

Dating

From Page 21

fidence. Yet, each of the individuals obtained the same result — pursuing their goals. In a strictly pragmatic sense, the results are the same for both confident and non-confident people.

The important point is to do what you want to do or dream of doing in spite of the odds. If you conduct yourself as a confident person, even if it is an act, you will eventually become the confident person you want to be. Confidence involves action, confidence involves "giving it a try." Confidence involves climbing upon the stage and giving one of the best performances that you can. If you act out the role of a shy, retreating person, you will eventually become in reality, a shy, retreating person.

On the other hand, if you act out the role of the most confident person you can think of, you will eventually become that very person. So, even if you do not think that you should do it, *do it anyhow*. You will be a better person as the results of the experience.

Pregnancy

From Page 21

tempted to drink at such moments, try to think of other things you can do to cope with your feelings. One of the best is to talk about what's bothering you with someone you trust — your husband or a family member, perhaps, or a good friend. Sometimes simple things help, like getting outside for a long walk, or giving yourself some time off to do something you especially enjoy.

If you worry that you drink too much and can't control your drinking, there is something you can do. Talk things over honestly with your doctor, who will be glad to put you in touch with someone specially skilled to help you. Or check your telephone directory for organizations like Alcoholics Anonymous and Women for Sobriety. Their members have been in your shoes and can give you all-important understanding and support.

When you're pregnant, it's important to realize that reducing or stopping your drinking will improve your chances of having a healthy, happy child. You can say no to a drink — but if you don't, your baby can't.

For more information for mothers-to-be, write: Office of Public Affairs, Public Health Service, U.S. Department of Health and Human Services, 200 Independence Ave. S.W., Room 721H, Box HM, Washington, D.C. 20201.

Drinking Drivers

People. Let's Get Them Off Our Roads!

North Carolina Governor's Highway Safety Program



It's Easy!
It's Fun!



PLAY TV'S
THRILLING
**LET'S
GO TO
THE
RACES**

COPYRIGHT 1982 WINN-DIXIE CHARLOTTE, INC.
QUANTITY RIGHTS RESERVED. PRICES GOOD
THRU SATURDAY SEPTEMBER 18, 1982.

13 WEEKS ENDING DECEMBER 11, 1982
\$445,250 PRIZE MONEY — 114 STORES
137,592 WINNING GAME PIECES — 1 IN 95
AREA COVERED — SEE STORE PROGRAM DATA

EACH WEEK			
AWARDS	NO. WINNERS	ODDS 1 STORE VISIT	ODDS 3 STORE VISITS
\$ 2.00	9,000	110	37
\$ 5.00	1,250	800	267
\$ 10.00	300	3,333	1,111
\$ 100.00	30	33,333	11,111
\$1000.00	4	250,000	83,333

Get your Free Card every visit at W-D!

14 Karat Solid Gold Heart Pendant

WITH A 16 INCH 14 KARAT GOLD ELECTROPLATED CHAIN

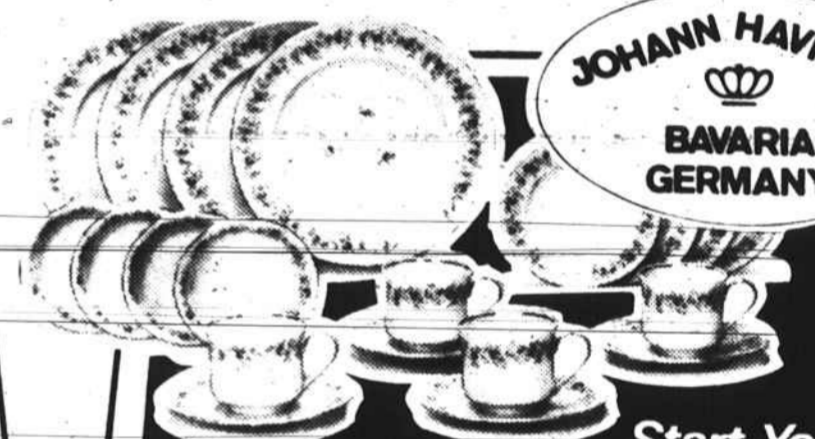
**SPECTACULAR TAPE
SAVER OFFER**

START SAVING
YOUR REGISTER
TAPES TODAY.

SAVE JUST \$100 IN OUR
REGISTER TAPES &
PAY ONLY \$398



JOHANN HAVILAND
BAVARIA
GERMANY



Start Your
Set Today!

Only 99¢ per china stamp
on our
special savings plan

VALUABLE COUPON

COUPON
SAVE \$1.00
4 DINNER
NAPKINS

Regular Discount Price .59
Coupon Savings 1.00
Price with Coupon .49
with each \$3.00 purchase

\$1 COUPON VALID THRU SATURDAY SEPT. 18, 1982. \$1

**THRIFTY MAID
SUGAR**
5 \$1.29
LB. BAG
LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER

**ASTOR
PURE VEGETABLE
SHORTENING**
3 \$1.19
LB. CAN
LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER

**VASELINE
PETROLEUM
JELLY**
7.5 OZ. JAR \$1.69

**40 CT. PKG.
WET ONES**
\$1.09

**BOY/GIRL
E.T. T-SHIRT**
\$4.99
EA. JUVENILE...EA. \$3.99

**OILY, REGULAR
OR EXTRA BODY
FABERGE ORGANIC
SHAMPOO**
15 OZ. BTL. \$1.29

**WHITE
RUBBING
ALCOHOL**
16 OZ. BTL. \$1

**170 CT. PKG.
COTTON SWABS
Q-TIPS**
\$1.19

**PLAIN OR SELF RISING
SOUTHERN BISCUIT
FLOUR**
5 77¢
LB. BAG
LIMIT 1 WITH \$10.00 OR MORE FOOD ORDER

**4 BREAST,
4 WINGS,
4 THIGHS AND 4
DRUMSTICKS WITH
2 LBS. BAKED
BEANS, 2 LBS.
POTATO SALAD
AND 1 PKG.
LARGE DINNER
ROLLS TAILGATE SPECIAL
16 PIECE SATCHEL OF
CHICKEN**
\$12.99 EACH

**DIXIE
DARLING
SANDWICH
BREAD**
2 24 OZ. LOAVES \$1

**QUARTERS
SUPERBRAND
MARGARINE**
3 1 LB. PKGS. \$1

**HALF GALLON
100% PURE
FLORIDA
DONALD
DUCK
ORANGE
JUICE**
99¢

**HARVEST FRESH
ICEBERG
LETTUCE**
2 HEADS \$1

**6 PACK
PREMIUM
BUSCH BEER**
12 OZ. CANS \$1.99

**PRESTIGE DELUXE
BREAD... 2 24 OZ. LOAVES \$1.09**
**PRESTIGE BERMUDA
BREAD... 2 16 OZ. LOAVES \$1.19**
**DIXIE DARLING BROWN & SERVE-TWIN OR
FLAKY ROLLS... 2 11 OZ. PKGS. 89¢**
**PRESTIGE
RAISIN BREAD... 16 OZ. LOAF 89¢**

**MOUNTAIN DEW,
DIET PEPSI OR
PEPSI COLA**
2 LITER BTL. 99¢

**HARVEST FRESH JUMBO SIZE SWEET WESTERN
HONEYDEWS... EACH \$1.39**
**HARVEST FRESH SEEDLESS WHITE
GRAPES... LB. 79¢**
**HARVEST FRESH SWEET
POTATOES... 4 LBS. \$1.00**
**HARVEST FRESH GREEN
ONIONS... 3 BNCHS. \$1.00**

**CHABLIS BLANC, HEARTY
BURGUNDY, RHINE
OR RED ROSE
GALLO WINES**
3 LITER \$4.99

**New Hickory
Tree Rd. &
Hwy. 52
Midway, NC**
Monday-Saturday
8:00 to 9:00
Sunday
1:00 to 7:00

**Thruway
Shopping Ctr.**
Monday-Saturday
8:00 to 9:00
Sunday
12:00 to 7:00

**Pine Brook
Plaza
Shopping Ctr.**
Monday-Saturday
8:00 to 9:00
Sunday
12:00 to 7:00

**Parkview
Mall**
Monday-Thursday
8:00 to 9:00
Friday-Saturday
8:00 to 10:00
Sunday
12:00 to 7:00

**3 Oaks Plaza
811 Merita St
Mt. Airy**
Monday-Saturday
8:00 to 9:00
Sunday
10:00 to 7:00

**Walkertown
Shopping Ctr.**
Monday-Saturday
8:00 to 9:00
Sunday
1:00 to 7:00

**Westwood
Village
Shopping Ctr.**
CLEMMONS
Monday-Wednesday
8:00 to 9:00
Thursday-Saturday
8:00 to 10:00
SUN 12 NOON - 7 P.M.

**U.S. Hwy. 21
and Old CCC
Camp Rd.**
ELKIN
Monday-Saturday
8:00 to 9:00
Sunday
12:00 to 7:00