

room wall, and the key in the bowl on the think of it, my ron said now, s eyes away esk to gaze at mock concern, r take a wrap. theater can be you know. I want such a y to catch a

be long," she ttery from his s. ur time," he her as, cane in slowly made the bedroom at he hall. rthritic Emily

g

actly what he ment she left Myron darted kitchen to e key from the His footfalls the plush carasel hurried to n seconds, he d it, released drawer and e coin collec-

reminded me erbial cat who he canary. Not usecat worth rs will choose canned gour- s. "foolish Emily," with a chuck- for the door. such a plea-

e people say neaky! First, steals my Emi- ons, now her No way would I

Why does it not after a ball game?

the fans have!



That's when I sprang into action. Howling, I left the sofa with a flying leap and landed on Myron's back. He yelped in pain. Hissing and screeching, I lunged for his head. When his toupee slid off, I dug my claws into his scalp. Myron's yells accompanied my hisses and howls. Between the two of us, we made quite a racket.

"Myron!" Emily cried, from the hallway. "What on Earth..."

She hobbled into the room just as I scratched his face. Myron screamed, staggered sideways and hit his head on the grandfather clock, just as it struck nine. Like the number of lives I'm supposed to have. I guess you could call it my lucky number.

Not for Myron, though. He was out cold, his face scratched and bloody.

Emily gasped. She took in the open desk, the jutting secret drawer and the coin collection on the carpet beside her deceitful suitor. She got the picture, all right. "Oh, my." She shook her silvery head in dismay. "And he seemed like such a gentleman," she added before dialing 911.

Myron is behind bars, now. Right where he belongs. Emily took it all quite well, I must say. She isn't one to cry over spilled milk. But then, she has me to lap it up. The reward helped soften the blow, too. Myron had conned so many wealthy widows there was a price on his head. As well as a goose egg.

When it was all over, Emily gave me credit for being a good judge of character. "You never did like that man, did you Alex?" she said, stroking me beneath my chin.

I always could smell a rat.

"Well, good riddance, I say," she concluded.

I couldn't agree more. Especially now, as I watch her open a can of gourmet kitty delight. Liver pate, my favorite. Once again, I'm the king of my domain. Life with my Emily is the cat's pajamas.

In fact, I call it *purrr*-fect. —Marilyn Parrish

Text: Jackie Newgent, R.D. Recipe and photo reprinted with permission of the Ohio Soybean Council. For more recipes, visit its website at www.soyohio.com. Other photo: Harry Langdon/Retna.

Flash back to the '80s—and lose 15 lbs!



It was the decade of cell phones and SUVs. And the '90s was also a time of... weight gain! According to a recent study, since the end of the '80s, we've increased our food intake by over 160 calories a day, and become 25% less active—resulting in an average weight gain of 15 pounds! Why? We're spending more time at work, online and in front of the TV, which means less time to work out, and more eating out. And with restaurant portions getting bigger (up to four times the recommended portion size!), it's no wonder we're having trouble. The 2002 solution? "Making little changes to combat these effects," says ADA spokesperson Kathleen Zelman, R.D. "Use lite dressing instead of regular, and have sorbet instead of ice cream." Or try a brisk 15-minute walk, 10 minutes of an exercise video and five minutes running after your kids. Make just a few changes like these each day, and you'll lose those 15 pounds in a flash!

your SLIM TRICK

I eat sandwiches a lot, so I buy extra-thin sliced bread instead of regular. I still get my sandwich, but I use half as much bread and don't even miss it!

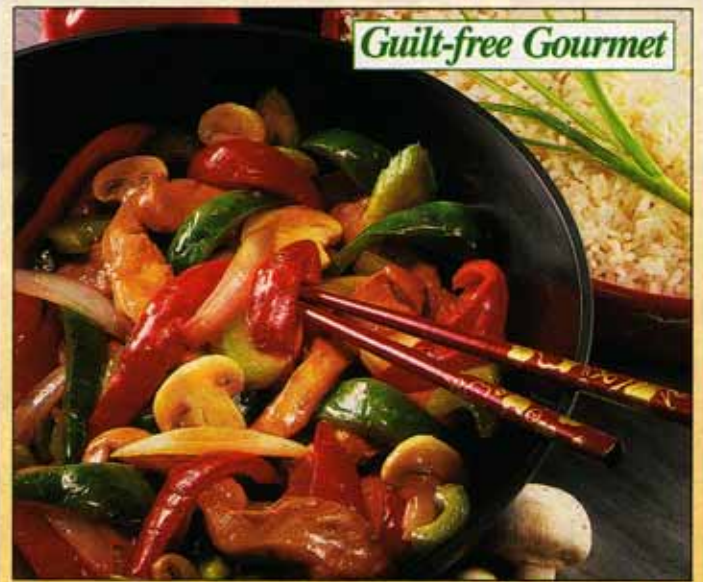
Nancy Behrens, Kalamazoo, Michigan

We'd love to hear all about your weight-loss efforts! Send your tip or personal story (which must be accompanied by a photo and daytime phone number) to: WW Diet Club, 270 Sylvan Ave., Englewood Cliffs, NJ 07632. We'll pay you \$25 if we publish your letter.

NEXT WEEK: Lose 24 lbs. walking!

Crispy Chicken Stir-Fry

This colorful, low-cal dish is a snap to make!



Guilt-free Gourmet

- 3/4 lb. boneless, skinless chicken breast, cut into strips
- 3 Tbs. low-sodium soy sauce
- 1 Tbs. soy oil
- 1 clove garlic, minced
- 1 cup each sliced onion, green and sweet peppers, fresh mushrooms
- 1/2 cup sliced celery
- 1 Tbs. cornstarch
- 1/2 cup low-sodium chicken broth
- 2 Tbs. dry white wine
- 3 cups cooked white rice

wok, heat oil and garlic. Add vegetables, and stir-fry until crisp-tender; remove. Add chicken mixture to pan and stir-fry until cooked through. In small bowl combine cornstarch, broth and wine. Return vegetables to wok and add broth mixture. Cook and stir until thickened. Serve with rice.

Makes 6 servings. Per serving: 219 cal.; 13 g. protein; 4 g. fat; 24 mg. chol.; 32 g. carbs.; 340 mg. sodium; 1 g. fiber; 2 g. sugar

Combine chicken and soy sauce in small bowl; set aside 15 minutes. In large skillet or

Your time in the kitchen: 20 minutes; **ready to serve** in 35 minutes