

Outlook on Lifestyle

Daughter-in-law Elaine punishes her-in-laws

DEAR MEG



Meg Whitcomb

DEAR MEG — Jerry married Elaine because he got her pregnant. We never cared for her, but we sanctioned the marriage for the sake of the baby.

Of course the marriage didn't last, and Elaine got custody of little Jody. Then a terrible thing happened. We lost Jerry in an airplane accident. Flying was his hobby, and he had his own single-engine plane.

Six months after the funeral, Elaine remarried, and her husband adopted Jody. That was two years

ago, and we haven't seen her since. Our letters to Elaine are returned unopened and, although we send Jody gifts, her mother has never as much as written a thank-you note. With both Jerry and his daughter out of our lives, we feel doubly cheated. We don't understand why she is punishing us. — **THE B'S, CALIF.**

DEAR B'S — A daughter-in-law who cuts all ties with her former in-laws may be punishing them for the sins of their son, or she may believe — rightly or wrongly — that they contributed to the split. Either way, Elaine's disappearing act is grounds for a visitation petition in your state. See a lawyer soon.

DEAR MEG — Are short men more insecure than tall men? Or am I off base in making such a statement?

Recently I dated a man who is 5 foot 4. After several dates, he started bragging about women asking him out to dinner, to the movies and so on. Then he started making references to my "other boyfriend." There was no

other boyfriend, nor had I given him any indication that there was.

I have often read that people brag to build themselves up in front of others, when the truth is they feel lousy about themselves. What do you think? — **5 FOOT 5 & FEMALE, CALIF.**

DEAR 5 FOOT 5 — Unfortunately, the premium our culture puts on height — as in "tall, dark and handsome" — often has devastating effects on short youngsters. This is particularly hard on boys; tallness has traditionally been associated with masculine strength and attractiveness.

Short men sometimes do compensate for feelings of inadequacy and insecurity by becoming braggarts and showoffs. I'm afraid your date suffers from the self-conscious-shrimp syndrome.

TOP TEN MOVIE RENTALS

- | | | | |
|-----------------|-------------------|------------------|--------------------|
| 1 st | Top Gun | 6 th | Howard The Duck |
| 2 nd | Cobra | 7 th | Police Academy III |
| 3 rd | Maximum Overdrive | 8 th | The Money Pit |
| 4 th | Manhattan Project | 9 th | Murphy's Law |
| 5 th | Raw Deal | 10 th | Delta Force |

Yawning does have a purpose

DR. GOTT



Peter Gott, M.D.

DEAR DR. GOTT — I am a female, 61, and for the past 20 years have had a problem with excessive yawning. Sometimes in church I yawn for 10 to 15 minutes while attempting to sing. Is this from a lack of oxygen to the brain? It seems to me that I also have a greater-than-normal loss of memory.

DEAR READER — Yawning is a means by which the body compensates for low oxygen content by "supercharging" the system with a particularly deep breath. Some people appear to have an overly active yawn response; they yawn often — frequently in preparation for a task, such as singing, in which control of breathing is very important. In a few patients, yawning takes on the appearance of a nervous habit or tic.

You may be helped by hyperventilating (taking a few voluntary deep breaths) when you feel the urge to yawn or before you begin to sing. Your memory loss is not related to yawning. However, it could indicate an early neurological problem. See your doctor about this.

Don't let depression get you down. Meg's booklet "Depression — What You Can Do About It," is available for \$1 from DEAR MEG, in care of this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.



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HOME POST SCRIPTS

By Glenda Hughes

Repairing vinyl floors can be a tricky problem, if you don't have the "know-how" to do it properly. Kitchen flooring that has had hot pans dropped on them, or cans dropped that have split the vinyl, are the most common accidents. Short of calling our local stores to replace the vinyl, you might try repairing it yourself if you have a piece of spare flooring. Firstly lay a slightly larger piece over the damaged area. Adjust the position to match to your pattern of floor. If necessary, then tape it in place. Using a linoleum knife and a steel ruler, cut a rectangular patch large enough to cover the problem area, cutting through both the patch material and the original flooring. Now, remove the taped piece of flooring and use the cut-out patch to replace the damaged piece of floor, which you now can lift out where it has been cut. Your patch will fit exactly. Finish it off by gluing it in the appropriate place with suitable flooring cement.

THIS WEEK'S MORTGAGE RATES

As of May 6/87

	VARIABLE	3 MO OPEN	6 MO OPEN	9 MO OPEN	1 YR OPEN	1 YR CLOSED	2	3	4	5	7	10
Bank of Nova Scotia	8%	—	8%	10	9%	10	10%	10%	11	—	—	—
Bank of Montreal	9%	9	—	10	9%	10	10%	10%	11	11%	—	—
Canada Trust	—	9	—	—	9%	10	10%	10%	11	—	11%	—
C.I.B.C.	—	9	—	10	9%	10	10%	10%	11	—	—	—
Halton Comm. Cr. Union	—	—	—	10	9%	—	—	—	—	—	—	—
T.D. Bank	—	—	9	10	9%	10	10%	10%	11	—	11%	—
Royal Bank	—	9	—	10	9%	10	10%	10%	11	—	—	—



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By Glenda Hughes

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