

Great Frederick fare with Ethel Loeb F Post 3/1/75

IF YOU LOOKED AT TELEVISION THURSDAY MORNING you were bound to come up with a Fredericktonian. On Panorama; there was Harold Weisberg of Shookstown who wrote all those Whitewash books, taking part in a discussion, or rather trying to, between interruptions. It was a program about the Warren Report which by now seems a rebash of events long past. On "Nine in the Morning," a bit earlier was Dr. Willem Kremer of Thurston, telling Rene Carpenter and Carol Randolph all they ever wanted to know about dieting the metabolic way. They were discussing the book, **THE DOCTOR'S METABOLIC DIET** just off the presses and not yet available in the local shops, which he and his wife, also a doctor, Dr. Laura Hill Kremer co-authored. Laura, who is with the Health Department here, in the field of Family Planning was unable to get away, so he did the show alone, answering questions that came in by telephone as well. The Kremers believe that each person's physical make up is individual, a good diet for one will not necessarily work for another, genetics and heredity have something to do with one's physical make up so each would-be dieter should be treated as a unique problem. They suggest taking stock of yourself honestly, ask yourself what makes you overeat, the root of all avoirdupois. Is it stress, lack of confidence, frustration, ennui? Have you considered your hang ups? Do you know your metabolism, which should be checked by your family

physician before you start? If there is no medical reason for not doing it, are you getting exercise, should you be moving around more, do you reach for a handy Kleenex instead of running upstairs to fetch a handkerchief? They give a lot more good advice, including plans and menus.

The Kremers, living examples of what they preach, are slim, active, good looking and bouncy. They live in a wide beamed, high ceilinged Swiss type chalet on Sugar Loaf mountain, breathe out on pastoral scenes, away from it all. Both Dr. Willem as well as his father for whom he is named are painters, as is his daughter, Poppy, an art major at Dickinson College. Their own pictures adorn the walls. One of Poppy's sculptures they call the Peanut, it looks like an Arp, is used as a door stop. They collect wooden cook's motts carried out of plants, and hung near the door is one of a Krevac which means Peddler in Dutch, they call their family tree.

He came to this country to attend the University of Pennsylvania, and met his wife at the University of Virginia when both were medical students there. Dr. Laura was one of only two women in the graduating class, the other came from China. Dr. Kremer Sr. was the first allergist in Europe, as is Dr. Willem, he also an internist and a member of the New York Academy of Science too. He was on the second trip of the ship HUIE, to Peru in 1962, and he is an honorary citizen of the city of Trujillo in that country. His business interests take him around the world frequently. They both returned in early February from a skiing trip to Austria, but since he has managed to take six days out for a flying trip to Japan. Now you know how the Jet Set keeps fit... the metabolic way no doubt.

EVEN FASHION DESIGNERS are conspiring to help the sales of all the "low" diet books. No longer are we told that large, loose, floaty, comfortable, soft dresses are the thing for spring. The advance news about the fall and winter showings in Paris and Rome says the trend is to the tube look the pencil slim gown, the clinging and revealing line. So instead of letting yourself go, it will have to be the "look but don't touch, it's fattening" slogan all over again.

NOBODY WAS COUNTING CALORIES at a ladies luncheon for Onca Prall and Virginia Thomas who

blew out the birthday candles simultaneously on coconut cake. Almost everybody we know celebrated a birthday this month. At the China Pearl restaurant they wished us KONG, SEA, FAH, CHIA which means Happy New Year, too, and "Champagne Shrimp" is a gorgeous way to celebrate. The family Malo, the owners, do the cooking evenings so, its more like a visit to their home.

BACK AT THE FSK HOTEL, we learned that the new chef who came here from Penn Hall Jr. College in Chambersburg, and is so good with pots and pans, veils his best recipes from friends' grandmothers. He sees this new kitchen as a challenge. The roast beef came out a winner at any rate. If you think you can diet the easy way and have acupuncture needles put in each ear to cure you of overeating or take the cough out of smoking, forget it. A top authority says it just ain't so. More to follow.