



Jacelyn Clayton

Parents Announce Wedding Plans

Mr. and Mrs. E.B. Clayton of Boiling Springs have announced the engagement of their daughter Jocelyn Isabelle to Robin James Tolleston.

A graduate of Crest High School, Miss Clayton made her debut in the Shelby Debutante Ball. She received an English degree and graduated cum laude from Appalachian State University. She received a master's degree in teaching English as a foreign language at San Francisco State University. She is employed as an instructor at San Francisco Community College and at the University of San Francisco in San Francisco, Calif.

The prospective bridegroom is the son of Walter G. Tolleston of San Francisco, Calif., and Molly Tolleston of Hendersonville. A graduate of Hendersonville High School, he attended Appalachian State University. He is a musician and writes for several music publications. He is also employed by Walter Tolleston Musical Organization in San Francisco, Calif.

Dover Chapel on the campus of Gardner-Webb College in Boiling Springs will be the setting for the Jan. 2 wedding.



ALL TRUSSED UP — Bet you never thought of trussing up the Thanksgiving turkey with dental floss! It's cheap, it's sturdy and it's easy to work with. Just be sure you use unwaxed floss, please.



CALORIE COUNTDOWN

BY SUSAN DUFF

CHANGING YOUR EATING STYLES

When people proclaim that you can lose weight and still enjoy all your favorite foods, most dieters are skeptical. And yet, the truth is that preparing the foods you like best in the most nutritious way is often an excellent way to eat the foods you love without gaining pounds. Also, limiting portions and avoiding fattening dressings can help you have what you like without disastrous consequences to your figure.

Sugar is a good place to start. There is as much sweetness in an orange (600 calories) as there is in a chocolate cookie (125 calories). The flavors and textures are different, of course, but if it's a sweet tooth you want to appease in mid-afternoon, get into the habit of eating fruit rather than processed sugar.

Eating cakes, pastries, cookies and candy is a kind of national habit. Like all habits, it can be changed. Learning to enjoy coffee or tea without sugar saves you 20 to 40 calories per cup. That can make the difference of about 15 pounds lost in a single year.

Fats are another food area in which we tend to overdo — about 40 percent of the typical American diet is fat in the form of whole-milk dairy products and other animal fats. A typical tablespoon of fat (such as butter or vegetable oil) has about 100 calories. Eliminating that calorie addition and learning low-fat cooking techniques (broil meats on racks, skim fat from stews and soups) can make an enormous difference in your calorie consumption.

Reduce your portion size of fattening food and

fill up on the less caloric fare. Five ounces of steak is a more reasonable amount than the usual 10 ounces; double your salad portion to help you fill up. A one-cup portion of pasta, rather than a three-cup plateful, should be plenty. Fill up on broiled chicken (without skin) and a large portion of green vegetables.

Our typical eating style as a nation shows an unhealthy and fattening tendency toward lots of sugar and lots of fats. Fruits and vegetables are almost forgotten in the usual American diet. Reverse the proportions and discover how much easier it can be to feel full and satisfied and lose weight, too.

By M.A. PETTI, M.D.

High heels are attractive, but if you wear them all the time you can get shortening of the tendons in the back of your legs. This can result in back problems. To prevent this, wear low heels at least part of the time.



Carolyn Eaddy

Wedding Plans Announced

Mr. and Mrs. Joseph McCary Eaddy of Lake City, S.C. wish to announce the engagement of their daughter, Carolyn Maxine Eaddy, to Garry Wayne Houser, son of Mr. and Mrs. Wayne N. Houser of Florence, S.C.

The marriage will take place on January 10, 1982, at Prospect Independent Methodist Church in Johnsonville, S.C.

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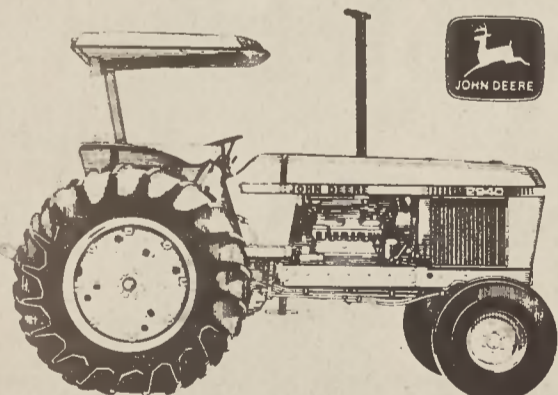
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