

Jaclyn Smith Collection Should Get Rid Of S.A.D.

Are you a victim of SAD (Seasonal Affective Disorder)? Does winter make you depressed, socially withdrawn, craving excessive amounts of food and sleep? If so, Jaclyn Smith and K mart suggest you step out of your "winter blues, and into their new spring collection.

According to an article in the March 8, 1986 issue of "Science News," symptoms of depression are linked to the shorter daylight 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 everyone has the advantage of living in a warm climate, but even a hour of working out in spa or gym, doing aerobics, ballet or some form of exercise not only makes you feel better but can give you a more positive outlook," said Jaclyn Smith. "Schedule different activities that make you feel better about yourself. Such as, a new hairstyle, manicure and pedicure or a spring shopping spree," recommended Smith.

If your budget is still feeling the effects of Christmas, check out our new Jaclyn Smith Spring Collection for that spring shopping spree. This affordable, high quality merchandise is extremely versatile for sporty and



Jaclyn Smith models a black and white zigzag stripe print blouse with peaked shoulder, button front. Shown with matching rayon cholly skirt.

casual looks to dressier items.

"The Jaclyn Smith Spring Collection, designed exclusively for K mart, was introduced February 1 in all 2,100 stores," said Glenn Smith, president of K mart Apparel.

The collection consists of 28 coordinated pieces designed in colors and patterns that go together. A wide variety of looks are offered, from casual shorts and poles to a dressy linen blazer and

skirt complimented by a palace crape blouse. This collection sports dazzling solids, geometric and positive-negative prints in sunny 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

Fashion Tip

For men: The drapery oversized sport coat is one of the best looks for Spring '87.

many different looks you can create from just a few pieces. They are all designed to work together", said Jaclyn Smith. "This means you'll get a lot of play without spending a lot of money."

"The Jaclyn Smith Collection has been a continued success since the debut of the first sportswear line in August, 1985, in 1,400 K marts. Due to consumer demand we have expanded it to all 2,100 stores and have added shoes, hosiery, sunglasses, leotards, maternity, sleepwear and just recently handbags," said Glenn Smith.

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

Fashion Tip
Folding knits, even skirts and pants, will keep them from stretching; give yarns a chance to rest between wearings.

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