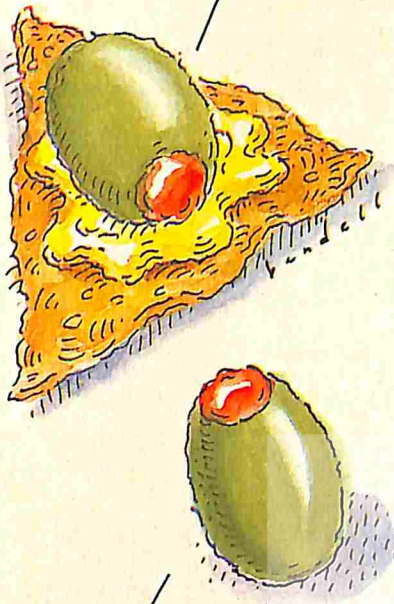


Why aren't you dressed for the party?



People crave me just as I am—tantalizingly tangy.



Durkee  
America's #1 Olive

AMERICA'S PERSONAL NEWS MAGAZINE

# Woman's Day

MARCH 3, 1987 • FIFTIETH YEAR • SEVENTH ISSUE

"Humble yourselves in the sight of the Lord, and he shall lift you up." James 4:10



## FAKING IT

56

## BONUS PULLOUT

### 49 SATISFYING SUBSTITUTIONS

When thinking about a meal or a snack, first check this chart—you'll find foods that are good for you and lower in calories, sodium and cholesterol

## HEALTH AND FITNESS

13 **YOUR CHILD'S HEALTH**  
Strategies to Ease the Miseries of Hay Fever  
By Loraine Stern, M.D.

15 **YOUR BODY, YOUR HEALTH**  
Do You Have Poor Circulation?  
By James Wasco, M.D.

28 **WHEN YOUR BREASTS HURT . . .**  
By Alice Lake  
Most of the time you don't need to worry

30 **IS THIN STILL IN?**  
By Carol Tavis, Ph.D.  
Those extra pounds may be good for you

46 **FRANK FIELD'S TEN RULES FOR HEALTHFUL NUTRITION**  
By Dr. Frank Field and Win Baker, Health and Science Producer, WCBS-TV

## FEATURES

- 8 **NEIGHBORS**  
For our readers, by our readers
- 10 **WD EDITOR'S DIARY**  
By Ellen R. Levine
- 16 **TALKING IT OVER WITH EDA LESHAN**
- 18 **MONEY FACTS®**  
How to Pay the High Cost of College  
By Jane Bryant Quinn
- 96 **MERCHANDISE INFORMATION**

## ARTICLES

- 38 **FREE FOR THE POSTAGE!**  
By Ilene Strober  
12 products to mail-order
- 40 **THE LURE OF FORBIDDEN MEN**  
By Lois Duncan  
Why do women go after men who are off-limits?
- 68 **THROWAWAY BABIES**  
By Jo Coudert  
Nearly every day another infant is abandoned. Find out why, and what can be done
- 99 **WOMAN'S DAY CRASH COURSE IN PERSONAL FINANCE, PART 2**  
By Gordon Williams  
Learn to become a successful investor

(Contents continued on page 4)

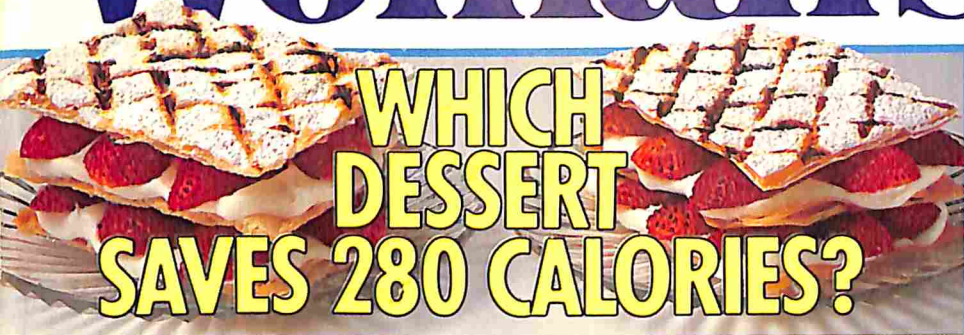
# QUICK!

- 21 **BEST WAYS TO GET AHEAD ON THE JOB**  
By Peggy J. Schmidt
- 21 **A NEW MOM DESERVES GIFTS, TOO**
- 21 **ONE-PAN GRANOLA BARS**
- 22 **MAKE TAX TIME ALMOST PAINLESS**
- 22 **KEEPING THE BLOOM ON YOUR BLOSSOMS**  
By Salley Shannon
- 22 **"JUST LOOKING" AT CLOTHES CAN PAY OFF**  
By Pamela Redmond Satran

**EXTRA! CALORIE TRADE-OFF CHART**  
The Easy Way to Lose Weight, Cut Salt and Cholesterol

# Woman's Day®

MARCH 3, 1987 99¢



**WHICH  
DESSERT  
SAVES 280 CALORIES?**

**Low-Cal Versions of Your  
Favorites**

**page 72**

**WHAT YOU  
CAN DO NOW  
TO STOP  
WRINKLES**

**Barbecue All Winter Long  
With These Great Tips & Recipes**

**FREE!**



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Mail-Order**

**THE 10  
HEALTHIEST  
VEGETABLES**

RECIPES THE WHOLE FAMILY  
WILL LOVE

**BREAST PAIN**

9 out of 10 Times  
You Don't Have to Worry

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COSBY  
CAST  
STARS  
IN**

**Sweaters to Knit—  
Directions Inside**

**Why Those Extra  
Pounds May Be  
Good for You**

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ON A LOW  
BUDGET**

