



"A FAMILY BUSINESS BUILT ON QUALITY"

If you ever passed through Acton, you probably noticed The Carpet Corner. Sitting on the corner of Mill and John Streets, it has been own-

ed and operated by Bill Lamberink and his family for 10 years. Now Bill and his son, Ralph, have begun a new business venture in Georgetown.

The business, "Supreme Window Coverings" is located in Georgetown Market Place beside Roos Travel, and Bill

boasts that "it's the only store that specializes in custom made drapes, shades and blinds in Halton Hills."

Become a supermarket sleuth in order to snoop out sodium

Concerned about your family's salt intake? Why not become a supermarket sleuth and snoop for sodium when buying groceries. Here's how:

- At the produce counter, remember that fresh fruits and vegetables are generally lower in sodium than the canned or frozen form, because salt may be added in these processes.

- In the snack aisle, reach for popcorn kernels instead of most potato chips, pretzels or nuts. "Pop" the popcorn at home and top with unsalted butter plus chili or curry powder for extra flavor.

- Rest your grocery cart in front of the fresh meat counter instead of the deli counter, where most meats are already prepared with salt.

Delicious sandwiches without added salt can still be yours by cooking and slicing any economical roast beef cut made with new Adolph's 100% Natural Unsalted Meat Tenderizer.

Available with or without added spices, the unsalted tenderizer features a special blend of all-natural ingredi-

ents that improves the tenderness and flavor of any meat cut without salt or bitter-tasting salt substitutes.

- At the dairy case, keep in mind that some rich cheeses are high in sodium, so check the label.

Remember, when snooping for sodium in foods, if in doubt, leave it out!

Summer water sports

The nice part of summer is that exercise can mean fun in the sun rather than calisthenics in the playroom.

But when you're physically active in hot weather you should be extra careful to avoid dehydration.

Experts say that people playing in the heat for more than two hours should stop for a water break every 15 minutes. That will help replenish water you lose through perspiration and

maintain the body's proper water balance.

As for that old saw about not drinking water while you play, there's no truth in it. You'll always see professional athletes downing beverages whenever they get the chance.

Water is also important when you're physically active because it serves as a lubricant between the muscles and joints in the body. The stretching, twisting and bending involved in sports

wouldn't be possible without water.

You can make your water breaks enjoyable as well as healthful if you filter your tap water through a charcoal-based filtration system such as the Norelco Clean Water Machine. It takes only a minute to run 48 ounces of water through the machine and end up with a beverage that looks, tastes and smells much better. Then all you have to do is fill up a thermos and take off for the tennis court.

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