

SARAH CHILD

All In The Family



Three is easier than two. Spock says so. His colleagues say so. Other mothers say so.

I'm not so sure. I do know that three-year-olds are more trusting than two-year-olds. They are more companionable, more complex, more decisive.

But most of all three-year-olds are more helpful and more innovative than their younger counterparts.

Take our three-year-old. No longer do I have to worry that if I leave a box of tissues in the bathroom, the entire box of 200, two-ply will find its way into the toilet necessitating a call to the plumber.

No, she is past that. Instead she will wet the entire box in the washbasin, one by one and apply each to the wall for a novel new wallpaper effect.

Three-year-olds like to cook. The fact that you will not allow them near any of your staples does not stymie them. Actually, they prefer working with leftovers and there is always the refrigerator.

The last cooking spree our Julia Child indulged in resulted in a bottle of salad oil and vinegar being dumped in a bowl of gelatin. The addition of a little catsup, two eggs (with some shell) and a half pound of ground coffee produced a "dish" none of us will soon forget.

Three-year-olds like to help Mommy. Give them a bottle of spray cleaner and set them to work on the fingerprints on the refrigerator while you tackle the woodwork and you'll find them in the living room taking

the wax and finish off the lamp tables.

Three-year-olds like to choose their own clothes and to dress themselves.

Yesterday our clothes horse donned two polo shirts, a pair of leotards, a jumper and two pairs of slacks — over her pajamas.

She is creative beyond belief. Murals on the wall, doodles in the books, graffiti on the kitchen counters and gummed stickers on the TV screen.

She is able to work independently without instruction. When she sees that I have watered the two pots of ivy from the five-and-ten but omit to give the artificial fern from the basket shop a drink, she will remedy the error.

She is self-sufficient. When I refuse to buy gum at the supermarket she searches among other shoppers until she finds someone moving their jaws up and down, and surmising correctly that here is an easy mark, requests a stick.

She is heedful of the proper beauty routines. Creams, powders and scented lotions are a must after a bath to say nothing of a little shaving cream.

But most of all she is a quick study who learns her wiles from TV. Sidling up to one of us she will throw her arms around her victim's neck and ask archly after a big, wet kiss: "You wanna marry me?"

"Of course," says the victim, forgetful that in 60 seconds or less he will be castigating the temptress for any one of several misdemeanors.

Mental Health Commentary

By THE DE PAUL CLINIC

Question: I am thirty years old and 50 pounds overweight for my height. My doctor advised that I take off weight. I have tried and succeeded but always put it back on. Half the time my clothes are either too loose or too tight. Could I be hypnotized so I won't eat so much? What else can I do?

Answer: Obesity is said to be a health hazard, sometimes contributing to heart and blood vessel diseases, diabetes and other conditions. It is also said that many obese people suffer from malnutrition because of the nature of the diets they seem to favor.

It is not fair to say that all people whose weight is above the "normal" for their height are truly obese since weight is more than adipose tissue and there is also the "normal range of variation" to consider.

The good Lord designed some of us to be thin and some of us to be overweight; most of us are in-between. The degree of obesity seems to depend on the number of fat cells we contain and their degree of engorgement with fat. Theoretically, those of us with fewer fat storing cells would be less inclined to become obese and the reverse would be so. Except by surgery we cannot reduce the number of our fat cells, but we can reduce the amount of substance stored in them. Weight reduction means getting rid of this stored substance by "burning it off" through exercise and not replacing it through dieting.

A good weight reduction program requires exercise plus reduction of caloric intake. Dieting is the key to a weight reduction program. There are many such programs, the principles of which are essentially the same:

- reduced caloric intake with appetite satisfying, low caloric foods;
- a reasonable amount of exercise.

The emphasis should be on low caloric intake rather than on weight loss. This requires motivation to lose weight, determination to continue on the chosen program and a good knowledge of balanced diet using low caloric, satisfying foods.

Hypnosis has not yet been legalized. Perhaps it should be since it may be as dangerous as some of the anorexic drugs that have been used and are frowned upon now. At best, the hypnotic effect would be of short duration.

There is no simple solution to weight reduction. The secret lies in the motivation, determination and persistence. There may be tricks but there ain't no magic!

Questions on children's mental health should be mailed to: **Mental Health Commentary, Courier-Journal, 67 Chestnut St., Rochester, 14604.**

Courier-Journal

Bible Study Offered by Fr. Eisemann

Father Frederick F. Eisemann is conducting a series of Bible study classes on alternate Sunday evenings from 8 to 9 p.m. in Our Mother of Sorrows Church hall.

St. Matthew's Gospel is currently being studied, with emphasis on the application of God's Word to our daily lives.

Tapes of previous sessions are available to update newcomers to the course, which is offered to all adults and high school students in the diocese. Refreshments are served. The next session will be on Sunday, March 11.

Father Eisemann is also offering adult religious enrichment, a continuing program of in-depth study of the teachings of the Catholic faith.

The topics discussed are chosen by the people. It meets on the third Thursday of each month, at 8 p.m. in the Legion of Mary room at Our Mother of Sorrows Church. Refreshments are served.

CDA Scholarship

Applications are being accepted for a three-year scholarship sponsored by the Catholic Daughters of America, according to Mrs. Nelson Schum, regent of Court Our Lady of the Cenacle.

One girl in each diocese of the state will be awarded \$200 each year for three years, she said. Any Catholic girl going to any college is eligible. Deadline for applications is April 15.

On the national level, a \$500 graduate scholarship will be awarded. May 15 is the deadline for applications. Information on either scholarship may be obtained from Mrs. Schum at 482-9600, or any CDA member.

Deaths

Agnes Larkin

She was a member of St. Monica's Guild.

Mass of the Resurrection was celebrated Feb. 21 at Immaculate Conception Church for Agnes Cloonan Larkin who died Feb. 18.

Her son, Father Theophane V. Larkin OFM, of St. Bonaventure University was the chief concelebrant at the Mass at which 35 priests and 15 seminarians attended. Bishop James E. Kearney spoke following the Mass.

Mrs. Larkin is survived by one daughter, Mrs. Joseph McMahon; two sons, Thomas J. and Father Theophane; five grandchildren and several nieces and nephews.

COMMUNAL PENANCE

A communal penance service is scheduled for 7 p.m. Wednesday, March 14, at St. John the Evangelist, Spencerport.

INSTRUCTIONS

TUTORING all subjects. Qualified teachers. PROFESSIONAL TUTORING SERVICE, 244-9155, 271-7707.

HELP WANTED

SALESMAN FOR carpet Store. experienced, good salary, commission, benefits. Apply Rochester Linoleum and Carpet Center, 931 East Ridge Road, Rochester, New York 14621. 716-338-1500.

MAKE \$200 to \$400 per month in spare time. Ideal for ambitious couples. Enjoyable work with people. Call 458-2115 for appointment.

HOUSEWIVES AND MOTHERS — Part-time work from your home. Set own hours. Extra money. Call 564-2537.

WANTED TO BUY

BROWNIE UNIFORM, size 7 or 8, plus accessories. Also hall clothes tree. 381-8746.

ANTIQUES, furniture, silver, jewelry, bric-a-brac, dolls, frames, china, cut glass, curios. Appraisals — Liquidations. Marie Walther, 683-5573 after 5 P.M.

Wednesday, March 7, 1973

COURIER WANT ADS

"Everything Under The Sun"

BUSINESS SERVICES

WEDDING INVITATIONS — Accessories from \$11.50 per 100. M. Peter 865-2644.

PATINTING AND Wallpapering winter rates. Jalbert Decorators 482-2823.

HOME INTERIOR remodeling — Kitchens, powder rooms, bathrooms, recreation room, porch enclosures. Expert carpenter, free estimates 286-4747.

TILE: FROM complete bathroom remodeling to small repairs. Reasonable 338-1550.

FLOOR sanding, refinishing. Dependable service since 1921. Reasonable. Cy Callemeyn, 865-1333, 458-6665.

BROKEN WINDOWS? We replace glass in regular, storm, picture, Thermopane, patio doors & Anderson windows. For low cost "on the spot" glass replacement with our MOBILE GLASS SHOPS. Call the GLASSMAN. We also make tops for furniture and desks, 328-6130.

PAINTING and paper hanging, free estimates, quality work. Dan Burgmaster, 663-0827.

CARPENTER WORK porch steps, small jobs, remodeling, paneling, wind damage repairs. Free estimates. Robert Bulluck, 865-2448.

ODD JOBS: Storm windows removed, washing walls, floor waxing, cleaning gutters etc. 436-4421.

WINDOW SHADES: Beautiful new decorator shades or crisp new regular shades would make "that room" really come alive for the holidays (made locally — no delay). Call us at 235-4462 and we'll come. Edgett Window Shade Shop.

PAPERHANGING, EXTERIOR and interior Painting, 392-9646. Klaus Schulz. PAINTING, INTERIOR — Excellent workmanship. Low winter rates. Ray Weber, 342-9066.

INCOME TAXES prepared. Reasonable rates. Quick dependable service. Dial 324-7336.

ENTERTAINMENT

SUN — Contemporary, folk music. Free shows for hospitals, nursing homes 436-1126.

JAN CURSIO Orchestra — Dance music, weddings, parties, banquets 654-8914.

SOFT WATER, Contemporary, Progressive, folk music for coffee houses, concerts. Call 654-9152.

FOR RENT

301 GARSON AVE. Four room upper. Utilities, garage, carpets, drapes. Couple. 11 to 7.

4 ROOM FURNISHED apartment. Utilities. Off Lake Avenue. Available. 621-4973.

SLEEPING ROOMS — Winton-Empire. Parking, Busline. \$15.00 up — 288-7885.

FOR SALE

COMPLETE SET leather bound Harvard classics. Like new \$20.00 325-6928.

BASEMENT SALE — Electric Sunbeam coffee pot, antique iron bench, school desk (seat in front), 8 ft. long shelf with clothes bar, old but never used root beer mugs, 1925 floor model radio cabinet only; volume of books on elementary psychology, physics, etc.; volume of Mark Twain, Poe, Franklin, etc. Bedspreads, good as new children's clothing, electric broom, silver items, circular utility table, 108 Vayo Street off Empire Blvd. (3 streets east of Empire & Culver intersection) 482-7833.

23 inch MOTOROLA Black and White TV Consoke. Good condition, \$65.00. 395 Remington St. Apt. City.

KITCHEN TABLE, 4 yellow chairs \$25.00. Fan \$3.00. 458-5648.

POODLE PUPPY — AKC, miniature, silver male, groomed. Make offer. 377-3482.

MOTEL — 10 Neatly furnished units with TV, three bedroom modern home on 3 acres near Canandaigua. Owner retiring. Consider \$20,000.00 down, 7% mortgage. Call (315) 657-7433.

MAGNAVOX AM-FM Stereo, radio, record player console, \$100. 21 Kensington Street, 235-5738.

TV BLACK and White 19 inch \$50.00 Call after 6 p.m. 546-7034.

RADIO - TV

EXPERT COLOR TV service. All work guaranteed. Loaner sets available. Call Chuck Mackay at ALMAC TV, 671-7045.

SERVICING — TV Stereo-Transistor; foreign and U.S. Free estimates. "Commercial"; 288-2371.

SPECIAL MISCELLANEOUS

FREE PIECE of jewelry to first 15 people booking, and holding a Sarah Coventry party. Call 544-1716 or 235-7388.

STUD service; Golden Retriever, champion stock. Ancestry of nineteen champions. Beautiful dog, golden red. Robert Bulluck, 865-2448.

MEN'S PERFECT 2-carat light golden diamond ring for sale, or will trade for gold or silver dollars. Call 464-8846.

AFGHAN CROCHET — Many patterns. Labor \$16.00. 671-3151.

"ANTIQUE - OLDTIQUE - NEWTIQUE BOUTIQUE" St. Thomas the Apostle Hall — St. Paul Blvd. — Colebrook — W. Irondequoit — huge parishwide collection, quality items, unbelievable prices. Saturday, March 17th — 8 a.m. to 3 p.m.

MERCHANDISE

PIANOS & ORGANS — Rent with option to buy, private lessons, popular music, orchestra music for all occasions. Jack Spallina, 134 Pardee Road, 288-8138.

VIRGIN MARY prophesies world warning. Send 65¢ to: St. Michael's Press; P.O. Box 1667; Flagstaff, Arizona 86001.

YEAR END SALE — Singer zig-zag sewing machine, makes button holes, blind hems, monograms, full guarantee, full price \$48.00 or 4 payments of \$12.00 monthly. Free Delivery. Necchi-Elna Sewing Center, 244-0830.

EXPERT SEWING MACHINE REPAIR. 30 years experience on all makes and models. Free estimates. Brand names, new and re-conditioned \$19.95. Call Mr. Needle Sewing Center, 288-2100.

GIGANTIC WAREHOUSE SALE. Brand new Necchi zig-zag sewing machines that do everything from button holes to fancy stitches, 20 year guarantee. One year free operating instructions \$37.50 portable or \$59.95 with cabinet. Cash or payments arranged. Call Mr. Needle Sewing Center — your authorized Necchi and Pfaff dealer. 288-2100.

DO YOU know that Monroe Appliance Co. sells brand name furniture, carpeting and bedding at 20-30% lower than most large furniture stores. Try us! We know you'll be convinced. 733 Monroe Avenue 473-6985.

MANUFACTURER HAS brand new 1972 Redwood pools on sale for 1/4 price. Fully guaranteed. Installation optional. Call now for immediate delivery, Kayak Recreational Mfg. Corp. 1671 Penfield Rd. Rochester Call Collect 716-381-6421 anytime.

WANTED

PRIVATE COIN Collector wants coins of any kind, top prices: 464-8846.

OLD SLATE bed pool table. Wood must be in good condition or easily restored. The older the better, 267-3353, 10 a.m. to 5 p.m.

REFINED, RETIRED person with car. Capable of making home repairs for remuneration. Also for local transportation — sharing expenses. Wayne County. Box 118 — Courier-Journal.

APARTMENT UNFURNISHED — Blossom Road vicinity. One or two bedrooms. 328-3052.

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