Milton TOPS Club's Group Therapy Program Whittles Excess Pounds off Local Ladies

By Roy Downs

ladies?

erator more and more these evenings?

It sounds like you're a candi- das 11 years ago.

date for a Milton club known as "T.O.P.S." The initials stand for its members do just that.

Losing for 10 years

consin.

give TOPS a try.

"Group Therapy"

with any commercial firm, reducgram. Mrs. Esther S. Manz of Mil- aid them." waukee, who founded the profor the obese".

ed her organization with a meet- are still members. ing where they all sat around and

Sugar and Spice...

(Continued from Page C1) They favored the former, because it would save on teachers, lighting and books. But some parents were pretty annoyed at the idea of their 88-pound daughters holding a 200-pound football player on their laps all day. So the school board fearlessly compromised, and voted for the shift system.

And that's why your faithful re- supervision of a doctor. porter lurches out of bed at 6.15, about 10.30 in the morning.

evening to prepare lessons. The meetings are about one-half days.

In practice it's horrible. Wives row. persecute husbands in the afternoon with shopping, scrubbing, repairing, nagging. If you sleep in the afternoon, you lie stark, staring, insomniacal, at night. If you work or play, you fall asleep in the midle of dinner, baked potato half chewed.

Nobody goes to bed any earlier than they ever did. And what we wind up with is a pedantry of red - eyed teachers, Student Identification Card at frayed at the edges, facing a gaggle of yawning teenagers, some of whom were up at 5 a.m. to catch the school bus, every morning at 7.45.

discussed their weight problem, But losers are rewarded by a dieting, therefore the "piggy" Too much turkey and trim- frankly and without fear of being five cent per lost pound bonus. awards at the weekly meetings, seeing a film on curling, courmings over the recent holidays, laughed at or misunderstood. She Each member gets an emblem to They also pair up as "pals" and told a newspaper about it and wear on their dress for the next each pal is responsible for keepwas flooded with applications, week — a turtle for those who ing an eye on the other, weight-Find yourself raiding the refrig-Soon TOPS was growing by leaps show no loss or gain in weight, a wise. Weight getting to be such a being founded across the states. for those who gained weight. problem your clothes aren't fit- The movement began in Ontario when a club was founded in Dun-

Encouragement, Incentive

the overweight who are sincerely pounds in a year. avoirdupois from local ladies, problem in common and discus- stage club visits with neighboring just one snack away from a com- week draw at present. and is affiliated with the internal sing it frankly, without fear. The clubs. Among the district clubs plete dietary revolution. tional TOPS organization with members of the club compete are TOPS groups in Dundas, Kitheadquarters in Milwaukee, Wis- with each other in a friendly chener, Hamilton, Hespeler, Presfashion, while attaining their ton, Galt, Waterdown, Burlington, dream-come-true for Mrs. Manz. Over the years the TOPS pro- ideal weight and maintaining that Oakville, Streetsville, Port Credit the founder, to see the way TOPS gram of careful weight-watching weight. The success and enthusi- and Brampton. There are present- has grown," said Milton leader coupled with group therapy, will- asm of the group provides encour- ly 215 clubs in Ontario, with a to- Mrs. Cartwright. power and incentives has led to agement and incentive to those tal membership of 4,500. They Perhaps the best way to close the successful shedding of untold individuals who lack the will pow- often hold a Valentine, Hallow- this article is to repeat the invita-

Club leader Mrs. Karl Cart- outlet to help overcome the unwright and her executive have de- derlying cause of obesity, such as Once each year an International pledge: cided to launch a membership frustration, lack of confidence TOPS convention is held usually "I am an intelligent person. campaign to boost their club ros- and loneliness. TOPS is not a in the United States as the move- will control my emotions not let ter and they're issuing a warm in- course of a few weeks or months ment is bigger there. Highlight of my emotions control me. Every vitation to any ladies with a duration. It is a well planned, these conventions is the crowning time I am tempted to use food to weight problem to come out and continuing program dedicated to of the international queen-some satisfy my frustrated desires. helping the overweight, bringing of whom are credited with losing build up my injured ego or dull them recognition and awards for 100 pounds or more. The Milton my senses, I will remember even TOPS is a non-profit organiza- a job well done and utilizing that club members chartered a bus though I overeat in private — my tion that refuses to be identified success and know-how to help all and took in the convention in excess poundage is there for all others who will put themselves in New York City last year. This the world to see what a FOOL ing method or diet control pro- a position where the club can year's international is being held I've been."

Began with 14

rying about M.A.S. (Middle Age Mrs. Bernice Erwin, a former resi- Ontario losers are honored.

stands at 14, although it has would be glad to get one going in nings, vice-president Mrs. A. Ledclimbed as high as 18 in recent town.) years. Members come from Mil- Provincial recognition days also secretary Mrs. T. M. Dustan, eduton, Kilbride, Norval, Zimmer- acknowledge Teen TOPS and Tiny cation secretary Mrs. J. Pilcher man and elsewhere throughout TOPS (those under 12 years) who and Dorcas secretary Mrs. E. the rural district surrounding the have participated in the program. Mongraw.

are 20 pounds overweight, but it year.

Lo-Cal Luncheons

wildly groping for the alarm Members meet weekly on Wedclock, has a coffee break, if there nesday evenings at the home of have to shame themselves into Mrs. Coulson has held this post. is one, at 9 a.m. and eats lunch members. Fees are \$4 annually (\$6 for the initial two years plus 25 cents an evening to cover ex-In theory, it's wonderful penses.) Needless to say, any Teachers have all afternoon to lunches served at the club funcsleep, golf, curl or hunt, and the tions are of the low-calorie kind.

Good for the students too. They business, and one-half social. have their homework all done Each member's weight is recordby dinner time, and can watch ed weekly and figures are kept TV or wash their hair, or go to confidential by the weight recordthe poolroom. All we have to do er. A 10 cent fine is levied on anyis get to bed a couple of hours one who has gained a pound since earlier than in the good old last meeting, and you must pay a 10 cent levy if your weight remains the same two weeks in a

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Crown "Queen"

Big Losers in Toronto.

As well, there's always a program in 1948, after she began wor
The Milton club was formed by vincial "recognition day" when Grace Auxiliaries

Spread), calls it "group therapy dent of town. She advertised for The movement has also branchmembers and called up a few ed out to include a "Sir TOPS" ested in losing weight and launch the first meeting, six of whom it's easy to start a men's TOP— lary were named recently. just three charter members are Afternoon branch executives in-

Florida Next

Helping Mrs. Cartwright on the Milton members had so much This group has decided to adopt executive are the co-leaders Mrs. fun at New York last year they a child in India, through the E. Smith, secretary Mrs. A. Hank- started a fund to finance their church. ins, treasurer Mrs. C. Watson and transportation to the 1968 conven- The evening branch's annual

and bounds and branches were top for a loser, and a little pig The pal system finds its best answer period and reports of advantage when one TOPS mem- various committees. ber is tempted to delve into a At the end of the year the TOPS huge piece of cake, or grab a Mrs. Ann Ptolemy, games chair- read by the assistant secretary, Brownie Mother's Group held a member losing the most weight quick snack at bedtime. Accord- man, gave an excellent report and Mrs. J. Hannah. Several thank in the year is crowned the "Queen ing to the Tops manual, pals are answered several questions. She you cards and letters were read Mrs. Manz explains the success of Tops" and receives a gift. Mil- encouraged to telephone each oth- stressed the point of reading the from friends who had been re-"Take Off Pounds Sensibly" and of TOPS this way: "The purpose ton members who won the award er and report their temptations, bulletin board for activities of the membered at Christmas. of TOPS is primarily to help all in recent years have lost up to 18 so the pal at the other end of the club. line can talk, cajole or shame The business girls are compet- North Halton School for Retard-"Milton Wonder TOPS" is the interested in losing pounds sens- The social end of the TOPS them out of it. And it works, too, ing for the Early Bird Trophy name of a local club founded allibly. It is based on the principle program is a varied one. The girls just like AA works. Just as an in a seven week draw and the most 10 years ago with the prime of group therapy—getting togeth- enjoy a get-together just to chit- alcoholic is only one drink away ladies' section is competing for purpose of shedding some excess er a group of people who have a chat and besides they occasionally from a bender, a TOPS disciple is the Millson Trophy in a seven

Dream Come True

"It must have been a wonderful

extra poundage from its mem- er to accomplish their goal alone. e'en or Christmas party, and the tion to come out and try TOPS "TOPS also provides a social odd steak barbecue is thrown in. if you think you have a weight problem, and to quote the Tops

Name New Officers

The officers of the Afternoon She got together with a few friends to get it started. There club for men. (Incidentally, if and Evening branches of Grace friends who were sincerely inter- were 14 members who joined at any male readers are interested, Anglican Church Women's Auxil-

Today the club membership needed and the Wonder TOPS cludes president Mrs. W. B. Jenwith, treasurer Mrs. H. Parker,

Adopting Child

weight recorder Mrs. A. Kingdon. tion in Florida, and they're al- meeting saw the following offic-Anyone can join TOPS if they ready booking for Toronto this ers named, president Mrs. T Bounsall, vice-president Mrs. R. is recommended that members' TOPS members realize that Argall, treasurer Mrs. C. Burton, dieting be carried out under the compulsive eating is their worst secretary Mrs. May Brown, eduenemy. 'If you aren't hungry, you cational secretary Mrs. K. Thomparen't losing," is one of their son and Dorcas secretary Mrs. G. many mottos. Sometimes they Coulson. This is the 20th year



We've Nothing



KISSING

AGAINST

AGIFT FROM DAVIS

WILL LAST MUCH LONGER!

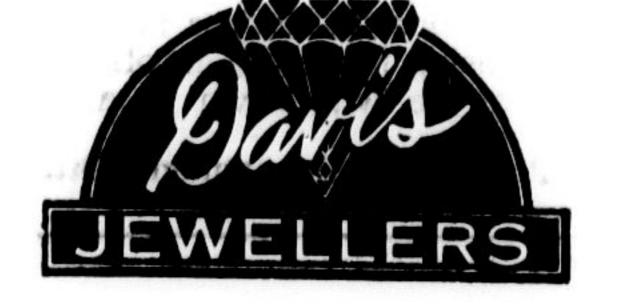


FOR HER . . .

RINGS COSTUME JEWELLERY PENDANTS WRIST WATCH FINE CHINA

FOR HIM . . . WATCH CUFF LINKS POCKET BOOK

LIGHTER RING **ELECTRIC SHAVER**



Curling Club Ladies' News

The ladies' section of the Milton Curling Club held an open meeting on Monday, January 17, in the lounge of the club.

Prior to business, all enjoyed tesy of a brewery.

With Mrs. June McCuaig in the chair, the balance of the meeting consisted of a question and

Many Activities

three - week Sweepstakes are in

Liz Frame, social convener, re- Noble, second Glad Merritt and ported on plans for a Valentine lead Barb Durnan. Pat Nichol's Tea on February 14 at 2 p.m.. rink including vice June McCu-Court whist will be played. A St. aig, second Jessie Anderson and Patrick's bridge is planned for la- lead Hazel Porter played two 10ter. Tickets to the bridge social will be restricted to avoid over- winning one and losing one. crowding.

132 Members Jean McDuffe on memberships skip Dolly Wheeler, vice June

reported 132 members. Members were urged to attend lead Dorothy Walker. Business out-of-town bonspiels for curling girls on a trip to Toronto were experience, fun and good fellow- skip Joyce Rowley, vice June Fish, ship. Listed below are rinks who second Mary Surbey and lead have visited out-of-town and all Nancy Mackenzie.

150 Main St. - Opp. the Imperial Bank

DRUMQUIN

attendance.

selves thoroughly.

North Trafalgar Club

By Mrs. A. Ball

sided for the business period. The

end games in Lambton recently,

Club, Hamilton, and they were

Fish, second Joyce Rowley and

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CAKES FOR SPECIAL

OCCASIONS

Birthdays — Anniversaries

or for any Special Event

Special Birthday Cakes for the Small Fry

Business girls went to Thistle

(Intended for last week) The North Trafalgar Community Club held their January meeting at the home of Mrs. J. D. Cordingly with a good number in

some taken in Detroit. The meeting opened with the Lunch was served by the host- ants in the local towns. singing of the club Ode. The president, Mrs. A. McCracken pre-

ess and a social time enjoyed. Successful Event

minutes of the last meeting were very successful euchre and bake sale at the Boyne Community Mrs. W. Harris on the arrival of \$25 is to be donated to the

Prize winners were: ladies, Dianna and Heather. end game 9-5 and losing two 8-7. lain, Mrs. Bill Hill and Mr. Ward. duties in a Toronto church. Along for the trip were vice Pat

Lucky draw prizes were won by Frank Peacock, Mrs. Bill Bradley, Mrs. Jim Saliba, Mrs. Ruby Sullivan and Mrs. Elmer Bailey.

The oldest lady present was Mrs. Bertha Peacock and the oldest gentleman, Robert Inglis. The ed Children. A euchre is to be couple married the longest was held in the Percy Merry school Mr. and Mrs. Ward and the on Thursday evening, January 27. couple with the largest family The meeting closed with the was Mr. and Mrs. Virus. Those benediction. For the program, with their birthdays nearest to Mrs. D. Dalgleish showed slides the date were Mrs. Irene Saunof her visit to England, also ders and Cliff May. The many prizes were donated by merch-

The evening concluded with lunch served by the ladies in

New Son

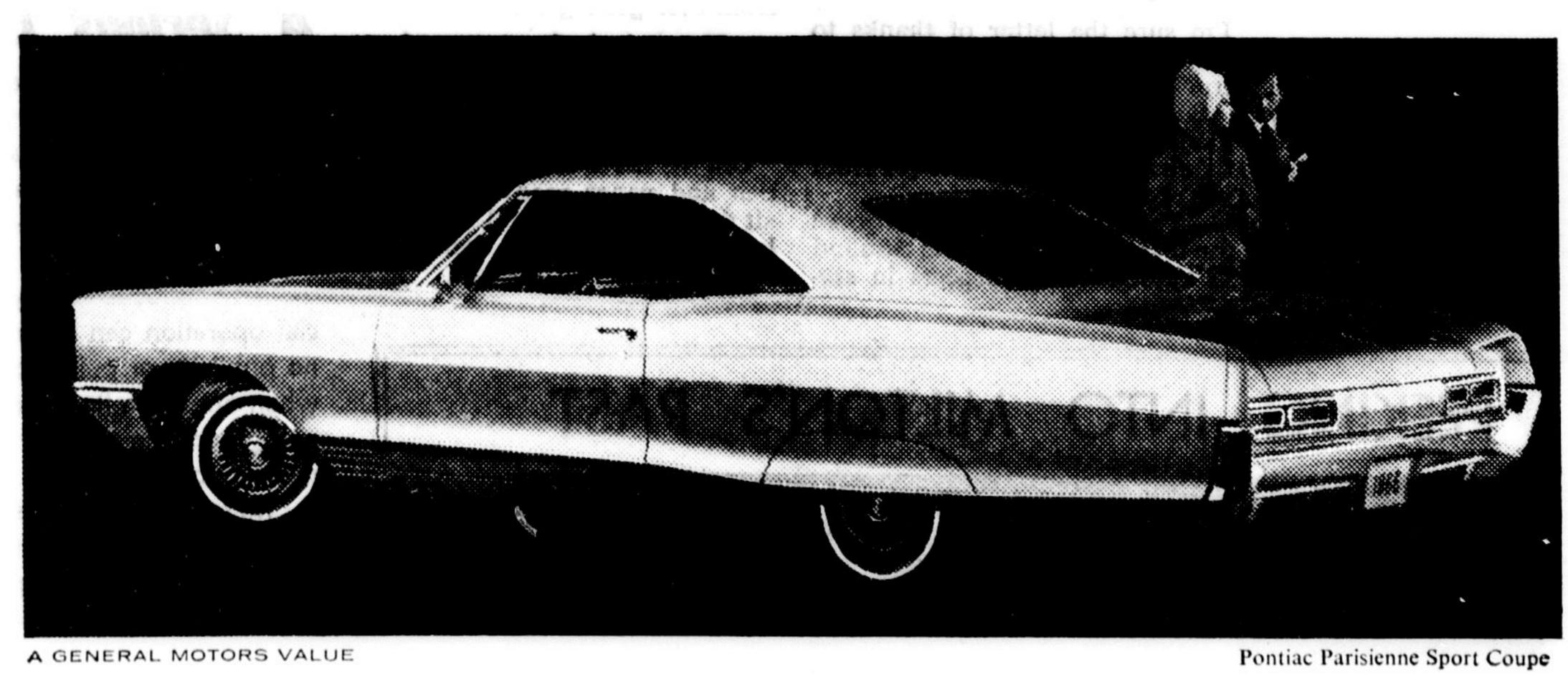
Congratulations to Mr. and Centre on Thursday evening, their son at Oakville - Trafalgar Twenty tables of euchre were in Memorial Hospital on Wednesday, January 19. A brother for

Mrs. Montgomery, Mrs. A. Ford Bethel Church and Sunday and Mrs. V. Bradley; men, Fred School were closed on Sunday reported having enjoyed them- Johnston, Lorne Chamberlain due to weather conditions. This and Gordon Leslie. Consolation coming Sunday, Rev. E. Linstead Skip Liz Farley's rink went to prizes went to Mrs. G. Leslie, will be preaching his farewell Wednesday mornings, two Erin recently, winning one eight- Mrs. Sammitt, Mrs. L. Chamber- service before taking over his





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