



Ladies Have You Heard?

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Multivitamins Can Be Dangerous
More than 80 percent of the adult multivitamins found in stores today do not contain appropriate levels of vitamins and minerals, and many have dangerously high doses.

This is according to a survey of 41 over-the-counter multivitamins conducted by the American Dietetic Association.

The ideal vitamin contains 100 percent of the U.S. Recommended Daily allowances (RDA), but most vitamins looked at exceeded the 200 percent mark. This makes the vitamin costly and possibly dangerous.

Water-soluble vitamins - vitamin C, and the B vitamins - are usually excreted by the body. But high doses can cause ill effects and sometimes toxic symptoms. Fat-soluble vitamins are something else again; excess amounts of vitamins A, D, E, and K can definitely be harmful because they are stored by the body.

Vitamin companies are required to list RDA percentages on labels. If you feel it is necessary to supplement your diet, read these labels carefully to see what you are getting. Remember, however, that vitamins cannot take the place of a well balanced diet.

It is also wise to know just which vitamin you need; you cannot arbitrarily pull a bottle from a shelf and expect success. In the final analysis, no person with a varied, balanced diet from the four food groups really needs multivitamin supplementation.

How To Avoid Checkout Blues
Food shopping can be tedious and fraught with crowds and delays, to name just two

frustrations. Here are some tips offered by store checkers and managers that may shorten your wait in checkout lines. When you get to the register, tell checkers immediately if you wish special handling (such as packing all frozen foods together), whether you have coupons, and if it is a food stamp order. It is a good idea to place coupons with matching products as the cart is unloaded or give them to the checker before they start to ring up your purchases.

Place items that sell in multiples ("2 fors and 3 fors") together to eliminate overcharging on a single item, or the checker having to hunt for the companion piece. Place purchases so that prices or the Universal Product Code (bar code) face the checker.

If you are using food stamps, separate nonfoods from foods, and place the foods on the conveyors last. It is a big help if you separate nontaxable items from taxable ones, too. Send the nontaxables through first. The operation is speedier if foods are grouped on the conveyors according to departments: meats, produce, dairy, grocery, etc.

Have your money ready. If you are writing a check, have as much of the check written out as possible.

Store managers want to know if you are dissatisfied with checker practices. These might be lengthy chats with customers, charging regular prices for sale items, or frequent register mistakes. Management wants your shopping trip to be pleasant, and they can only act on complaints if they know what they are.

I LOST 170 POUNDS

in about 6 months, and I am still losing. Nothing ever worked for me like HERBALIFE does. I feel great."

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In The First 30 Days With The
\$29.95 Herbal Slim & Trim Program
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This unique all natural weight loss program with herbs is the most comprehensive, safe, sensible, easy and totally balanced plan ever offered. It curbs the appetite, cleanses the system and supplies all the nutrition the body needs to maintain vitality and energy while you lose weight, without any hunger pangs or exercise. It contains NO salt, sugar, drugs, manmade chemicals or preservatives. Cut food bills in half by normally replacing 60 meals (2 per day). You eat 1 regular meal a day of your favorite foods.

For information concerning a FREE 30 day supply, or other Herbal programs and testimonies of relief from high blood pressure, heart problems, cellulite, ulcers, diabetes, hypoglycemia, colitis, diverticulitis, hiatal hernia, indigestion, female organ problems, cramps, hot flashes, menstrual disorders, phlebitis, hemorrhoids, allergies, sinus, asthma, acne, pimples, headaches, nervousness and others, contact the following Herbalife supervisor:

**To Have The Complete Herbal Slim & Trim Kit
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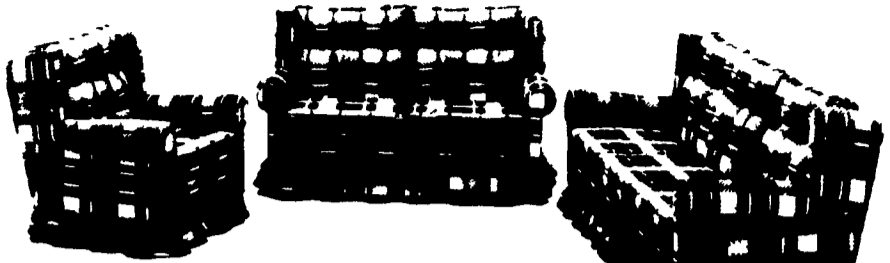
UNCLAIMED FREIGHT CO. AND LIQUIDATION SALES, INC.

LANCASTER
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717-397-6241

STORE HOURS:
Mon thru Fri
9 a m to 9 p m
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20 - 3 pc. Early American Herculon Plaid
Sofa, Loveseat, Chair

Reg. Price: \$1589.95

OUR CASH PRICE **\$289.95**

25 - Same Suit in Antron Nylon... 3pc.

Reg. Price \$1829.95

OUR CASH PRICE **\$345.00**

Just Sofa and Chair

In Herculon

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In Nylon

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19 Full Size Cheval Mirrors, Solid Cherry

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OUR CASH PRICE **\$109.95**



(Similar To
As Shown)

20 - Curios Solid Oak...

One Light, Glass Shelves
Reg. Price \$729.95

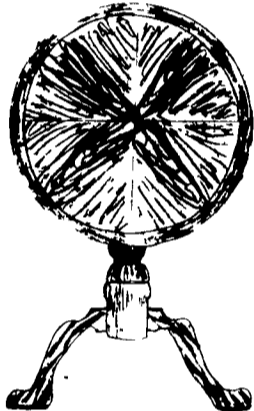
OUR CASH PRICE **\$209.00**



30 Bird Cage Tables...

Tilts and Revolves... Dark Oak With
Dark Oak Burl 32x32x29 3/4
Reg. Price \$749.95

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18 Solid Oak Hall Trees

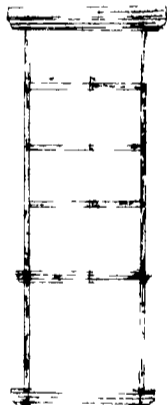
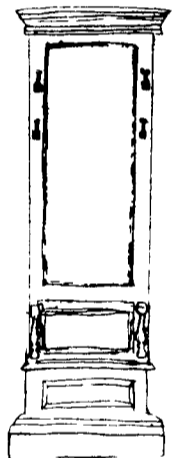
With Beveled Mirror and Bench
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OUR CASH PRICE **\$179.95**

18 Unfinished Hall Trees

With Bench, But No Mirror
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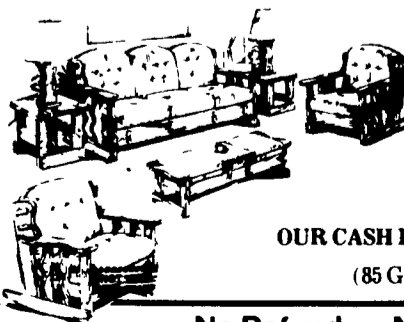
SOFA/CHAIR **\$200.00**

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Etagere...Home Entertainment Center In Pine Finish

Reg. Price \$249.95

OUR CASH PRICE **\$69.00**



Almost Identical
NOT MICKEY MOUSE
FULL SIZE

6 Pc. Pine Groups

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