Jaclyn Smith Collection Should Get Rid Of S.A.D. Are you a victim of SAD (Seasonal Affective Disorder)? Does winter make you depressed, cially withdrawn, cravi excessive amounts of food and eleep? If so, Ja-dyn Smith and K mart suggest you step out of your "winter blues, and into their new spring col-

According to an article in the March 8, 1986 issue of "Bcience News," symp-toms of depression are toms of depression are linked to the shorter day-light and extended indoor periods of the fall and

agint and extended indoor periods of the fall and winter months. One way to combat this is to get more sunlight and spend more time outdoors. "Not overyone has the advantage of living in a warm climate, but even a hour of working out in spa or gym, doing aero-bics, ballet or some form of exercise not only makes you feel better but of exercise not only makes you feel better but can give you a more posi-tive outlook," asid Jaclyn Smith. "Schedule diffur-ent activities that make you feel better about yourself. Such as, a new hairstyle, manieure and pedicure or a spring shop-ping spree," recommend-ed Smith.

ad Smith. If your budget is still beeling the offects of Christmas, check out our new Jaclyn Smith Spring Collection for that spring shopping spree. This af-fordable, high quality merchandise is extremely versatile for sporty and

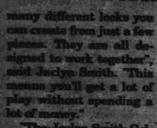
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"The Jeclyn Smith pring Collection, demed exclusively for K ebruary 1 in all 2,100 president of K mart Ap-

The collection consists 28 coordinated pieces minte of 28 coordinated pieces designed in colors and patterns that go together. A wide variety of looks are offered, from casual shorts and polos to a dreasy linen blazer and skirt complimented by a palace crape blims. This collection sports describing solids, geometric and pos-itive-negative prints in summy yellow, flamingo, pool blue, sand, black and white. The spring line is reasonably priced at \$13.97 to \$24.97 in sizes 6-16 and S.M.L. "It's incredible how

It's incredible he

For men



he Jaciyn Smith Col-in has been a continned success since the de-nut of the first sportswear ine in August, 1985, in 1,400 K marts. Due to ansumer demand we ave expanded it to all 100 stores and have diad shoes, honiery, sun-lasses, lootards, materniy, sleepwear and just ro-cently handbegs," said Henn Smith

K mart Apparel has fashion buying offices in Michigan, New Jersey and California that sup-ply over 2,100 K mart stores nationwide with the latest in family fash-ions all year round.

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