Dear Abby

By ARDAIL VAN RUREN

DEAR ABGY: My husband and I have two sons, aged 15 and 8. The older boy is a very strong and healthy 309 South 4th Street

BEFORE AND AFTER

Results like these are commonplace at the two reducing camps run by Mrs. Gussie Mason — with lectures, seminars, etc. She emphasizes that many children won't lose weight at all if they're teased, teased, teased. (Many children can.)

Guides for Parents of Overweight Children

Here are 10 rules for parents who want to help their children lose weight, formulated by Gussie Mason, author of "Help Your Child Lose Weight:"

1. Stop telling and telling and telling your child. Don't nag or threaten about your child's diet. It does no good. It only makes your child a chronic dieter and a chronic dieter...

2. Don't make your child's diet front of friends or relatives. Heartaches and tears is no fun to see.

3. Don't throw the baby out with the bath water. Don't go way off the diet one day, and then...you've been doing it...and...it's all over again.

4. Don't do anything to create the impression that your child is not losing weight.

5. Don't tell your child that, if you don't lose weight, you'll be thrown out of the family.

6. Don't try to get your child to throw him out of the family. Don't try to throw your child out of the family.

7. Don't do anything to create the impression that your child is not losing weight.

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9. Learn the nutritional value of foods and plan your menus accordingly. Don't eat lunch, don't eat dinner, don't eat...

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DEAR ABGY: I heard my teen-age daughter (piling up 309 South 4th Street

Beauty After 40

By EDITH THOMSON, M.B.O.

"I heard my teen-age daughter telling her friends about moody and severe acne. She said that she thought she had been through the worst of it. I told her I thought she was wrong... I think she was through the worst of it." "I heard my teen-age daughter telling her friends about moody and severe acne. She said that she thought she had been through the worst of it. I told her I thought she was wrong... I think she was through the worst of it."

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