\$300 a year) based on the recommendation of the principals and competitive examinations to be held Saturday, Jan. 27 from 1 to 4 p.m.

If the scholarship is won by an applicant who wishes to be a resident student, the scholarship award will be credited to the resident tuition fees.

CYO Sports Programs

Bill Stickle with 22 points and Ron Hamilton with 14 paced the Rochester CYO high school boys basketball league which plays its cage contests Thursday evenings at 6:15 and 7:30 p.m. Teams are now ranked as follows: Knights, Little Irish, St. Monica's Stations, East Rochester and Corpus Christi.

A mid-winter learn-to-swim class for men will be held Thursday evenings at 8:30 and 9:30 p.m. beginning Jan. 25. Reservations and information, BA 5-2707.

A father and sons swim party will be held at the CYO pool, Sunday, Jan. 28, from 2:30 to 4 p.m. Program will include a water hockey game and a clown diving contest.

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Engaged Auburn — Announcement was made recently of the engagement of Miss Claudette I. Jetty, daughter of Mrs. Claude P. Jetty of Lacust St. and the late Mr. Jetty, to Francis C. Cuddy Jr., son of Mr. and Mrs. Francis C. Cuddy of S. Marvane Ave.

Inquiry Class Set In Auburn Auburn — The new inquiry classes will start on Monday, Jan. 15. Classes are held each Monday and Thursday in the Music Room, 2nd floor of St. Alphonsus School.

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