



FROM LAST WEEK'S MD CARNIVAL

"Tweety-Bird" Wendy Fleming, 12, entertained any guests that came her way, enticing them to join in and play ball toss, a bargain she chirped, for only 25 cents. Andrea Russell, 7, proved to be a willing player helping to support muscular dystrophy with her support. (Herald photo)

Here's the good news: fitness beats heart disease

As you probably know, heart disease remains the leading cause of death in Canada.

But PARTICIPAction notes many positive signs: the number of deaths from heart attack is decreasing.

More and more people who used to drown themselves in gooey desserts are saying "No thanks".

The folks who used to think beef was the only food are discovering the delights of seafood casseroles and fresh vegetable salads. And the joggers! And the tennis players! And the people who take a healthy walk on a regular basis!

Since PARTICIPAction announced ten years ago (that the average sixty-year-old Swede was in better shape than his thirty-year-old Canadian counterpart, Canadians have gotten into fitness.

Everybody's Participating!

The solution? Make a resolution with your snookie-wookie to start reducing the number of calories you eat at every meal and start replacing your red meat dinners with poultry and fish.

You'll have to start reading labels and weighing servings. But many guides to how many calories there are in a serving of what kind of food are available.

And, after all, it's a small effort when you realize it's literally a

matter of life and death. **HEART PUMPING**
Depressing? Not at all. Because PARTICIPAction knows a way you can begin to undo all the damage you may have been doing yourself over the years. That's right! Exercise!
Regular exercise - it

doesn't even have to be wildly strenuous - can burn calories away like a blowtorch. All you need is fifteen minutes of sustained exercise three or four times a week and you'll be doing your heart a world of good.
Well, your heart produces a lot of energy -

enough in two hours to lift a four-ton truck from the floor to the top of your desk! In a day, your heart does enough work to fill a large railway tank car with 2,500 gallons of fluid weighing ten tons! All this - and your heart is just the size of your fist!



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Don't let them pull wool over your eyes--BBB

Buying a new carpet?

Don't take a flyer on that new carpet! **Herald Special**
With carpeting and rugs you can add plenty of beauty, color and even some sound conditioning to your home, but you should know the answers to the questions framed below before you make any selection, advises Paul Tuz, president of the Better Business Bureau of Metropolitan Toronto.

What covering where? If you are on a tight budget or the floors in your home are in super condition or you are subject to frequent business moves, room size and area rugs (not wall-to-wall carpeting) - may be your best buy in fabric floor covering. The trick here is to pick neutral, "go-with-anything" colors for decorating variety and flexibility.

Wall-to-wall carpeting. Mr. Tuz points out, is the best buy if floors are unsightly or difficult to keep clean. If your home is already carpeted and the carpeting is worn to the point of replacement, you may not be able to replace it with rugs. When you peel

back the carpeting you may find plywood underlayment, not hardwood or resilient flooring, underneath the fabric.

How much carpeting where? For comparing carpeting and rug prices, you should know approximately how much material you will need before you go shopping. Figure the room's area by measuring the width and length of the room and then multiplying these figures. The bottom line is the area in square feet. Then divide the square foot by 9 to find the total square yards. Example: the room is 10 by 12 feet. Multiplied, this is 120 square feet. Divided by 9, it is approximately 13.3 square yards.

Carpeting is sold by the square yard. It also is manufactured in widths of 12 and 15 feet. You may have to buy more square yards of carpeting than your calculations call for in order to cover irregular floor shapes. If so, have a carpet expert determine the final measurements and the amount of carpeting needed.

How do I spot quality in fabrics? Check the depth,

density, and thickness of the pile and sturdiness of the construction and backing. Bend over a corner of the carpeting or rug to determine this.

As a rule, the higher the pile and the thicker the tufts, the better the carpeting or rug. Tufted carpeting is the most common construction. Here, needles and yarn are pushed out forming loops or tufts. Woven carpeting has surface and backing yarns that are intertwined to make a single construction. Knitted carpet is similar to woven; the pile and backing yarns are interlocked. Needle-punched carpeting has a core of fiber sheet and layers of loose fibers interlocked.

Most carpeting has a latex coating that binds the tufts to the backing. Some carpeting has a double backing which provides more "body" to the fabric. This backing will hide the latex coating from the backing so you don't see it.

What's the difference in fibers? Simplified, wool is strong, soil-resistant, and highly resilient. Cotton is soft and serviceable. Acrylic has a long-life and is resilient and soil-resistant. Metallic has a metal fiber that deters static, while modacrylic is soil-resistant and resilient with a long-life feature. Nylon has a low moisture absorbency; it's strong and abrasion-resistant. Olefin, features strength and water, abrasion, and stain resistance. Polyester gives strength and spring-back; it's abrasion-resistant.

What about padding? Carpet cushions (padding) are worth the cost. They prolong carpet life and provide a softer, more comfortable carpet surface on which to walk. A medium-soft cushion usually provides the best underlayment for carpet.

Are "carpet-by-the-room" sales a ripoff? Mr. Tuz says that the sales pitch usually quotes in square feet, not yards, and the floor you want covered almost always will be larger than the offer specifies. When the sales person shows up at your house, expect to be sold something you never expected to buy.

Another trick is the referral scheme. You supposedly save money on your carpeting by referring other customers to the dealer. Chances are the cost of your carpet is inflated to cover the "bonus" you get through referral. Check the reputation of the dealer with the BBB before you enter any "deals".

Still another gimmick is the "industrial" or "commercial" carpet offer. The sales person claims that there is a quantity of quality fabric left over from a hotel or office job. You, of course, can buy it at a bargain. You generally pay three times what it's worth. There are seldom any "left-overs" from commercial carpeting contracts.

What about warranties and contracts? A warranty must be in writing and specify exactly what it does and does not cover. A warranty on wall-to-wall carpeting may apply only to installation, not quality and performance of the product.

A sales agreement should list exactly what you are buying, labor costs, and finance charges. Some carpeting may require stretching after it is installed. If so, Mr. Tuz says to make sure any labor cost is included in the total cost and is in writing.



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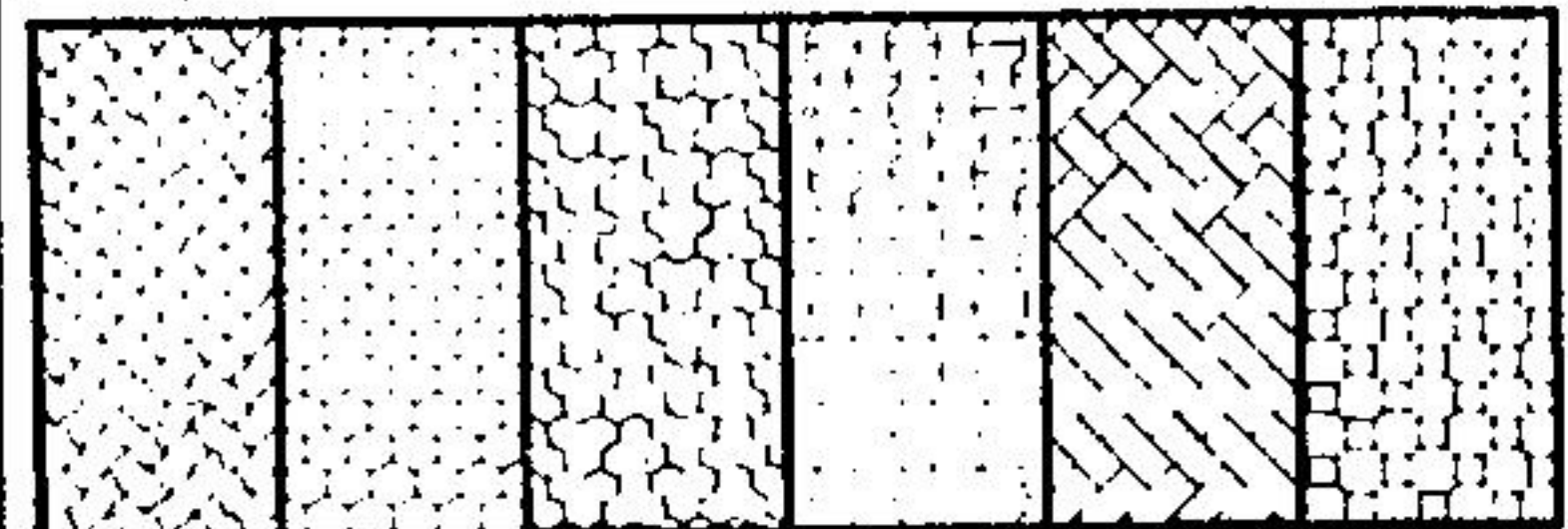
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