

Not all stress is produced by unpleasant problems at the office or at home. Even the pleasure of holiday festivities can be taxing on the nervous system, doctors have found. Giving a successful party, selecting appropriate cloths to attend one, or finding "the right gift" for the hostess can produce anxiety. Then there's fighting for a taxicab or finding a place to park in a neighborhood where everyone seems to be visiting at the same time.

By now your stomach is churning, you have reached your destination, and your hostess greets you at the door with, "you look as though you could use a drink." So you have one, or maybe two or three drinks "on an empty stomach", waiting for dinner which is delayed while other guests are stuck in cross-town traffic. Dinner is finally served, and with it wine, rich gravy, a fancy dessert, lots of coffee and an afternoon cordial. Sound familiar?

With old friends and some interesting new ones, there's also lots of talk, and sometimes more smoking than usual, which may all result in swallowing an excessive amount of air, and accumulation of gastrointestinal gas.

For people who prefer to concentrate on do's rather than don't's during the holidays especially during dinner parties, other physicians recommended a medication such as Phazyme designed to relieve the symptoms of gaseousness. (Phazyme tablets are a combination of simethicon and digestive enzymes.)

When the parties are over and it's time for New Year resolutions, you might consider a few that will take you through a calmer holiday season next year. However, remembering the good times, too, some excellent non-medical advice may be, "Don't take any bets on keeping such resolutions."

**Warning
 For Women**

"Don't jog without a bra!" This advice for women comes from Miami plastic surgeon Charles B. Radlauer, M.D., who warns of Cooper's Droop years before nature intended.

Cooper's Droop is a condition of sagging bosoms that gets its name from Cooper's ligaments, tissues which hold breasts in place.



Without the support of a bra, these ligaments tend to tear. When that happens, Dr. Radlauer says, the bloom of youth sags prematurely.

Gravity pulls down on all the structures of the body, particularly the female bosom, and even non-jogging ladies have problems in this respect.

While bra-less jogging can add to the number of candidates for corrective surgery, it is still not among the most common causes of sagging breasts, according to Dr. Radlauer.

A woman with large breasts stretches the supporting ligaments and the skin, and the breasts sag.

During pregnancy, breasts enlarge. After nursing stops, the breast gland shrinks again. Unfortunately, the skin doesn't, partly early after several pregnancies. This leaves a large sac of skin with nothing in it—the classic droopy breast.

The operation to correct this condition is called a mastopexy, or uplifting of the breasts. A woman may find herself running to the plastic surgeon for a mastopexy as a result of obesity or multiple pregnancies, but please girls—don't jog to him for it.



About half the mammoplasty's

SAVE 30c
 2-PLY (375-SHEETS)
WHITE CLOUD
 BATHROOM TISSUE
 4-ROLL PKG.
69¢
 WITH \$7.50 OR MORE ORDER (LIMIT 2)

SAVE 50c
 MAXWELL HOUSE
COFFEE
 1-LB. BAG
249¢
 WITH \$7.50 OR MORE ORDER (LIMIT 1)

SAVE 50c
ASTOR
OIL
 48-OZ. BTL.
159¢
 WITH \$7.50 OR MORE ORDER (LIMIT 1)

WINN-DIXIE THE BEEF PEOPLE AMERICAN OWNED, AMERICAN OPERATED

MID-WINTER CANNED GOODS SALE

12 Oz. Cans **MILLER'S BEER** CTN. OF 6 **189¢**

• PRICES GOOD THRU SAT., JAN. 5TH
 • NONE TO DEALERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES
 • COPYRIGHT 1979 WINN-DIXIE RALEIGH, INC.

FROZEN FOODS
SAVE 31c
 SUPERBRAND
 SHERBET OR ICE CREAM **98¢**
 HALF-GAL. CTN.

SNOW CROP FIVE ALIVE **FRUIT BEVERAGE** 12-OZ. CAN **79c**

SARA LEE BUTTER STICKS OR PECAN COFFEE CAKE 11-OZ. \$1.59 • FRESH FRIED POTATOES 5-LB. BAG \$1.39

DOZANA GREENS 16-OZ. 69c • SUPERBRAND TWIN POPP. RIDGE BARS 12 OF 12 88c

SEA PAKE HUSHPUPPIES 16-OZ. 59c • SEA PAKE SHRIMP 5-OZ. PKG. \$1.19

SAVE \$1.00 ON SALLUTO PARTY PIZZA
 33-OZ. SIZE **299¢**

SAVE UP TO 8c
 THRIFTY MAID
 • PEAS
 • TOMATOES
 • GOLDEN CORN CUT
 • GREEN BEANS
 16-OZ. CAN **25¢**

SAVE 50c
 THRIFTY MAID
 • PEACHES
 • BARTLETT PEARS
 • FRUIT-COCKTAIL
 16-OZ. CANS **3100¢**
 WITH \$7.50 OR MORE ORDER (LIMIT 6 OF CHOICE)

SAVE UP TO 7c
 THRIFTY MAID
 • PORK & BEANS
 • TOMATO SAUCE
 • SPAGHETTI RINGS
 EA. **20¢**

Look For The Mark In Our Ads. It's Your Assurance That You Are Getting A Quality Winn-Dixie Brand. Brands Are Second To None In Quality, Packaging & Flavor. Winn-Dixie Offers You Both National Brands And Brand House Brands To Help Save You Even More!

DAIRY DEPT.
PALMETTO FARM
PIMENTO CHEESE
 1-LB. CUP **139¢**

• KRAFT SLICED CHEESE FOOD 12-OZ. PKG. \$1.39
 • SUPERBRAND ALL-NATURAL YOGURT 8-OZ. CUP 33c
 • SUPERBRAND COTTAGE CHEESE 1-LB. CUP 79c
 • SUPERBRAND SOUR CREAM 1-LB. CUP 93c
 • KRAFT GRAPEFRUIT JUICE HALF GAL. \$1.49

SUPERBRAND SWEET OR BUTTERMILK BISCUITS
 6 10-CT. CANS **88¢**

SAVE UP TO 9c
 THRIFTY MAID
 • MUSHROOMS
 • SECTIONS
 • CHILI WITH BEANS
 EACH **50¢**
 THRIFTY MAID
 • PINEAPPLE (10-OZ.)
 • ORANGES (11-OZ.) EA. **50¢**

SAVE UP TO 7c
 THRIFTY MAID
SOUP
 • VEGETABLE • TOMATO
 • MUSHROOM • VEGETARIAN
 • VEGETABLE • CHICKEN NOODLE
 EACH **20¢**
SAVE 60c
 VALVOLINE ANTI-FREEZE GAL. JUG \$3.19

DIXIE DARLING SANDWICH BREAD
 24-OZ. LOAF **38¢**
 EACH
SAVE 30c
 THRIFTY MAID BEEF STEW 24-OZ. CAN **99c**

SAVE 58c
 BONUS GIFTS (BRAND)
WISK
 64-OZ. JUG **239¢**
 LIMIT ONE, PLEASE

• 100% NATION BEAN LAMB 15-OZ. CAN \$1.39
 • DOG FOOD 6 CAN \$1.39
 • MOTOR OIL 5-OZ. CAN 89c

SAVE 20c
 NO RETURN PLASTIC BTL.
CHEK **DRINKS**
 2-LITER (64.6 OZ.) BTL. **69¢**
SAVE 20c
 HARBICO PREMIUM SALTINES 1-LB. BOX 79c
 THRIFTY MAID APPLE CIDER 64-OZ. BTL. \$1.19

SAVE 20c
DOWNY
 FABRIC SOFTENER
 33-OZ. SIZE **99¢**

• BLUE BAY CHIRK LIGHT 6 1/2-OZ. 59c CAN
 • THRIFTY MAID ORANGE JUICE 46-OZ. 79c CAN