

By HARRIETT MUHAMMAD

DEAR HARRIETT: I am thirty-six and have six children. There is a young man that wants to marry me. We are very fond of each other, but he is only twenty-five.

He really likes my children and they like him. They have told me that he seems like more of a father to them than their own father. He's good to them and I've never seen them as happy as they are now. He has two children from his first marriage, too.

The only thing that worries me is that he's so young. Do you think that perhaps he is too young for me to marry?

F. B.

DEAR F. B. If age is the only factor that bothers you, I wouldn't let it. If you think that this man would be a good husband and father, then don't just turn him down because it's customary for the woman to be younger. Examine his other points both the good and the bad. Examine yourself and what you have to offer him, too.

Then base your decision on this. There is no guarantee of success for any marriage — it depends on the circumstances. You may have found a very mature young man of which there are a few, you know. Age doesn't guarantee maturity or security.

DEAR HARRIETT: My problem is — I am twelve years old and too fat. People say I look like I am sixteen or eighteen years old. I weigh 150 pounds. What can I do to get rid of this fat? Would you give me some information as how to lose this weight or how to diet? Yours truly,

B. J.

DEAR MISS B. J. Before you take matters into your own hands, be sure to have a complete physical check up so that you can be positive that your overweight is not caused by some physical disturbance. A girl of your age can't follow the same path as an adult.

If you are healthy, the rest is up to you. Get your mother to help discipline your eating habits. There are many paper back books on the market today that list the fattening foods. Select a good one in order to acquaint yourself with caloric intake.

But the best way yet to lose weight and keep it down is to simply stop eating. If you are healthy, a fast once a month would help you tremendously. Try it if you can

— a weekend with nothing but a liquid diet. Also one well balanced meal a day is all you, and anyone else your age and over, need to maintain proper weight and health.

It is only your habits and your mind that makes you eat three or more times a day. Discipline your mind and you will be able to discipline your body.

ATTENTION MRS. T. J. W. OF STEUBENVILLE, OHIO

Please send me your address, if not your name and address so that I may give you a personal reply, as your letter is very interesting, but there are too many questions for me to answer extensively in this column. Thank you.

Something on your mind? Write and tell me about it.

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Brazil Nix Portugal

RIO DE JANEIRO — Brazil has adroitly sidestepped a proposal by Portugal that the two countries join forces to defend the latter's African territories against "liberation" movements. The Portuguese proposal had envisioned a Brazilian-Portuguese "community" — something similar to the defunct French community — which would serve as an umbrella covering Portugal's colonial rule over Mozambique, Angola and Portuguese Guinea.

Nigerian Farm School

IWO, Nigeria — An international institute of tropical agriculture is to be constructed near the University of Ibadan to develop tropical agriculture in cooperation with African universities and research institutes.

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