

For A "Good"

Fit Know Your Figure

Too much bulk, too tight here, too long or too short -- buying pants that fit can be a problem. So before you shop, check to see how your figure differs from Ms. Average America, advises Judieth Mock, extension clothing specialist, North Carolina State University.

For example, note whether you have a protruding abdomen, full derriere, heavy thighs or flat buttocks. A knowledge of your figure can help you select pants that fit.

Then, as you shop, keep these points in mind:

Make sure pants are wide enough at the hips to be comfortable. Many pants have narrow seam allowances so there's not much to let out.

Check to see if the pants are long enough. Watch crotch length, too. A short crotch can be lengthened. Or you can shorten a long crotch by lowering the waistband or changing the waistband casing.

When you try on the pants, look for wrinkles. If wrinkles pull, they show the pants are too tight between the beginning and end of the pull. Wrinkles which resemble folds may indicate pants are too large perpendicular to the folds.

For a better fit, let out pants to alleviate pulls; take in pants to remove excess folds.

CONSUMER ACTION

Even a careful shopper can buy bad merchandise. But there usually is something the shopper can do to get satisfaction, believes Dr. Thelma Hinson, extension family resource management specialist, North Carolina State University.

First, go back to the store where the item was purchased. If that doesn't work, contact the manufacturer.

If that fails, turn to a Consumer Action Panel. These panels are set up in several industries, including the furniture, major appliance, auto and insurance industries.

Each of these panels has people representing the consumer and the manufacturer. Panel members listen to the complaint. Then they make recommendations to the manufacturer, the retailer, or both.

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Monday-Friday Daytime

December 15-19, 1980

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7	00 Good Morning 15 " " 30 " " 45 " "	00 Today 15 " " 30 " " 45 " "	00 Morning 15 " " 30 " " 45 " "	00 AM Weather 15 " " 30 " " 45 " "	00 Tom & Jerry 15 " " 30 Porky Pig 45 " "	00 Good Morning America 15 " " 30 " " 45 " "	00 Fun Time 15 " " 30 " " 45 " "	00 Good Morning America 15 " " 30 " " 45 " "
8	00 Captain Kangaroo 15 " " 30 " " 45 " "	00 " " 15 " " 30 " " 45 " "	00 Captain Kangaroo 15 " " 30 " " 45 " "	00 Varied Programs 15 " " 30 Readalong 45 " "	00 Flintstones 15 " " 30 Bugs & Popeye 45 " "	00 " " 15 " " 30 " " 45 " "	00 I Love Lucy 15 " " 30 I Dream Of Jeannie 45 " "	00 " " 15 " " 30 " " 45 " "
9	00 One Day At A Time 15 Jeffersons 30 " " 45 " "	00 Another World 15 " " 30 " " 45 " "	00 Donahue 15 " " 30 " " 45 " "	00 Sesame Street 15 " " 30 " " 45 " "	00 I Love Lucy 15 " " 30 Make Room For Daddy 45 " "	00 Hour Magazine 15 " " 30 " " 45 " "	00 Hazel 15 " " 30 Green Acres 45 " "	00 John Davidson 15 " " 30 " " 45 " "
10	00 Andy Griffith 15 " " 30 Alice 45 " "	00 Las Vegas Gambit 15 Blockbusters 30 " " 45 " "	00 Jeffersons 15 " " 30 Alice 45 " "	00 Varied Programs 15 " " 30 " " 45 " "	00 Leave It-To Beaver 15 My Three Sons 30 " " 45 " "	00 Uncle Paul 15 " " 30 Edge of Night 45 " "	00 Movie: 15 " " 30 " " 45 " "	00 " " 15 " " 30 I Dream Of Jeannie 45 " "
11	00 Price Is Right 15 " " 30 " " 45 " "	00 Wheel Of Fortune 15 Password Plus 30 " " 45 " "	00 Price Is Right 15 " " 30 " " 45 " "	00 " " 15 " " 30 " " 45 " "	00 Chico & The Man 15 Love, Am. Style 30 " " 45 " "	00 Love Boat 15 " " 30 " " 45 " "	00 " " 15 " " 30 " " 45 " "	00 Love Boat 15 " " 30 " " 45 " "
12	00 Mary Tyler Moore 15 Search For Tomorrow 30 " " 45 " "	00 Cardsharks 15 The Doctors 30 " " 45 " "	00 News 15 Search For Tomorrow 30 " " 45 " "	00 " " 15 Electric Company 30 " " 45 " "	00 Panorama 15 " " 30 " " 45 " "	00 News 15 Ryan's Hope 30 " " 45 " "	00 Freeman Reports 15 " " 30 " " 45 " "	00 Family Feud 15 Ryan's Hope 30 " " 45 " "
1	00 Young & The Restless 15 " " 30 " " 45 " "	00 Days of Our Lives 15 " " 30 " " 45 " "	00 Young & The Restless 15 " " 30 " " 45 " "	00 Readalong 15 Varied Programs 30 Readalong 45 " "	00 Your New Day 15 Medical Center 30 " " 45 " "	00 All My Children 15 " " 30 " " 45 " "	00 Movie: 15 " " 30 " " 45 " "	00 All My Children 15 " " 30 " " 45 " "
2	00 As The World Turns 15 " " 30 " " 45 " "	00 New Zoo Revue 15 Popeye/Woody 30 " " 45 " "	00 As The World Turns 15 " " 30 " " 45 " "	00 Varied Programs 15 " " 30 " " 45 " "	00 " " 15 New Zoo Revue 30 " " 45 " "	00 One Life To Live 15 " " 30 " " 45 " "	00 " " 15 " " 30 " " 45 " "	00 One Life To Live 15 " " 30 " " 45 " "
3	00 Guiding Light 15 " " 30 " " 45 " "	00 Woodpeck 15 Scooby Do 30 " " 45 " "	00 Guiding Light 15 " " 30 " " 45 " "	00 Hatha Yoga 15 Mister Rogers 30 " " 45 " "	00 Flintstone 15 Tom & Jerry 30 " " 45 " "	00 General Hospital 15 " " 30 " " 45 " "	00 Fun Time 15 Space Giants 30 " " 45 " "	00 General Hospital 15 " " 30 " " 45 " "
4	00 Addams Family 15 What's Happening 30 " " 45 " "	00 Wonder Woman 15 " " 30 " " 45 " "	00 One Day At A Time 15 John Davidson 30 " " 45 " "	00 Sesame Street 15 " " 30 " " 45 " "	00 Flintstones 15 Superman 30 " " 45 " "	00 Tom & Jerry 15 Happy Days Again 30 " " 45 " "	00 Flintstones 15 Gilligan's Island 30 " " 45 " "	00 Bugs Bunny 15 Sha Na Na 30 " " 45 " "
5	00 Starsky & Hutch 15 " " 30 " " 45 " "	00 Starsky & Hutch 15 " " 30 " " 45 " "	00 " " 15 " " 30 " " 45 " "	00 Beansprouts 15 Over Easy 30 " " 45 " "	00 Brady Bunch 15 I Love Lucy 30 " " 45 " "	00 Good Times 15 Andy Griffith 30 " " 45 " "	00 My Three Sons 15 Beverly Hillsbillies 30 " " 45 " "	00 Good Times 15 M.A.S.H. 30 " " 45 " "
6	00 News 15 CBS News 30 " " 45 " "	00 News 15 NBC News 30 " " 45 " "	00 News 15 CBS News 30 " " 45 " "	00 Dick Cavett 15 Varied Programs 30 " " 45 " "	00 Andy Griffith 15 Happy Days Again 30 " " 45 " "	00 News 15 ABC News 30 " " 45 " "	00 Carol Burnett 15 Bob Newhart 30 " " 45 " "	00 News 15 ABC News 30 " " 45 " "

Monday Evening

December 15, 1980

	WFMY CH. 2 Cable 2	WPTF CH. 28 Cable 3	WTVD CH. 11 Cable 6	WUNC CH. 4 Cable 9	WTTG CH. 5 Cable 10	WRAL CH. 5 Cable 12	WTBS CH. 17 Cable 13	WGHP CH. 8
7	00 Face The Music 15 P. M. Magazine 30 " " 45 " "	00 Carol Burnett 15 What's Happening 30 " " 45 " "	00 Family Feud 15 M.A.S.H. 30 " " 45 " "	00 MacNeil/Lehrer 15 N.C. People 30 " " 45 " "	00 Welcome Back 15 Kotter 30 M.A.S.H. 45 " "	00 Sanford & Son 15 P. M. Magazine 30 " " 45 " "	00 All In The Family 15 Sanford & Son 30 " " 45 " "	00 Joker's Wild 15 Tic Tac Dough 30 " " 45 " "
8	00 Flo 15 Ladies' Man 30 " " 45 " "	00 Berenstain Bears 15 Little Rascals 30 " " 45 " "	00 Flo 15 Ladies' Man 30 " " 45 " "	00 Bill Moyer's 15 Journal 30 " " 45 " "	00 Starsky & Hutch 15 " " 30 " " 45 " "	00 Emmet Otter 15 And The Muppets 30 " " 45 " "	00 Theatre: 15 "People Will Talk" 30 " " 45 " "	00 Emmet Otter 15 And The Muppet 30 " " 45 " "
9	00 M.A.S.H. 15 " " 30 House Calls 45 " "	00 Osmond 15 Family Christmas 30 " " 45 " "	00 M.A.S.H. 15 " " 30 House Calls 45 " "	00 " " 15 A Divine Madness 30 " " 45 " "	00 Merv Griffin 15 " " 30 " " 45 " "	00 NFL Monday 15 Night Football: 30 Dallas 45 " "	00 " " 15 " " 30 " " 45 " "	00 NFL Monday 15 Night Football: 30 Dallas 45 " "
10	00 P.M. Magazine 15 Special 30 " " 45 " "	00 Highlights-Holiday On 15 Ice & Ice Follies 30 " " 45 " "	00 Lou Grant 15 " " 30 " " 45 " "	00 Great Per- 15 formances 30 " " 45 " "	00 News 15 " " 30 " " 45 " "	00 vs. 15 L.A. Rams 30 " " 45 " "	00 TBS News 15 " " 30 " " 45 " "	00 vs. 15 L.A. Rams 30 " " 45 " "
11	00 News 15 " " 30 Quincy/ 45 The New	00 News 15 " " 30 Tonight 45 " "	00 News 15 " " 30 Mary Tyler Moore 45 " "	00 " " 15 " " 30 " " 45 " "	00 M.A.S.H. 15 " " 30 Odd Couple 45 " "	00 " " 15 " " 30 News 45 " "	00 Night 15 Gallery 30 Movie 17: 45 News	00 " " 15 " " 30 " " 45 " "
12	00 Avengers 15 " " 30 " " 45 " "	00 " " 15 " " 30 Tomorrow 45 " "	00 Rockford 15 Files 30 " " 45 " "	00 " " 15 " " 30 " " 45 " "	00 Perry Mason 15 " " 30 " " 45 " "	00 " " 15 " " 30 Nightline 45 Rat Potrol	00 "What 15 Price 30 Glory" 45 " "	00 Nightline 15 The Rookies 30 " " 45 " "