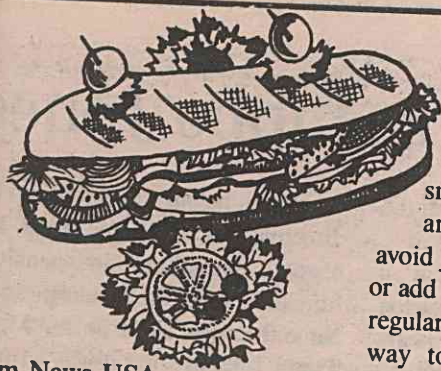


Features

When your clothes don't fit anymore



small list on our refrigerator and pantry at home. If we avoid just five high calorie foods, or add five low calorie foods to our regular eating habits, we are on the way to fitting into our clothes again.

Shrimp (6 large boiled)
Vegetable juice (1 cup)

Under 10 calories

Cucumber (12 slices)
Tea (1 cup)
Lettuce (1/8th of large head)
Celery (3 small inner stalks)
Radishes (5 medium)

That's the outline, now what do you do with it?

Here are three choices. If you really don't want to change what you eat at all, or the choices offered her don't look very appetizing, take the easy course.

If you are ready to take some action to improve your diet and your shape, take the action route.

If you decide what you want and will stick to a plan to get it, pick the results approach.

Easy: Don't change your diet at all. Just keep the list of foods with you and make a check mark every time you eat one of them during a week. Put the list on your refrigerator at the end of the week and start a new list. That's it. Don't expect miracles, but do expect an easy life.

Action: Do what is easy, but each week try to avoid one of the 500-calorie foods you ate during the previous week. Try to add one of the 10-calorie foods and one of the 100-calorie foods you didn't. Weigh yourself at the end of each

week, just to see how you are doing. Expect some ups and downs.

Results: Begin immediately. Write your goal for weight and put it on every mirror in the house — and on every place where you can find food in the house. If you eat any of the foods that are on the 500-calories list, write a note and place it next to each of the weight-goal notes. Each week add at least one food from the 10-calorie list until you eat one or more of these foods everyday. When you have reached your weight goal and shape goal, each week take one of your weight-goal notes and put it away for safe-keeping.

That's it. Good luck.

from News USA

Seven years of feast, seven years of famine — so it is when you're looking toward warm weather and swim suits. We eat until our clothes don't fit, then we face a difficult choice. We can buy all new clothes, or we can stay home.

Here is another way to solve the problem. It may take a little longer, but the results will be much more satisfactory.

Most of us can't keep track of our calories, but we can post a

Over 500 calories
Hamburger with cheese (7 ounces)
Pie (large slice) 8 ounces
Peanuts (3 ounces)
Potato chips, corn chips, tortilla chips (3 ounces)
Chocolate malt (small serving) 10 ounces

Under 100 calories
Seedless grapes
Honeydew melon (one-half)
Potato (medium)

Family Drug Center

402W. Haggard
Elon College, NC 27244

584-4257

(Located Behind Pizza Hut)



\$3.49

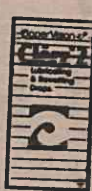


\$3.69

We carry a complete line of Eye and Acne Care products



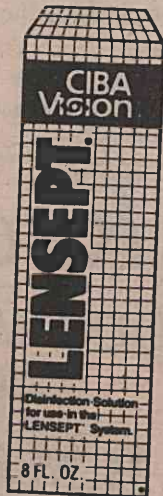
\$4.63



\$4.73



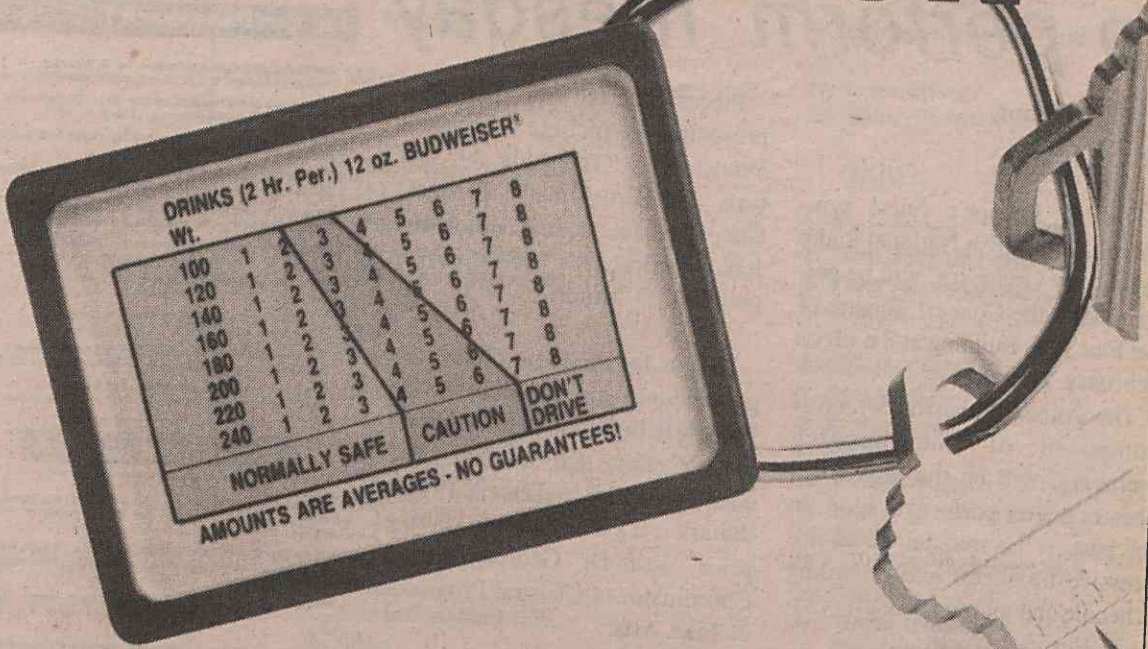
\$4.39



\$5.13

(Walking Distance From Campus)

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Anheuser-Busch brews the most popular family of beers in the world. No one takes more time or goes to more expense in brewing. And so, no one achieves the flavor we do. Our great taste and quality can be fully appreciated by drinking and enjoying our beers in MODERATION.

When you are out with family and friends enjoying our beer, do so in MODERATION. Here's something that can assist you — a key ring guide to responsible beer drinking. It will help you to "KNOW WHEN TO

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At Anheuser-Busch, we are concerned about you, our valued customers. We support research, education and treatment aimed at combating alcoholism and alcohol abuse.

To obtain your personal key ring, send \$1.50 which includes postage and handling to:

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Spokane, WA 99201



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