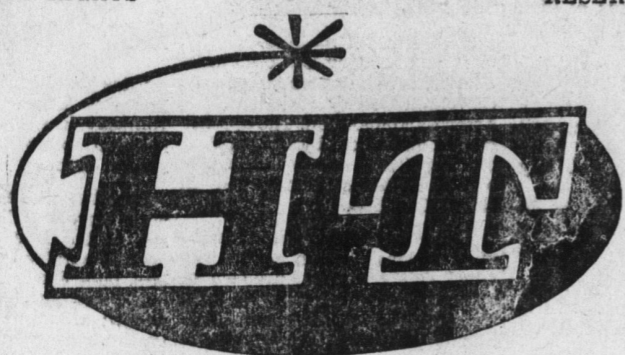


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DISCOUNT ITEMS!	Reg. Price	Everyday Low Price	YOU SAVE
COLGATE FAMILY TOOTH PASTE..... FAMILY TUBE	\$1.05	79c	26c
CREST TOOTH PASTE..... FAMILY TUBE	\$1.05	79c	26c
ANTISEPTIC LISTERINE..... 14-OZ. BTL.	\$1.19	89c	30c
TABLETS POLIDENT..... PKG. OF 40's	\$1.09	89c	20c
PALMOLIVE RAPID SHAVE..... KING SIZE	\$1.19	88c	31c
HAI KARATE AFTERSHAVE LOTION..... 4-OZ. SIZE	\$1.50	\$1.35	15c
MENNEN SKIN BRACER..... 6-OZ. SIZE	\$1.25	99c	26c
GILLETTE S. S. BLADES..... PKG. OF 10's	\$1.45	\$1.14	31c
VITALIS HAIR TONIC..... 7-OZ. SIZE	\$1.25	99c	26c
RIGHT GUARD SPRAY DEODORANT..... 7-OZ. SIZE	\$1.59	\$1.09	50c
ARRID EX. DRY SPRAY DEODORANT..... 9-OZ. CAN	\$1.79	\$1.49	30c
MUM CREAM DEODORANT..... LARGE SIZE	79c	64c	15c
HEAD & SHOULDER LOTION..... FAMILY SIZE	\$1.65	\$1.18	47c
BRECK SHAMPOO..... LARGE SIZE	\$1.15	87c	28c
HALO SHAMPOO..... LARGE SIZE	\$1.09	88c	21c
LOVING CARE HAIR COLOR..... EACH BTL.	\$2.00	\$1.49	51c
TAME CREME RINSE..... 8-OZ. SIZE	\$1.00	78c	22c
WHITE RAIN HAIR SPRAY..... 14-OZ. CAN	\$1.39	\$1.09	30c
LUSTRE CREME HAIR SPRAY..... 13-OZ. CAN	85c	69c	16c
JERGENS LOTION..... 10 1/2-OZ. SIZE	\$1.09	88c	21c
TAMPAX..... PKG. OF 40's	\$1.79	\$1.48	31c
NOXZEMA SKIN CREAM..... 4-OZ. SIZE	80c	69c	11c
CALGON BATH OIL BEADS..... EACH BOX	89c	78c	11c
J&J BABY POWDER..... LARGE CAN	85c	69c	16c
TABLETS BUFFERIN..... BTL. OF 100's	\$1.49	99c	50c
BAYER ASPIRIN..... BTL. OF 100's	98c	78c	20c
ONE-A-DAY VITAMINS..... BTL. OF 60's	\$1.96	\$1.53	43c
PEPTO BISMOL..... 8-OZ. BTL.	\$1.09	89c	20c
ALKA SELTZER..... BTL. OF 25's	69c	49c	20c
NYQUIL COLD MEDICINE..... 6-OZ. SIZE	\$1.49	\$1.27	22c
LAVORIS MOUTHWASH..... 15-OZ. SIZE	\$1.19	97c	20c
ULTRA BRITE TOOTH PASTE..... FAMILY TUBE	\$1.09	89c	20c
PRELL LIQUID SHAMPOO..... LARGE SIZE	\$1.15	89c	26c

Women's Health

COPING WITH HIGH HEELS

Chicago (WMNS)—Do the soles of your feet sting when you wear high heels?

Your stride is probably too long, suggests the Department of Health Education of the American Medical Association.

Since high heels impair your balance, a long step forces you to constantly regain your balance, which causes extra pressure on the balls of your feet, which leads to painful stinging. Shorter strides make it easier to maintain your balance.

The strain of walking on high heels can also be somewhat relieved, say the posture specialists, by walking more slowly and by toeing straight ahead. Keep your feet closer together than when you wear low heels.

In other words, high heels are great for mincing and looks but an obstacle to brisk pedestrian

progress.

RUMOR OUTSTRIPS REALITY

Slough, Eng. (WMNS) — "Far fewer women had experienced side-effects than had heard of them," a British doctor reports after checking 85 women who have used oral contraceptives for at least six years.

"On evidence such as this it would be possible to claim that the greatest side-effect occasioned by the Pill is rumor and adverse publicity."

Dr. Aviva Wiseman, director of the Slough Family Planning Clinic, found that 38 of the women had experienced no side effects at all. Of 18 women who stopped taking oral contraceptives, only six complained of side effects. The others stopped so as to have a child or an operation.

Asked to name the greatest

advantage of oral contraception, 41 women praised its effectiveness and 33 its convenience. Others said it had improved their marital relationships and/or general health. One credited the oral contraceptive for "a happy marriage."

PAYING FOR INDUCED SLEEP

Chicago (WMNS) — You may have to pay for tonight's induced sleep with tomorrow's insomnia.

In an editorial cautioning against a casual reliance on sleeping pills, the Journal of the American Medical Association suggests that "borrowed sleep" must eventually be repaid.

During a recent experiment, sleeping pills successfully induced quick, deep, longer than usual slumber for only 12-14 days. After that, tolerance developed and for the rest of the experiment, sleeping time shortened and thrashing-about time lengthened.

After 26 days, the sleeping pills were withdrawn. It took 14 days

without the soporific before a normal sleep pattern returned. For the first two pill-free nights, total sleep time fell abruptly.

Although the Journal described these sleep disturbances as "usually more uncomfortable than

serious and generally self-limiting," the editorial issued a sharp warning against constantly stepping up the dosage to forestall tolerance. In such cases, withdrawal symptoms can include possible convulsions.

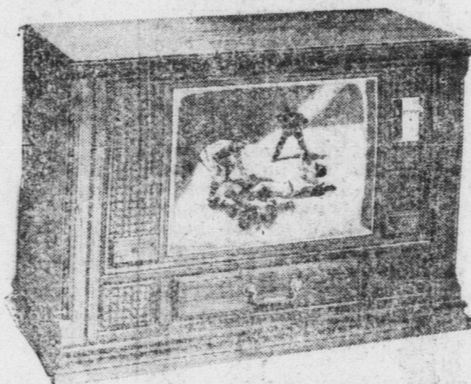
HAY-FEVER SINUS Sufferers

Here's good news for you! Exclusive new "hard core" SYNACLEAR Decongestant tablets act instantly and continuously to drain and clear all nasal-sinus cavities. One "hard core" tablet gives up to 8 hours relief from pain and pressure of congestion. Allows you to breathe easily—stops watery eyes and runny nose. You can buy SYNACLEAR at your favorite drug counter, without need for a prescription. Satisfaction guaranteed by maker. Try it today.

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A revolutionary new color television system featuring a revolutionary new patented color picture tube that outcolors, outbrightens, outdetails, and outperforms every previous giant-screen color TV!

New Chromacolor Picture Tube
with Zenith's patented black-surround principle, brings you a color TV picture more than 100% brighter than any previous giant-screen color TV. Zenith patented black-surround screen—along with precision electron beam tracking and increased light-transmission tube face—bring you a brighter color picture, with greater definition and sharper detail than ever achieved in giant-screen color TV before Chromacolor.

Exclusive New Zenith Color Commander Control
Now one knob adjusts contrast and color level with brightness in proper balance simultaneously... and they stay perfectly in balance as you adjust the color picture to match changing light levels in the room.

New Zenith Titan 90 Handcrafted Chassis
with exclusive revolutionary new Solid-State Dura-Module combines famous Zenith Handcrafted dependability with exciting solid-state advances.

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- New RGB Color Circuitry
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SUPER SCREEN 12" PORTABLE TV

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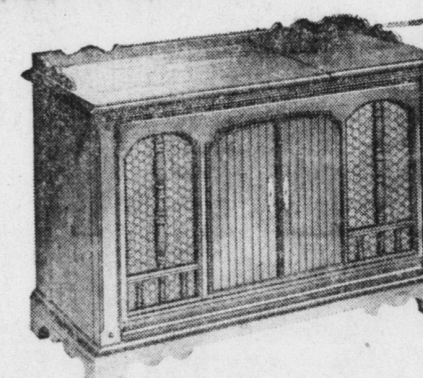
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The WESTWIND • Y1410 Model Y1410
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