

FARMER JOHN'S GREENHOUSE



Hanging Baskets

from \$3⁹⁵

All sizes available



DOUGLAS FIR CHRISTMAS TREES!!

Available Friday.

We have the LARGEST and NICEST selection in the area! Over 1,000 to select from: 4 feet to 15-feet.

Complete line of SCOTCH PINE and SPRUCE Christmas trees, also.

Holiday WREATHS and ROPING

8"-30"

Fresh Cut FLOWERS

Sweetheart

ROSES \$9⁹⁵

CHRISTMAS POINSETTIAS



4"	\$1 ⁹⁹	(25 or more \$1 ⁷⁵)
6 1/2"	\$3 ⁹⁹	(25 or more \$3 ²⁵)
6 1/2" 2 stem	\$7 ⁹⁹	(12 or more \$6 ⁵⁰)
7 1/2" 3 stem	\$14 ⁹⁹	(12 or more \$12)
10" 5 stem	\$24 ⁹⁹	(12 or more \$20)

FARMER JOHN'S GREENHOUSE

26950 HAGGERTY ROAD
1/2 Mile South of 12 Mile

553-7141



Holiday stress

The hectic pace you may keep during the holiday season as you try to accomplish many things at once can make you feel stress, but there are several easy ways to relieve the tension.

The tasks you have to accomplish won't seem so insurmountable if you make a list each day of everything you have to do and then prioritize each item. If you can, save the day before the festivities to catch up on last minute tasks.

Some people consume a lot of caffeine, through coffee or tea, to keep them going when they have a lot to do. In excess, caffeine can make you feel under more stress than you were before. It can cause irritability, stomach upsets, insomnia and headaches.

You're better off to soothe yourself by drinking something warm without

caffeine, such as herbal tea. Listening to soothing music and keeping lights low while you work also will help your body relax.

Tension is often expressed through insomnia. Try to develop a regular sleeping schedule even during irregular holiday activity, and adopt some type of ritual, such as reading or taking a bath before bedtime. Your body will adjust to these cues and you may sleep with less difficulty.

Regular exercise during the day may also help you sleep better at night. However, strenuous exercise immediately before you go to bed invigorates, rather than relaxes, your body.

Twenty minutes of vigorous exercise, such as taking a brisk walk or jog on a cold day, helps you feel relaxed and refreshed.



Thanking him for all the goodies he's brought to her store!!

BELLEK • BING & GRONDAHL • GOEBEL
DRESDEN • BELLS • MUSIC BOXES • CRYSTAL • PEWTER • ENAMELWARE • INCOLAY
BOXES • COPPERWARE • BALDWIN BRASS

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SCOTTS

Christmas By The Yard

Be practical—give fabrics to your favorite home-sewer for Christmas. She'll make the most of it!

All Fall Fashion Fabrics
Reduced for Clearance

25% OFF

Timex Watches

25% OFF

Mfg. Suggested Retail

8-Track Player

\$29⁹⁷

Sale Ends 12-1-79

Mon.-Sat. 9-9 Sunday 12-5

SCOTTS

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DOWNTOWN
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