

SAVE Check Our Low Prices!!

Buy Diamonds for LESS!

LAYAWAY NOW FOR CHRISTMAS

Diamonds Cost Less at Connolly's and We Guarantee It

67 YEARS OF BETTER DIAMOND VALUES!

Most major credit cards accepted

CONNOLLY'S
JEWELERS & SILVERSMITHS since 1916

Meadowbrook Village Mall: Walton Blvd. at Adams..... 375-9100
Downtown Birmingham: 280 N. Woodward Ave..... 642-7157
Fisher Building (Detroit): 125 Fisher Building..... 872-3360

Arthritics advised to minimize stress during holidays

Everyone knows the holidays puts a strain on the pocketbook. But persons with arthritis know that the season also places a strain on the joints.

In addition, it can drain energy and turn a festive season into a hectic, difficult time.

The Michigan Chapter of the Arthritis Foundation, through its director of public relations, has prepared a number of ways people with disabilities can adapt to the rigors of the season.

Margot Ott offers these suggestions about parties, shopping, gift wrapping and other holiday activities.

• Plan a party well in advance, so you can do a little work each day in moderation. This will minimize stress and prevent fatigue. Get help from family and friends, so the season becomes one of sharing and togetherness.

Don't make the party too complicated. Serve buffet style, possibly with paper plates. Or try a potluck dinner so the guests help provide the food.

• Shop during non-peak hours when stores are less crowded. Prepare a list in advance of gifts and supplies needed. Go to stores that are located close together, and gauge your strength carefully. If you don't want to leave home, try ordering by mail or telephone.

• Pick ways to wrap gifts that will be easy on hands with arthritis. Look for decorative tins, stockings, jars, boxes and bags that can serve as cheerful containers. If you have lots of gifts to wrap, consider inviting friends to a wrapping party.

• Also invite in friends and relatives to help decorate the house or tree. It will get the job done and give you a chance to be with the grandchildren and others close to you.

• Prepare food in advance and in quantity. Store it or freeze it in meal-size portions. Simply reheat as needed.

• Try to look your best. The way you look will depend on how you have been handling rest, exercise, medication and other portions of your treatment. On the day of a party or other important event, set aside a rest period to lie down and relax.

• Consider other ways to greet friends if your hands are affected with arthritis. For example, raise both arms to show other you wish to hug them rather than shake hands. As others extend their hand, you might want to grasp their thumb rather than their entire hand. This will prevent them squeezing your hand and hurting you accidentally.

Put a Fox in Dad's sox.

What makes the Fox a great stocking stuffer is what makes it a great radar detector. It fits into small spaces, like behind your grille, or clipped to your visor. And if you give Dad a Fox radar detector for Christmas, it's the last surprise he'll get for a long time.

FOX RADAR DETECTORS AS LOW AS \$89.95.

Only the friendly Fox offers a limited lifetime warranty.

OPEN DAILY MON.-SAT.

ARLEY'S 557-5250
SOUTHFIELD ROAD AT 11 MILE ROAD

Orchard Place
ORCHARD LAKE RD.
S. OF 14 MILE ROAD

Holiday Hours: Open Weekdays 'til 9:30 P.M., Sunday 'til 6:00 P.M.

OUR FIRST HOLIDAY TOGETHER

RAYMOND

the gap

Dimensions

MIAMI BAKE SHOP

B. Dalton
America's Favorite Bookstore

HARMONY HOUSE

EMCIE'S
Creative Boutiques, Inc.

PRESIDENT TUXEDO

Shoe-Town

Foley's
Uniforms & Shoes

WELLS CARGO
FARMINGTON
SOUVLAKI/CONVEY ISLAND

Speedy Photo

Tagg's

WHEEL camera

GIFT SUGGESTIONS FROM WORLD CAMERA

SANTA'S CHOICE

NIKON EM
WITH 50MM f1.8E LENS
THE SMALLEST, EASIEST, LOWEST PRICED NIKON 35MM REFLEX EVER
\$128⁸⁸

REBATE FROM NIKON
\$10
\$118⁸⁸

NIKON F3H EYE POINT-BODY ONLY
\$488⁸⁸

NIKON INC. LIMITED U.S.A. WARRANTY WITH EACH NIKON PRODUCT

PENTAX M2 SUPER
WITH 50mm f2.0 FULLY AUTOMATIC WITH EXCLUSIVE ELECTRO-TOUCH OVERRIDE
\$148⁸⁸

PENTAX SUPER PROGRAM
WITH 50 f1.7A LENS
\$238⁸⁸

PENTAX SPORT 35 AUTOFOCUS
\$109⁹⁵

PENTAX U.S.A. LIMITED WARRANTY-PRODUCT REGISTRATION WITH EACH PRODUCT

MINOLTA X-570
WITH 50MM f1.7 LENS
ADVANCED APERTURE-PRIORITY AUTOMATION
\$189⁹⁵

MINOLTA X-700
WITH 50MM f1.7 LENS
TOTAL PROGRAM AUTOMATION
\$229⁹⁵

MINOLTA XG-A
WITH 50MM f1.7 LENS
\$128⁸⁸

MINOLTA U.S.A. WARRANTY INCLUDED WITH ALL MINOLTA PRODUCTS

WORLD camera

BIRMINGHAM — 642-1985
LIVONIA — 525-4110
ROCHESTER — 375-9570
ROCHESTER — 375-9570
SOUTHFIELD — 358-4774
TROY — 585-0890

PRICES EFFECTIVE THRU DEC. 15, 1983

MANY UNADVERTISED SPECIALS ON CAMERA ACCESSORIES!