

### Santa Claus 'Contour' Can Be Avoided

The juicy turkey, the flaming plum pudding, the Christmas cookies of many kinds, the hors d'oeuvres that are served wherever you go, all these tempting taste treats are a threat to your waistline throughout the holiday season. And how can you enjoy the fun and food without putting on too many pounds of fat that nobody wants to have when starting the New Year?

This question is sure to come up in the chit-chat at the gay gatherings you go to, for more and more people are becoming concerned about being overweight. Not wanting to be haunted by post-Christmas bulges, they know that using a little will power to resist an extra helping of dessert may be a good New Year's resolution.

Planning holiday menus for your family and guests so they can eat what they want at parties and still keep a check on calories is now possible, thanks to today's formula diets. One approach, for example, is a liquid dietary for breakfast and perhaps a can of Metrecal soup for lunch, while enjoying a delicious dinner of favorite foods.

Your between-party menus can allow a full measure of taste delights while still watching the caloric count. On a cold winter day, a cream-of-tomato soup provides a tasty, satisfying lunch. Or, to add the traditional holiday colors of red and green to your luncheon menu, try serving split pea soup with tomato aspic salad.

When eating-on-the-run during the holiday whirl, a liquid dietary containing only 225 calories provides all the essential nutrients while helping you avoid "empty," weight-producing calories.

Extra calories add up to unwanted inches. By cutting your intake at one or two meals during the day, you can enjoy your favorite Christmas treats without fear of adding that hard-to-lose Santa Claus contour.

### Statistics Given on What Is Good Steak

FARGO, N.D. (UPI)—When you sit down to eat a steak, stop and think of what went into it—about 17 pounds of corn, four pounds of hay and two pounds of protein supplements.

According to North Dakota State University, livestock people figure it out this way: a 10-ounce cooked steak represents 1.3 pounds of carcass beef, or about 2.2 pounds of live steer. Since a feeder steer gains about two pounds a day, one steak is equal to about a day's red meat production of the steer. The feed figures are the approximate daily diet of the average steer.

### Use Up Scraps



7416 by Alice Brooks

Two colorful aprons that use scrap pieces effectively for pocket and patches. Applique tulip quickly sewn on. Patches finished with rick-rack. Pattern 7416: transfer of a 5x6 1/2, three 3 1/2 x 4 1/2 in. motifs; apron printed pattern.

THIRTY-FIVE CENTS (coins) for this pattern—add 15 cents for each pattern for first-class mailing and special handling. Send to Alice Brooks, Medford Mail Tribune, Needlecraft Dept., P. O. Box 163, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, ZONE, PATTERN NUMBER.

206 HANDICRAFT HITS in our big, big, new 1964 Needlecraft Catalog, out now! See toys, fashions, crewelwork, heirlooms, gifts, bazaar hits—everything to crochet, knit, sew, weave, embroider, quilt, smock. Send 25c right now.

# Penneys

ALWAYS FIRST QUALITY

CHARGE IT . . . CASH IN ON THESE TERRIFIC PENNEY SAVINGS NOW! DON'T MISS!

Our annual bargain spree is here . . . The 2 big days after Thanksgiving! It's the "official" kick-off for starting your Christmas shopping with truly outstanding buys!

## 2 big days to Save!

FRIDAY and SATURDAY



### special buys on GIRLS' JACKETS

A—Rayon pile, printed to look like a cunning counterfeit! Acetate lining, real dyed mouton lamb trim! 7 to 16. **9<sup>88</sup>**

B—Nylon print parka type packet is lined with nylon, with snug Celacloud® acetate batting! So smart! Such value! 5 to 16. **7<sup>88</sup>**

Girls' Wear . . . Penney's Mezzanine



for your leisure hours

WOMEN'S

### FEMME FATALE LOUNGE WEAR!

MATCHLESS VALUE! Away with dowdy at-home-apparel . . . and on with sleek, flattering lounging pajamas! Smart acetate tricot quilted jackets top off slim acetate tricot pants! Delicate braid and embroidery trims! All in lovely colors! **3<sup>98</sup>**

Sizes 32 to 38

Lingerie . . . Penney's Street Floor



This Season's Favorite Jacket Coat . . .

REPEAT SPECIAL!

unbridled fashion passion **\$25.**

The sportive look now comes on strong, striking and very upper stratal imitating a prize "hide" . . . it's really shapely, warm rayon pile laminated to foam. Hood and cuffs are dyed-to-match mouton . . . choose from brown or black with white . . . sizes 8 to 16.

### Wo's Suede Leather JACKETS

nap-of-luxury suede leathers . . . her idea of Christmas! What fabulous savings! Save on genuine suede . . . so soft, so supple! Rayon taffeta lining makes it a perfect lightweight jacket for all seasons! Start hinting now! **18<sup>88</sup>**

Gift Special

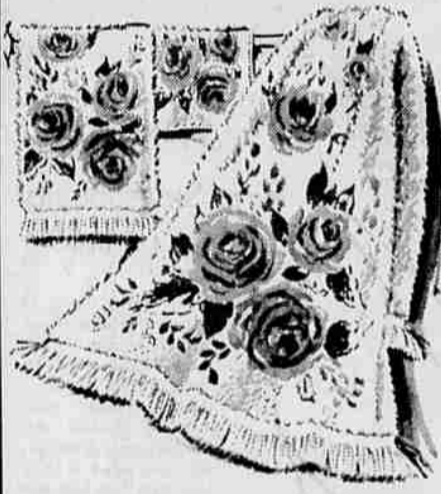


### Men's Zip-out COATS SPECIAL 14<sup>88</sup>

REPEAT OF A SELLOUT!

7 to 9 P.M. Special! Zip-out Orlon® Acrylic pile lined all-weather coats with slash pockets. Regulars and longs in rich deep tone subdued plaids. Sizes 36 to 44.

Men's . . . Penney's Street Floor



### New! "Frosted Flowers" Delicate Pastel Towels

**1<sup>49</sup>** hand towels 79c wash cloths 39c

New, beautiful and full of Penney-value! Frosted-look, lustrous pastel cotton towels elegantly over-printed in classic rose design! Bathroom beauty unbelievably low priced! Baby pink, yellow, light blue!

### Nylon Hose Special! Seamless Nylons

Perfect quality sheer plain knit, 100% nylon, 400 needle, 15 denier. Suntan or pebble in sizes 8 1/2 to 11. **50<sup>c</sup>**

PENNEY'S STREET FLOOR PAIR



### 5 by 6 ft. Wall-To-Wall Bath Carpet 'N Lid Cover!

Special **4<sup>88</sup>**

Very plush thick cotton pile carpet, foam backed, and lid—machine washable in lukewarm water! Newest colors!

80"x108" SHEET BANKETS **2**

Stock up and save on creamy-white, cozy, soft-napped sheet blankets! Fine quality, nicely stitched ends!

PENNEY'S STREET FLOOR

SAVE! DACRON LACE TABLECLOTHS **3<sup>00</sup>**

52" x 70" with lavish intricate lace patterns in dacron® polyester. Washable.

SAVE! KITCHEN TERRY TOWELS **2 for 88<sup>c</sup>**

Wide choice of printed designs in soft absorbent kitchen terry towels.

TOWELS . . . STREET FLOOR

2 by 6 FT. STRIPE RUG RUNNERS **2<sup>44</sup>**

Hurry! Dozens of uses! For halls, stairs, protection for heavy-traffic spots. Firm sturdy loop pile, foam rubber backed, need no padding!

ACRYLIC® FLORAL BLANKETS **5<sup>88</sup>**

72" x 90" for twin or full bed in Rayon/acrylic fibers. Lovely floral prints.

BLANKETS . . . STREET FLOOR



### Spectacular Savings On Gift-Robe Fashion Greats!

only **6<sup>99</sup>** each

A fabulous gift variety with the Penney-plus of quality . . . priced to pamper every budget! Quilts in nylon tricot or printed Estiron® acetate! Arnel® triacetate 'n nylon suedes! All in gala colors, sizes 10 to 18!

### Wo's Shaggy Slippers Special 1<sup>88</sup>



Cute cozy collared slippers will keep her warm all winter! White, Red, Light Blue and Dark Blue. Sizes 4 to 9.

### Children's Slippers



Sizes 4 to 12 **1<sup>99</sup>**

Penney's poodle slipper keeps toes toasty, youngsters smiling . . . Red Highlander, Apricot Boxer, and Beige Pups

WOMEN'S BETTER DRESSES **4<sup>44</sup>**

Big reductions on better dresses. New fall styles in misses and half sizes.

PENNEY'S MEZZANINE

MEN'S SPORT OR DRESS SHIRTS **2 for \$5**

Your choice! White dress shirts with long sleeves, neck sizes 14 1/2 to 17; sport shirts, long sleeves in prints, stripes and solids. S, M, L sizes.

MEN'S STORE STREET FLOOR

PRINT COTTON FLANNEL **3 yd. \$1**

Buy it by the bolt and save! Warmly knapped prints of soft cotton flannel for sleepwear and shirts. Colorfast. 36" wide.

FABRICS . . . STREET FLOOR

BIG 20" by 26" DACRON PILLOWS **2 for \$5**

Large, trim comfortable pillows . . . 20 oz. of 100% polyester, nonallergenic and dust proof! Blue and white striped cotton ticking cover, corded edges.

CHRISTMAS CARD SPECIAL **77<sup>c</sup>**

Cards for every type! Traditional! Religious! Scenic! Cute Santas! Send cards from both of you! Penney-priced!



### Long Wear Comfort In Jr. Boys SUIT SPECIAL!

What a value! Soft, durable jacket of wool 'n acrylic. Contrasting rayon acetate slacks have self belt. Tailoring extras too! In favorite colors. Shop 'n save! **5<sup>99</sup>**

Sizes 4 to 10

### Boy's Wool'n Kodel Blazer Sweaters

Sizes 6 to 20 **5<sup>95</sup>**

Wool 'n Kodel® polyester's the way to machine wash and dry ease. Striped right blazer has metal buttons.

### save on these toy Specials!

### 12" STEEL TRICYCLE



**8<sup>88</sup>**

10" Size 7.77 16" Size 10.99

These tricycles are the perfect gifts for your youngsters! Wide 1 3/8" diam. wheels prevent spills! Ball-bearing front wheel for added safety! Red enamel, white trim!

### 20 inch TRAINING BIKES

20" training bike for either boys or girls. Conversion bar is easily removed or put in. Training wheels for no tip safety. Equipped with coaster brake and semi-pneumatic tires. Put one on lay-away for Christmas! **18<sup>88</sup>**