

# Save yourself some cash

Do you have a savings plan? There are many different ways and places to save money. Base your choice of how to save on what you want to achieve with your savings and when you want to use the money — this year, next year or 20 years from now. To develop a savings plan follow these easy steps. First, examine your motives. Write down exactly what you want to save for and when you want it. Next, decide how much you need to save. Then make out the actual savings plan. In deciding upon a savings plan, you will have to rework your spending

plan. Make sure you set aside a fixed amount each week or month in order to achieve your goal. Do not plan to save just the money left over at the end of the week or month; there never seems to be any left over. The fourth step in a savings plan is to decide where and how to deposit your savings. One thing to consider is the rate of interest it will pay you. For information on helping you plan your savings. Write your county extension agent, Joyce Carlen, 406 Caroline, Room 207, Houston, Tex. 77002, or call her at 221-5236.

**SOMETHING JUST RIGHT FOR YOUR TABLE ON THE HOLIDAYS.**

Canterbury Tablecloth

- Soil release finish
- Needs no ironing
- Machine washable and dryable

	Reg.	NOW
60x80 Oblong	14.80	10.99
70x90 Oblong	18.98	13.99
70x90 Oval	18.98	13.99
70x108 Oblong	22.98	16.99
70x108 Oval	22.98	16.99
70 Round	17.98	12.99

Second Floor — Meyer Bros. 1035 Meyerland Plaza 661-7217

**du Sullivan's** Bed & Bath Shop

**Barbecue ALL YOU CAN EAT**

4 p.m. Til Closing Every Night! All Day Sunday!

- ★ Beef ★ Potato Salad
- ★ Chicken ★ Cole Slaw
- ★ Links ★ Baked Beans
- ★ Ham ★ French Fries


**The best barbecue anywhere!**

**Pit Stop Barbecue**

11803 Chimney Rock South Of Westbury Square By Westbury High School Next To Rice Food Market 729-9342

Sun-Thurs. 10:30 a.m. Til 9:00 p.m. - Fri. & Sat. Til 10:00 p.m.

**HOUSTON GOLF ACADEMY**  
The Professional Approach



Dear Golfer,

I would like to take this opportunity to acquaint you with a unique project. The Houston Golf Academy will soon offer what I believe to be the most comprehensive teaching program and the finest practice facility ever developed. Our main objective is to bring together in one location everything necessary for the individual desiring to sharpen his game or begin from scratch.

The driving range is open now. But it will be a couple of months yet before our 55-acre park is fully operational. Meanwhile, come on out, hit a few balls on us, and look things over. You might even want to sign up early for one of our six lesson packages. I know you will be impressed by the excellence of our course and practice areas, and our innovative concept. Our staff of professionals is standing by right now to answer your questions.

Sincerely,  
*Jackson Bradley*  
Jackson Bradley  
Head Professional

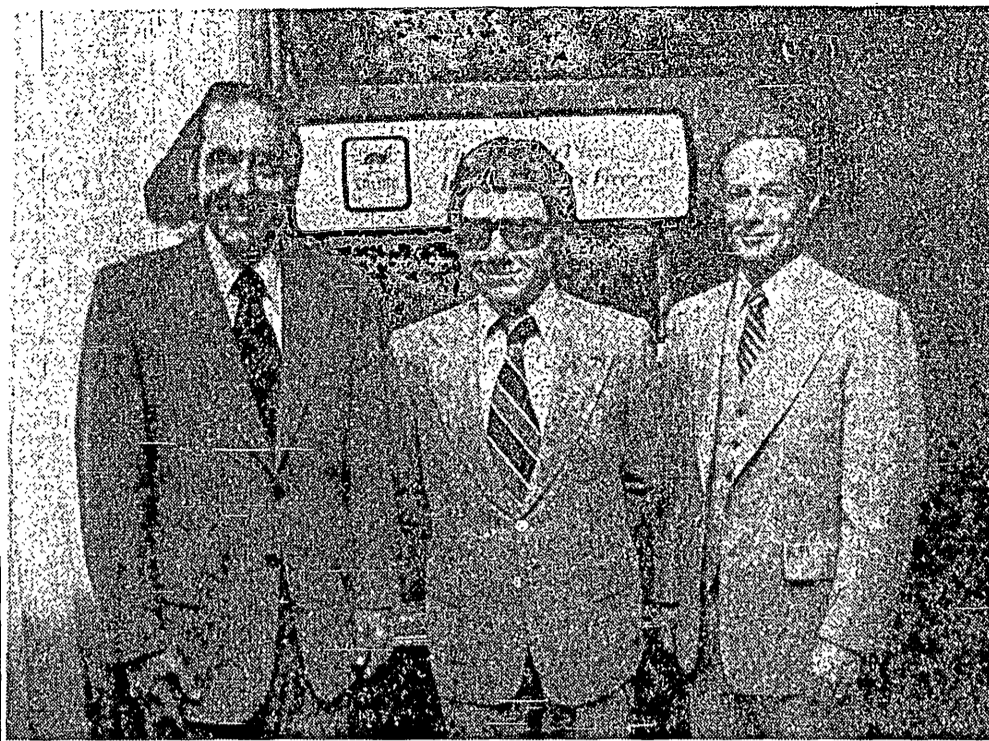
We Want To Get To Know You  
Please fill out the attached form and return to the Houston Golf Academy • 4035 Highway 6 South (1 1/2 Miles South of Westheimer) • Houston, Texas 77082 • 713/493-3276

**HOUSTON GOLF ACADEMY REGISTRATION FORM**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

I would like to be contacted for enrollment immediately.  
 I would like to be considered for enrollment at later date.

Present this form in person at the pro shop and receive 1/2 OFF the price of one bucket of balls for every member of the family.



**Saluto Pizza**

Saluto Foods Corp., a subsidiary of General Mills, Inc., manufacturer of frozen pizza, announced its entrance into the Houston area food stores with the introduction of Saluto Deep-Dish Sicilian Style and thin crust pizza varieties. Shown left to right, Jim Hudson, Reg. S/M General Mills, Inc., Joe Ricchetti, vice-president marketing, and Clifton E. Young, vice-president, sales, Saluto Foods Co. Saluto thin crust varieties include cheese, sausage, pepperoni, deluxe, sassy n' spice and party. Deep-Dish Sicilian Style Pizza (with a thick, chewy crust) comes in cheese, sausage, pepperoni and party varieties. As a subsidiary of General Mills, Inc., Saluto's entrance in the Houston area food stores will be carried out by the General Mills sales force.

## Graham's names McLeod district manager

In a recent company expansion, Angus McLeod was named to the newly created position of district manager of Graham's Men and Boys. McLeod is a native Floridian who has been involved in the operations and management of men's and boys' quality retail stores for more than 30 years. McLeod has been associated with Graham's Men and Boys' Wear for nearly two years. He began as the assistant manager of the newly opened Galvez Mall store in Galveston. He was then promoted to manager of the new Baytown store at West Town.

## Take precautions before exercising

Exercise — but take some precautions before beginning any program. Recently people have become interested in a variety of exercises including jogging, racquet ball, tennis, swimming, and many more, to promote physical fitness, notes Carla Shearer, a health education specialist with the Texas Agricultural Extension Service, The Texas A&M University System.

Everyone needs exercise on a regular basis; however, they should exercise some precautions when entering into any program, the specialist advises.

- Don't try to do too much too soon.
- It's advisable to get a medical check-up before starting a program of vigorous physical activity. For those over 35, it's wise to include a cardiogram in the pre-exercise exam.
- Don't push yourself too far.

Stop exercising immediately if you experience extreme fatigue, tightness or pain in the chest, abnormal shortness of breath, lightheadedness or nausea.

In these cases, check with a doctor again about the exercise that you are doing.

Although exercise is recommended on a daily basis, when suffering from a cold or fatigue, discontinue vigorous exercising.

- Let the body warm up before strenuous exercise.

This period of gradual warm-up minimizes muscle and joint problems. Five to 10 minutes is usually sufficient to loosen joints, stretch muscles and speed up circulation.

- After exercising, allow the body time to cool down slowly.

**SYMBOLS OF THE BEGINNING END**



Alpha & Omega Charm Handcrafted by James Avery. Available in Silver and Gold.

Besides our large selection of silver & gold jewelry, we carry hand-made pottery, antiques, and brassware.

**The Fanning Shoppe**

7131 FANNIN 790-1695  
off 610 between Astrodome & Med. Ctr.

**50%-75% Off Retail 4 Days Only**

Wed.-Thurs. 9-9 Fri-Sat. 10-4

**Fabric Sale**

MANUFACTURERS BOLT ENDS THOUSANDS OF YARDS FIRST QUALITY

VELOURS TERRY CRINKLE GAUZE WOVEN BLENDS COTTON INTERLOCK PONTE DE ROMA SU BLASTICS

781-5431  
1523 WALNUT BEND DR.

# GRAND OPENING SALE

## Kmart

**Opens Thursday at 12610 BELLAIRE BLVD. at DAIRY ASHFORD (Alief)**

Specials also Available at all Houston Area Kmart's

**THE SAVING PLACE**  
With the Most of the Best, for Less

Coast-to-coast, Kmart—the fastest-growing "saving place" in America—offers prices on most every kind of first-quality name-brand product imaginable, for most every need. You can use your bank credit card for most convenient shopping in Kmart's more than 50 departments... with the utmost assurance of "Satisfaction Always". Visit your nearby Kmart soon. Discover that shopping and saving at Kmart is more than a thrill-trip... it's a most exciting adventure!

**A Full-Service Pharmacy**  
You'll feel even better saving at Kmart's Pharmacy. Have our licensed pharmacist fill your prescription while you shop! Costs are always kept to a minimum — ingredients always the finest. We honor most major insurance plans. And you'll find thousands of name-brand health and beauty aids, all at our low, discount prices. Buy with our promise of "satisfaction always."

**Men's and Boys' Quality Clothing**  
It's quality, high fashion and neat fit when his shopping stop is Kmart! Sport coats, dressy suits or slacks, leisure and school clothes, work outfits... underwear and outerwear are here for dad and all the boys. Tailored for extra long wear, priced for thrill!

**More for Your Money in Fashions 'n Accessories**  
There's no price tag on good taste, and Kmart has fashions to prove it! All the newest colors and looks are here in abundance—sizes and styles for every age or figure, in today's loveliest, most care-free fabrics. The most fashionable looks... at prices you can't afford to miss!

**Shoes for Everyone**  
Value, style comfort and fit! An excellent variety for men, women and children—everything from dress shoes to insulated work boots and tennis sneakers to slippers. A parade of styles, all priced to please your budget, too!

**Automotive Center Service and Parts**  
Car-care's a breeze when you rely on Kmart's dependable work and super-low discount prices! Whether it's tires, shocks, brakes, a tune-up, muffler, or an oil change, our trained mechanics do it right. And do-it-yourselfers find the right parts, at the right price!

**Sporting Goods**  
Kmart competition center for athletes young or old! Very competitive equipment for major sports, camping, hunting, fishing—at very competitive prices! National brands and our own private-label quality products.

**Infants' and Children's Wear**  
Clothing for the kiddies—everything from creepers to school togs, in today's most wanted fabrics. Fashion looks for boys or girls, big on quality, long on wear, and low in price! Come see!

**Distinctive Jewelry**  
An exciting display of design and craftsmanship. Women's and men's latest watches... rings, necklaces, bracelets, chains. Everything from fine jewelry to custom novelties, discount-priced!

**Camera Department**  
Famous-make cameras to suit your need. Slide and movie projectors, film, flash equipment. Plus photo developing backed by Kmart's "golf-proof" policy—if you don't like any print we process, we'll refund the full price of the print. Save a lot!

**Name-Brand Small Appliances**  
Everything you've wanted for your kitchen—and more! Names you know, like West Bend and General Electric—a fabulous selection backed with our pledge of "Satisfaction Always"—all discount-priced.

**SATISFACTION ALWAYS**  
It's a big Kmart difference—our pledge, backed by 79 years of service. It means you must be satisfied with any Kmart purchase—or we'll replace it, or refund your money promptly, with no runaround. That's a promise!

**CREDIT CARDS ACCEPTED**  
VISA master charge

Use your bank credit card to shop at Kmart. And ask about installment credit service on your major purchases.

- 12610 BELLAIRE BLVD. at Dairy Ashford (Alief)
- 2205 WES. 54th St. at Kuykendahl
- 2400 LITTLE YORK at 45 North
- 1431 W. 20th ST. at Ella (Heightland)
- 6315 LONG POINT at Bingle (Spring Branch)
- 12151 KATY FREEWAY at Dairy Ashford
- 6150 W. FREEWAY at Beechmont
- 12401 S. POST OAK at S. 81st
- 1037 F. REEW at Matlack
- 1801 N. PRUETT at Park (Baytown)
- 4200 PASADENA BLVD. at Old North (Pasadena)
- 1402 SPENCER HWY. at S. Shear (S. Houston)
- 3302 LEE PHONE RD. at Gulf Freeway
- 3701 W. FLEET at S. M. A. (Spring)