

Ann Landers

Dear Ann Landers: Last night at a dinner party I sat next to a woman who would not touch her potato. It was medium-sized, baked, and contained about 90 calories. "I'm trying to lose weight," she said with a trace of martyrdom. I noticed before dinner she had two king-sized old fashioned (even ate the cherries), which added up to about 380 calories. She also had a glass and a half of wine with her dinner (about 112 calories). After dinner, she accepted a cordial (Benedictine and brandy) which contained about 160 calories. All in all, the lady who wouldn't eat the potato drank up at least 652 calories, which constitutes more than half the daily caloric intake for a person who is on a serious diet. I wonder how many other people use the same cockeyed reasoning? Print this letter, Ann, and let's see how many people out there recognize themselves. --Just Looking, Thank You.

Dear Just: The answer is ... plenty. Strange how many dieters tell you they never eat "a thing" but they can't seem to lose weight. When you ask if they count the calories in the booze they drink, they give you an odd look, as if liquor, beer and wine don't contain

the same calories that are in French pastry. Oh, the lies people tell themselves when they want to continue to eat and drink to excess, but how they hate to pay the price!

Dear Ann Landers: You've had several letters in your column about people who snore. Mostly it's wives who write to complain about husbands who keep them up at night. This letter will be a little different.

It's my wife who snores, and it wouldn't be so bad if it were at night, in bed, but she has a habit of falling asleep in movies and sometimes at dinner parties if the conversation isn't particularly stimulating. I have a bit of insomnia myself, and frankly I envy her ability to fall asleep sitting up, any old place. But it can be quite embarrassing when all of a sudden her snoring becomes so loud that it attracts the attention of others.

When I nudge her gently, she wakes up and denies she has been asleep. "I was just resting my eyes for a few minutes," she says, but I know good and well a person doesn't snore like that unless they are sound asleep. What can you suggest? -- M. Bare Essment

Dear M: A physical checkup. Perhaps your wife has narcolepsy. If not, she is not getting enough rest and should lie down for an hour during the day.

SCHREIBER

the Bay

Thursday, Friday, Saturday
May 16-17-18

STORE OPENS
AT 9:30

ANNIVERSARY

SALE

STARTS THURSDAY - LOOK FOR
OUR 8 PAGE SALE FLYER
DOOR OPENING SPECIALS
FOR FRIDAY MORNING - MAY 17TH

| | | |
|--|--|---|
| <p>LADIES SANDELS BROWN MAN MADE LEATHER SIZES 5 to 9 Regular \$6.98 DOOR OPENING SPECIAL - \$1.99</p> | <p>BAYCREST BABY BLANKETS 50% polyester - 50% rayon 36" x 50" Regular \$3.98 DOOR OPENING SPECIAL - \$2.66</p> | <p>COFFEE MUGS DOOR OPENING SPECIAL - 3/\$1.00</p> |
| <p>GIRLS COTTON CHECK PANTS SIZES 10 to 14 Regular \$6.98 LIMITED QUANTITY DOOR OPENING SPECIAL - \$1.99</p> | <p>BOYS & GIRLS JEANS ASSORTED SIZES 4 to 6X Regular \$2.98 to \$3.59 DOOR OPENING SPECIAL - \$1.77</p> | <p>CHARCOAL 20 LB. BAG DOOR OPENING SPECIAL - \$1.77</p> |
| <p>GIRLS BLOUSES SIZES 7 to 14 Regular \$2.49 to \$4.98 DOOR OPENING SPECIAL \$1.99</p> | <p>MENS & BOYS SPORT SHIRTS ASSORTED STYLES BOYS SIZES 10 to 18 MENS SIZES - S-M-L DOOR OPENING SPECIAL - \$1.44</p> | <p>BOX SPRINGS 54" Regular \$59.95 Slightly Waterstained 2 ONLY --- \$24.88</p> |
| <p>BOYS COTTON ATHLETIC BRIEFS S-M-L DOOR OPENING SPECIAL - 3/\$1.00</p> | <p>BAYCREST RECORD PLAYER PORTABLE Regular \$22.95 SPECIAL ----- \$13.88</p> | |