

# Have A Healthy New Year

Many New Year's resolutions involve health improvement. We vow, for example, to lose weight, stop smoking or eat a more balanced diet. The Better Business Bureau advises those that are planning to turn over new, healthier leaves that they should resolve, just as firmly, to avoid falling victim to quacks who promise quick and easy results -- at a price.

The desire to improve oneself is only one of many human traits on which twentieth-century 'snake oil salesmen' try to turn a profit. Others include fear, ignorance and hopelessness. In each case the quack offers a fast, easy way to get the desired results by bypassing doctors or other professionals. In some cases, the quack's way is portrayed as the only way. Be warned; quackery is useless at best and often is harmful.

## Play On The Emotions

Overweight persons are the target of one of the most widespread forms of quackery; weight reduction 'plans' that require no dieting, calorie counting or exercise. Testimonials that play on the emotions of prospective customers promise dramatic results in a remarkably short time. The 'plan' usually requires the purchase of pills, tight-fitting belts or undergarments, vibrating machines or other devices.

Trying to lose weight without consulting a doctor can be dangerous, especially if pills are involved. Losing weight requires that fewer calories be taken in than are burned up in exercise and normal activities, and maintaining weight loss requires that these quantities be kept in balance. Anyone seriously interested in losing weight can get good advice from a doctor. Usually, he will prescribe a restricted but healthy diet, often advising a daily program of moderate exercise.

As in dieting, will power is the key to a stop-smoking resolution. Products such as pills, gum, cigarettes made from substances that contain no nicotine, or devices that reduce the amounts of nicotine and tars that are ingested, help temporarily at best. The smoker who wants to become a former smoker must do it the hard way, perhaps with the aid of a stop-smoking clinic that is supervised by professionals. Many impose a small fee or none at all.

Self-improvement quacks are only a small portion of a huge health fraud industry. There are cancer quacks, arthritis quacks, diabetes quacks, and quack psychiatrists, to name only a few. Quacks offer cures for virtually every known disease, as well as some that haven't been discovered yet. Beyond pills, lotions and elixirs, they sell machines; some costing hundreds of dollars, all worthless. All quack remedies are harmful to the extent that they cause the victim to put off getting real help from competent professionals. Some of them are harmful to use.

The Better Business Bureau recommends that anyone who suspects health fraud contact their family doctor or local medical society. New Year's resolutions are hard enough to carry out without a quack adding to the trials and tribulations.

# SAVE BIG WITH 'SAV-A-CHEK'

- THE SAVINGS COME EASY WITH SAV-A-CHEK... 1 YOU RECEIVE ONE SAV-A-CHEK COUPON FOR EACH DOLLAR YOU SPEND 2 PICK UP FREE SAV-A-CHEK AT OUR CHECK-OUT COUNTER 3 PASTE 36 SAV-A-CHEK COUPONS ON THE BACK OF THE SAV-A-CHEK 4 REDEEM THE FILLED SAV-A-CHEK FOR ONE OF A CHOICE OF SAV-A-CHEK SPECIALS.

22 OZ. BOTTLE LIQUID DETERGENT DAWN 49¢	WHITE GREEN/PINK OR BLUE/YELLOW CHARMIN BATHROOM TISSUE 49¢	9 OZ. SIZE CRYSTAL ICE JUICE/WINE GLASS 1.99	LARGE ROLL SCOT PAPER TOWELS 1.99	1 LB. PKG. BLUE BONNET QTES. MARGARINE 1.88	LARGE HEAD HARVEST FRESH LETTUCE 1.11	MAXWELL HOUSE MASTER BLEND COFFEE 1.59
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## Clip These Coupons & Save!

**Winn-Dixie Coupon**  
**25 Extra SAV-A-CHEK COUPONS**  
WITH THIS COUPON AND PURCHASE OF 4 CT. PKG. GENERAL ELECTRIC 60, 75 or 100 WATT STANDARD OR SOFT WHITE LIGHT BULBS  
Coupon good thru Saturday Jan. 10, 1981. Limit one coupon per family 1

**Winn-Dixie Coupon**  
**15 Extra SAV-A-CHEK COUPONS**  
WITH THIS COUPON AND PURCHASE OF 20 CT. PKG. GLAD FAMILY SIZE TRASH BAGS  
Coupon good thru Saturday Jan. 10, 1981. Limit one coupon per family 1

**Winn-Dixie Coupon**  
**15 Extra SAV-A-CHEK COUPONS**  
WITH THIS COUPON AND PURCHASE OF 18 OZ. CAN DISINFECTANT SPRAY LYSOL SPRAY  
Coupon good thru Saturday Jan. 10, 1981. Limit one coupon per family 1

SAVE WITH **WINN-DIXIE** THE BEEF PEOPLE

AMERICAN OWNED. AMERICAN OPERATED

**FOOD STAMPS GO FURTHER AT WINN-DIXIE**

## THE BEEF PEOPLE

U.S.D.A. CHOICE BEEF

9/11 LB. AVG. U.S. CHOICE UNTRIMMED **WHOLE BONELESS ROUND TIPS** \$1.78

CUT FREE INTO ROAST, STEAKS AND TRIMMINGS 10¢ CHARGE PER POUND FOR CUBING

2 LB. PKG. \$2.76 **W-D BRAND WHOLE HOG SAUSAGE** \$1.39

1 LB. \$2.88 **W-D BRAND U.S. CHOICE SANDWICH OR BREAKFAST STEAK** \$3.48

1 LB. \$1.98 **W-D BRAND U.S. CHOICE CALIFORNIA ROAST**

1 LB. \$1.98 **W-D BRAND U.S. CHOICE BONELESS 5 LBS. ROUND TIP STEAK, 5 LBS. ROUND TIP ROAST AND 5 LBS. GROUND ROUND TIP**

1 LB. \$1.98 **15 LBS. BEEF**

1 LB. \$1.49 **W-D BRAND ALL VARIETIES FRANKS**

12 OZ. PKG. \$1.19 **W-D BRAND ALL VARIETIES SLICED FRANKS**

1 LB. \$1.49 **W-D BRAND ALL VARIETIES BOLOGNA**

12 OZ. PKG. \$1.19 **W-D BRAND U.S. CHOICE BONELESS ROUND TIP ROAST**

1 LB. \$2.28 **PINKY PIG BRAND FRESH PORK BONE-IN BOSTON BUTT PORK ROAST**

1 LB. \$1.18 **HOLLY FARMS U.S.D.A. GRADE A FRYER BREAST THIGHS**

VAN CAMP PORK & BEANS... 4 11 OZ. CANS \$1.09

CORN OIL... 48 OZ. BTL. \$2.49

DOG FOOD... 6 15 OZ. CANS \$1.59

POTATOES... 16 OZ. PKG. 69¢

SALAD CUBES... 22 OZ. JAR 89¢

MUSTARD... 24 OZ. JAR 59¢

64 OZ. BTL. **TROPICANA ORANGE JUICE** \$1.19

9 OZ. CRYSTAL ICE JUICE/WINE GLASS **59¢** EA. WITH EACH \$3.00 PURCHASE

**ON SALE THIS WEEK**

5 LB. BAG PLAIN OR SELF RISING FLOUR **67¢/77¢**

THRIFTY MAID RED BAND

LIMIT 1 OF CUSTOMERS CHOICE WITH \$7.99 OR MORE FOOD ORDER

49 OZ. BOX **BOLD DETERGENT** \$1.39

23 OZ. CAN **BUNKER HILL BEEF STEW** \$1.09

100 CT. PKG. **LIPTON TEA BAGS** \$1.99

ALL VARIETIES **CRACKIN GOOD BOX PIES** 2 \$1.09

MINUTE MAID 100% PURE FLORIDA **ORANGE JUICE** 99¢

HALF GAL. HARVEST FRESH PINK OR WHITE FLORIDA **GRAPEFRUIT** 5 LB. BAG 99¢

GRAPEFRUIT... 5 LB. BAG 99¢

MUSHROOMS... 8 OZ. PKG. 89¢

HARVEST FRESH SNOW WHITE **CAULIFLOWER** JUMBO HEAD \$1.08

HARVEST FRESH FLORIDA **ZIPPERSKIN TANGERINES** 20 FOR \$1

**FROZEN FOOD**

SUPERBRAND SHERBET OR **ICE CREAM** ALL FLAVORS \$1.08

HALF GAL. SALUTO SAUSAGE, PEPPERONI OR SASSY 'N SPICY **PIZZA** 21 OZ. PKG. \$2.39

FROZEN SHOESTRING **POTATOES** 4 LB. BAG \$1.39

ALL VARIETIES **MORTON POT PIES** 4 \$1.19

24 OZ. BOTTLE **SCOPE MOUTHWASH** \$1.99

<b>Thruway Shopping Center</b> Monday-Saturday 8:00 to 10:00 Sunday 12:00 to 9:00	<b>Pine Brook Plaza Shopping Center</b> Monday-Saturday 8:00 to 9:00 Sunday 12:00 to 7:00	<b>Parkview Mall</b> Monday-Saturday 8:00 to 10:00 Sunday 12:00 to 9:00	<b>3 Oaks Plaza 811 Merita St. Mt. Airy</b> Monday-Saturday 8 A.M. to 10 P.M. Sunday 10 A.M.-7 P.M.	<b>Village Square Shopping Center Rural Hall, N.C.</b> Monday-Saturday 8 to 9 Sunday 1-7	<b>Walkertown Shopping Center</b> Monday-Saturday 8:00 to 10:00 Sunday 1:00 to 7:00	<b>Westwood Village Shopping Ctr. CLEMMONS</b> Monday-Thursday 8 to 10 Friday-Saturday 8 to 11 Sunday 10 to 9	<b>U.S. Hwy. 21 &amp; Old CCC Camp Road</b> Elkin, North Carolina Open Monday-Saturday 8 to 9 Open Sunday 12 Noon to 7
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