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What to buy your favorite dieter : \$3000 PRO THEIR LESS REPAIR WORK IT PAYS TO DO BUSINESS WITH A NAME EVERYONE KNOWSTHAT'S AVIS

If you are a dieter and, of course, warried about your weight, this article is for you too. Selecting Christmas gibts for the weight conscious can be tricky and embarrasing, for both the giver and receiver, so I urge you to carefully consider the sensitivity of the person or people involved in the gift exchange.

Waisting aweigh

partially followed in the gift state of the property of the positive encouragement from family and friends, which will hopefully manifest itself in an appopriate gift selection. Don't be footed by the jolly exterior of the overweight person. In 98 per cent of all cases, this person is crying on the inside and needs moral support. Although a man or woman many like a facade. And though it is important for an overweight person to keep a healthy series of humor, his emotions regarding his state of health run very deep within. An inappropriate gift can cruch an already troubled ego. Personally, while I appreciate gives the property of the property of

KEEPING THIS in mind, then the following suggestions are directed towards those who will be buying a gift for a dieter.

The same list can be used by a weight watcher when Santa asks him or her what he would like for Christ-way. Any dieter seriously interested in

weight watcher when Santa asks him or her what he would like for Christmas. Any dieter seriously interested in losing weight, and keeping it off, would welcome any of these items. The nitty-grity of weight watching revolves around the balarroom scale. It is something we don't often buyest to the serious of the serious o

DIET COOKBOOKS are plentiful, as

are books on nutrition.

Both paperback and hardcover, range from \$1.85 for the "American Heart Association Cookbook" (Ballamies Books to \$1.25 for "Cuistine Minicuur" by Michel Guerard. A book particularly good for understanding nutrition in a non-technical style is "A belt for Living" by Dr. Jean Meyer, hardcover or paperback. It is an excellent reference book and should be on everyone's bookshelf. It is appropriate for both men and women. A good selection of books including those mentioned are available at Plymouth Book World and the Gourmet Galterie. Consider the selection of cheese and wine. Remember dry white wine contains the lewest calories of all wines. Salespersons at cheese and wine shops can help you make an appropriate a fruit basket from Florida. Citrus fruits are a welcome mid-

ington.

The Diet Master Frozen Dessert.
Maker is the low calorie way of satisfying the sweet tooth. This negat,
machine provides a way to prepare
soft 'ice cream' with fewer calories."
It resembles an ice cream maker, but,
neither nock salt nor electricity are
required. It cumes complete with ar
required. It cumes complete with ar
recipe book and each recipe includes;
the complete with a complete with a complete of the complete of the complete with a complete of the comp

THE MOST UNIQUE item on the ordiet scene this year is the Diet Fork

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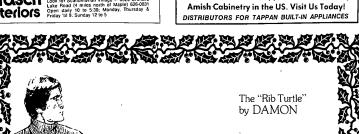
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