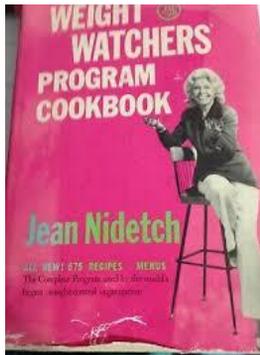




Janet Reuter

June 2019

June is the start of the Summer and the time when figure revealing clothes are brought again out of the wardrobe but do they still fit?

This question has been torturing mainly the female sex for as long as I can remember!

One American woman who has recently died at the age of 91 established an empire around this question and earned a great deal of money from it. She was Jean Nidetch, a New York housewife who tackled her own obesity problem, then shared her guiding principles with others in meetings that became known as Weight Watchers, the most widely known company of its kind. Jean Nidetch had been plagued by a weight

problem since childhood and had tried all manner of fad diets, pills and treatments in failed efforts to slim down. She was carrying 214 pounds (100 kilos) on her 5-foot-7 (165 cms) frame when she went to an obesity clinic sponsored by the New York City Board of Health in 1961 and began picking up the tips that slowly seemed to work. No skipping meals. Fish five times a week. Two pieces of bread and two glasses of skim milk a day. More fruits and vegetables.

She lost two pounds the first week but disliked the way the clinic's leader gave out information and how little the obesity group's members shared. So she gathered six overweight friends in her New York living room to share what she'd learned and talk about their own eating problems. She found it a relief to share her struggle with others, and they did too. Nidetch reached her goal weight of 142 pounds (65 Kilos) in 1962. As the weekly meetings at her home grew to include dozens of people, this Nidetch decided had the makings of a business. So, Weight Watchers International was founded in 1963.

By the following year, classes were being held across New York, with dozens of participants going on to lead sessions of their own. Franchises were opened, a cookbook sold millions and by 1968, the company went public with members across the globe. By the time the company celebrated its 10th birthday, 16,000 people attended a massive gathering at Madison Square Garden, the famous film star and singer Bob Hope was on stage and a long queue of people waited for Nidetch's autograph.

The fat housewife, as she once thought of herself, was now even a television star, her face staring out from boxes in the frozen food aisle of every supermarket in America!. She would never be overweight again. She was determined to stay slim all her life.

Jean Evelyn Slutsky was 7 pounds, 3 ounces (3.500 kilos), when she was born in Brooklyn and remembered as a child struggling to squeeze out from behind her desk in a fire drill.

Over eating was her antidote for any hurt or sorrow and the pounds piled on year after year. Before she even reached high school, she was attempting diets of every kind. She tried fasting, eating nothing but eggs and grapefruit, mixing oil and evaporated milk and drinking it three times a day. She'd lose some pounds, then gain it back, often more, the yo yo effect. When she married Marty Nidetch she wore a long navy dress, size 18 (50), with the bustle and sides let out. This was not her idea of a beautiful bride. Something had to be done to change this situation she was trapped in!

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Weight Watchers continued.

When she finally shed her extra weight, though, she said she felt like she'd found the Fountain of Youth. For years after, when she woke up in the morning, she'd reach down and feel her hipbone to make sure she was still thin. She dyed her hair blonde and styled herself as a weight-loss champion. An all American star!

Nidetch travelled the world preaching Weight Watchers' simple message and became a millionaire along the way. She sold the company to H.J. Heinz Co. for about \$71 million in 1978, but remained its most recognizable face for years afterward.

Her greatest legacy, she always said, was the millions of men and women who lost weight using her plan. And she took great pride in the fact that she maintained her weight loss throughout the rest of her life.

Since reaching her goal weight, she said she never topped 150 pounds(68 kilos). She would sometimes eat potatoes, desserts, or an extra piece of bread, but she never again touched her beloved chocolate marshmallow cookies.

To the end, she was unwavering in her message and still received rock-star treatment when she attended Weight Watchers functions, prompting standing ovations, the flash of cameras and requests for autographs. She believed nearly anyone could achieve what she had done herself, and taught so many others to do the same.

Today there are over 50 diets to be found on the internet alone, from calorie counting to grapefruit or cabbage soup, baby food or raw food. There are now other big names in the game of group dieting such as Slimming World. Weight Watchers have had to move with the times. The company is now called only WW- „Wellnes that Works“ and it has lost the single idea of shedding pounds and taken on the trendtheme of wellness and healthy eating. The obsession with being thin is now going out of fashion.

My dear mother and her friend Violet were dedicated members. They were not at all over weight but loved the social aspect of the meetings and this was the key to it's success. To enjoy getting together with other people with a common aim.

Bathing Beauties - The changing face of figure culture. 1920/30s and 1950s



Dieting Quotes

I've tried every diet in the book. I tried some that weren't in the book. I tried eating the book. It tasted better than most of the diets. **Dolly Parton**

I never worry about diets. The only carrots that interest are the number you get in a diamond. **Mae West**



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Bathing Beauties. Figure Culture 1950's to 2019



DiETING quotes.

My doctor told me to stop having intimate dinners for four. Unless there are three other people.

Orsen Wells

When we lose twenty pounds. We may be losing the best twenty pounds we have. We may be losing the pounds that contain our genius, our humanity our love and honesty.

Woody Allen

In the course of my life, I have often had to eat my words and I must confess that I have always found it a wholesome diet.

Sir Winston Churchill



A tribute to Doris Day the all American girl of 1950s Hollywood and later animal activist.



Que Sera, Sera (Whatever Will Be, Will Be) was not only Doris Day's most popular song, but also the theme tune to her life. She was cinema's most enduring innocent, bubbly as soda, wholesome as apple pie, blonde, blue-eyed and fair skinned star. For six years from 1959 she was top of the box office in American cinemas. Doris Day was the fresh-faced, all-American girl who became one of the world's most bankable film stars. Her glittering singing career included timeless classics like *Whip Crack Away*, *Qué Será Será* and *Perhaps, Perhaps, Perhaps*. On screen, the wholesome, girl-next-door never failed to find love. Off screen, she could not have had less luck: she married four times. One of them beat her and another one robbed her. Later in life, she suffered the agony of watching her beloved only child die of an untreatable tumour. She retreated to her house in California, surrounding herself with animals and campaigned for their welfare. Her performance in the Alfred Hitchcock film *The Man Who Knew Too Much*, produced one of her biggest hits *Qué Sera Sera*.

Her biggest cinema hit came in 1959, with *Pillow Talk*, where her on-screen partnership with Rock Hudson, earned her an Academy Award nomination for Best Actress. She continued to make films in the 1960s but as the sexual revolution stormed Hollywood, Doris went out of fashion. Critics poked fun at the wholesome image: one declaring himself "so old, I remember her before she became a virgin". Audiences found it increasingly hard to connect with her glamorous and over perfect style. She turned down *The Sound of Music*, declaring herself too American to play a nun from Salzburg. She was not able to change her image and embrace the times: rejecting the role of Mrs Robinson in *The Graduate*. She said she found the script to be "vulgar and offensive". She wanted to retain her squeaky clean image. She was 97 years old but I am sure her fans on the next level will remember her as she was in her hey day, beautiful, blond with an angelic clear voice! Keep singing Doris. *Que Sera, Sera!*

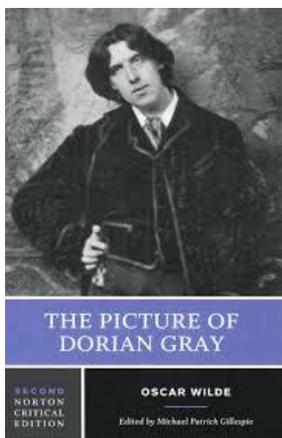
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News about and for the English ladies

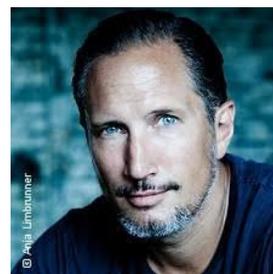
**Congratulations to Prince Harry and Megan
The Duke and Duchess of Sussex on the birth
Of Prince Archie Harrison Mountbatten- Windsor
On May 6th 2019.**



Picking the surname Mountbatten-Windsor seems to be a tribute to Archie's great-grandfather Prince Philip. Before Prince Philip married Queen Elizabeth, he gave up his Greek and Danish royal titles and became a naturalised British subject. As part of this Prince Philip took his maternal grandparents surname, Mountbatten which was originally the German surname Battenberg. The name was anglicized in 1917 and the British royals took on the surname Windsor. The baby prince is a direct descendant of Prince Alexander von Battenberg, Prince of Hessen Germany (1823-1888). Prince Philip however, was not allowed to give his surname to his own children as the Queen declared in 1952 that the royal family's surname would be only Windsor. In 1960, the Queen gave Prince Philip a concession when it was decreed that the Queen's direct descendants who were not granted the title of prince or princess would instead be given the surname Mountbatten-Windsor. Archie may yet be a prince, as when the Queen dies or abdicates and Charles becomes King he could give this title to his grandson as Archie is his direct descendant.



**The German actor Benno Fürmann is reading
from A Picture of Dorian Gray written by
Oscar Wilde on 29/06/19 in the Lokschuppen,
Bad Homburg.**



**This remarkable story of a young man who
sells his soul in order to remain young and
handsome is accompanied by the Pasadena
Roof Orchestra with music of the 1920s and 30s.**

Birthdays in June

Sigrid Planz

Monika Rall

Dr. Barbara Hopp

Happy Birthday Ladies !!

