



# BARGAIN

# BONANZA

DURING SIDEWALK DAYS AT GEORGETOWN MARKET CENTRE  
 AT  
**SHOPPERS DRUG MART**

ALL SPECIALS INDOORS ONLY



We carry a complete line of . . . .

## Swimming Pool Chemicals

### DO YOU REALLY KNOW WHAT CONSTIPATION IS?

Constipation is a condition, not a disease. It may be caused by disease but much more often occurs in perfectly healthy individuals. It is, in fact, hard to define. Some people have a habit of a daily bowel movement; others, equally normal, may have a movement only every 2 or 3 or more days. Probably any reasonably regular timing for emptying the bowel, with a soft painless stool and without cramping, may be considered normal. Therefore constipation may be considered as dry stools which are difficult to pass and may be painful to expel.

#### How to help avoid constipation and be regular.

An appropriate program of Metamucil often combined with the following should relieve constipation:

- 1 Eat meals at regular hours, and chew all solid foods thoroughly and well
- 2 Eat sufficient residue producing foods such as fruits, vegetables, and salads
- 3 Drink sufficient water, fruit juices, buttermilk, or milk on a daily basis and form the habit of drinking and enjoying these at certain times during the day
- 4 Exercise daily, a brisk walk, bicycling, running or jogging can be of considerable help in relieving constipation and staying in general good health
- 5 Avoid missing by answering the urge for a bowel movement promptly, delay may result in loss of the urge
- 6 Allow a routinely convenient time of day for your bowel movements
- 7 Take all the time necessary when at stool. Avoid straining, relax, and allow normal peristalsis (natural movement of the bowel) to take place
- 8 Any significant change in bowel habit, either diarrhea or constipation, should be brought to the attention of your physician PROMPTLY!

#### What is Metamucil®?

Metamucil is a natural source laxative. Certain natural plant seeds are effective as a laxative because they have the property of absorbing water and work to form a soft pliable stool which can be easily passed and expelled. Modern preparation and processing has resulted in extracting and purifying the natural "mucilloid" from psyllium seeds to present Metamucil as an effective laxative.

#### Metamucil is gentle and easy to take.

Take the powder as needed, one to three teaspoonsfuls per day mixed with a cool liquid. Metamucil promotes a soft stool easily passed and expelled.

#### Directions for mixing Metamucil Powder.



1. Fill an 8 oz glass with cool juice, milk, or water.



2. Sprinkle a rounded teaspoonful of Metamucil powder onto the liquid



3. Stir briskly until thoroughly mixed



4. Drink the mixture immediately. An additional glass of liquid by itself can be helpful

Metamucil® is available in two convenient forms: Metamucil Powder in 6 oz. and 12 oz. plastic bottles and effervescent, lemon-lime Metamucil Instant Mix in pre-measured packets

#### INTRODUCTORY PRICE

12 oz. Powder **\$2.79**



### NEET HAIR REMOVER

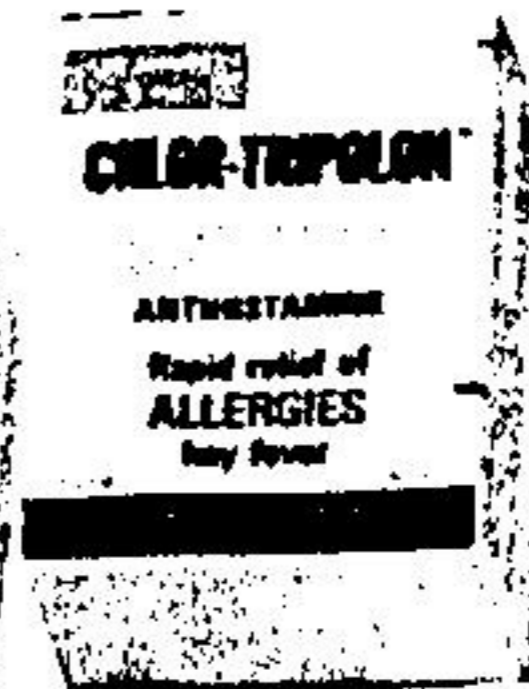
Available in  
 AEROSOL . . . 100 gm.  
 Rose or Lemon Scented  
 or  
 LOTION . . . 170 m.l.

**\$1.39**



### CREST TOOTH PASTE

100 m.l. . . **99c**




### CHLOR-TRIPLON

4 mg. - 36's or 8 mg. - 18's

**\$1.33 ea.**

**SURPRISE PACKAGES \$5.00 each**

Check our  
 Cosmetic Section  
 for  
 Special Clear-out  
 Items



12's or 4 oz. ea.

### TRIAMINIC TABLETS OR SYRUP

**1.19** each



Secret Roll-on  
**DEODORANT**  
 Scented or Unscented  
 15 oz.

**99c**

Sale Items and Prices Effective at the Georgetown Store Only