

Health And Beauty

Everyone will agree that the first step toward self-improvement is proper self-analysis. Take a good look in the mirror and you will find out where you stand. Then you know what you have to do to get back in shape.

It may be that your physical being needs attention, with exercise and proper diet and improved makeup and more flattering clothes. It may be that your thinking process needs attention. Your personality and the way you deal with family and friends has a great deal to do with the way you look—at least to other people.

All of us have known, at one time or another, a friend who was not too good-looking, perhaps homely, but who was so pleasant and kind, so much fun to be with, that you thought of her as one of the most attractive people you had ever met. There are a few simple questions it would be wise to ask yourself ever so often. They are:

1. Have you shown genuine interest in other's conversation?
2. Have you avoided speaking unkindly or irritably to family and friends?
3. Have you complimented anyone today?
4. Have you smiled often today?
5. Have you said anything complimentary about anybody today?

The answer to the first four questions should be "yes," and the answer to number five should be "no."

If you seem to have a figure problem but your weight is not excessive, perhaps it is your posture. If weight is your problem, and this is best determined by a doctor, go to work on it at once.

Have you changed your hair style lately? Many of us are so busy with our family or with a job that we have little time for ourselves.

This is all right. However, you should take a little time each day to keep up your personality and your looks. You will not be properly appreciated if you don't spend some time on yourself. It is almost as unwise to spend too little time on yourself and your interests as it is unattractive to spend too much time on yourself and your interests.

The new trend in makeup is to use as little of it as possible but to use what you do use with skill and care. The day of the heavy pancake type makeup is definitely over. Today, makeup not only looks better but is much better for your skin.

Most of us need a little foundation to start with to give us a pink glow and to cover minor defects. Experiment until you find the color and weight that does the most for you. If you have a dry skin, an enriched type base will do wonders for your complexion. If you skin is oily, never use an oily type base. This will cause you trouble sooner or later. You will want one of the

SENATE-HOUSE FEUD

Infuriated by criticism, the Senate is in a feud with the House that may cause Congress to coast into the new year without taking final action on a bill to provide \$163,200,000 for its own operations.

Democratic leader Mansfield said that action on the measure would be postponed until tempers in both legislative bodies cooled.

NATIONAL GUARD FLIGHTS

The Air National Guard has begun its new ambitious program of transoceanic training flights.

These flights will enhance the Air Guard's role as a combat-ready back-up for the regular United States Air Force.

The first weekend flights by Air Guard pilots were missions to Puerto Rico and Bermuda.

SKY-VU DRIVE-IN THEATRE

Saturday - Sunday
December 7 and 8
Donovan's Reef
John Wayne
Color

dry cake types. The newer ones are just as good at hiding blemishes as those with an oil base.

Read the directions on the foundation and apply accordingly. Some bases require the applica-

tion of rouge before the base is applied and some after. This can be very important. Your choice of several things. If your skin is oily, never use a paste rouge. You will want a cake or liquid type. The color must be one that matches or blends with your lip-

stick and general coloring.

Eye makeup is a must but should never be used obviously. You can get by with more at night but, even then, use it to enhance what nature has given you, not to create something new.

Powder is a very personal

thing. It may take some time to discover just what you need. Most cosmetic houses give small to pass on to the customers to help them decide on a flattering color of powder. Ask for some samples next time you must purchase a box of face powder.

Rocketeer says Goldwater is unrealistic.

Brief News Items

Russians deny seeking U. S. alcohol for vodka.

Africans take up Moroccan Algerian dispute.

Eisenhower urges troop out-back in Europe.

Javits predicts that Nixon will run.

Goldberg urges world court on human rights.

Red China accuses Soviet on military strategy.

U. S. educators warn Soviet on exchange program.

High Court urged to realign House districts.

Senate Democratic employees must list assets.

U. S. denies leaks to press in Roy Cohn case.

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SAVE AT WINN-DIXIE FOOD STORES

BONUS OFFER Crackin' Good **POTATO CHIPS** Twin Pack **59c** FREE 50 EXTRA GREEN STAMPS

BONUS OFFER Palmetto Farm **LIVER MUSH OR PUDDING** 1 lb. **29c** FREE 25 EXTRA GREEN STAMPS

BONUS OFFER Pinky Pig **Whole Hog Sausage** 1 lb. **59c** FREE 50 EXTRA GREEN STAMPS

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SMOKY MOUNTAIN SLICED BACON 1-lb. **35c** pkg.

W-D FAMOUS GROUND BEEF 3-lb. **\$1.19** pkg.

PINKY PIG OR CLOVER LEAF FRANKS 1-lb. **39c** Pkg.

Frying Chicken Breasts - - - lb. **59c**

Frying Chicken Backs - - - - lb. **10c**

Dixie Darling ENRICHED Hamburger or Wiener Rolls - 2 8-Oz. Pkgs. **39c**

DEEP SOUTH MAYONNAISE Quart Jar **39c**

ASTOR ALL PURPOSE SHORTENING 3-lb. Can **49c**

USDA CHOICE LAMB SALE

W-D Brand U.S. Choice Lamb Rib Chops - - - lb. 69c	W-D Brand U.S. Choice Leg-0-Lamb - - lb. 63c
W-D Brand U.S. Choice Lamb Loin Chops - - - lb. 89c	W-D Brand U.S. Choice Square Cut Shoulder Roast lb. 33c
W-D Brand U.S. Choice Lamb Shoulder Chops lb. 49c	W-D Brand U.S. Choice Lamb Breast - lb. 19c
W-D Brand U.S. Choice Lamb (For Baking) Stuffed Breast lb. 29c	W-D Brand U.S. Choice Lean Patties - lb. 29c
W-D Brand U.S. Choice Sliced Whole Shoulder Roast lb. 43c	W-D Brand U.S. Choice Lamb Neck Slices - - lb. 23c

Limit One of Your Choice With \$5.00 Order

INST. COFFEE 10 oz. Jar **89c** (Blue or White Arrow) / 10 oz. Jar **99c** (Instant Nescafe)

Limit One of Your Choice With \$5.00 Order

DETERGENT Lga. Pkg. **17c** (Variety) / Lga. Pkg. **19c** (Dairy)

BREAD 1 1/2 lb. loaf **19c** (Dixie Darling)

MILK 6 Tall Cans **79c** (Pet... Limit 6 With a \$5.00 or More Order)

OLEO 2 1-lb. pkg. **25c** (Palmetto Farms... 1/4-lb. Prints or Solids)

COFFEE 1-lb. Can **49c** (Astor Drip or Regular or Fine)

Ice Milk - - - Half Gallon Carton **39c** (Zipper Skin)

Tangerines 3 lbs. **39c** (Fresh Cole Slew or)

SALAD MIX - - 8-Oz. Pkg. **19c**

ORANGES 5 mesh bag **53c** (U.S. No. 1 White)

POTATOES 10 lb. Vent-Vu bag **35c**

FREE! 100 EXTRA STAMPS WITH THE PURCHASE OF "MIRROR" 9 CUP ELECTRIC "NO-DRIP" PERCOLATOR Each Only **\$5.99** (Redeem This Coupon)

Frozen Food

Jewell Multi-Pack Beef, Chicken or Turkey **Meat Pies** - - - 4 Pkg. **69c**

Taste O' Sea **Fish Sticks** - - - 2 1-lb. Pkg. **99c**

Gold King **Hush Puppies** - - - 2-lb. Pkg. **49c**

Trade Winds Breded **Oysters** - - - 2 7-oz. Pkg. **99c**

McKenzie Whole Kernel or **Cut Okra** - - 3 34-oz. Pkg. **\$1.00**

Libby's **Green Peas** - - 6 10-oz. Pkg. **99c**

Dixie Thrifty **Orange Juice** - 4 6-oz. Can **99c**