By the Editors

to use.

the body.

of Consumer Reports

FROM

CONSUMER

REPORTS

A long stint of work, sport or shop-

ping can leave muscles sore or tense.

An electric heating pad often helps,

but it limits your mobility. Now,

there's an alternative - heat-them-

yourself wraps that you can strap on

ters evaluated two: the Champ Hot

Quickwrap and the Spenco Hot Wrap,

available in drugstores. Both contain

reusable packets of goo that can be

According to Consumer Reports'

medical consultant, sore muscles re-

spond best to a temperature of about

115 degrees Fahrenheit. Both wraps

could hold that temperature, but the

Champ held it longer and was easier

The Champ is meant to slip into a

bandage-like wrap and then be heat-

ed. It comes in one rather small size

- about 41/2-by-91/2-by-1/2 inches -

and is priced at \$8.99. It claims to

"stay hot" for about an hour. In Con-

sumer Reports' tests, it reached about

130 degrees when microwaved and

stayed above 100 degrees for an hour.

It remained at 110 degrees to 120 de-

grees, the best range for sore mus-

sonably safe and convenient, with a

substantial cover to prevent burns. Its

plastic gel pack ean withstand heat-

ing for at least twice the recommend-

ed time of a minute or so in the micro-

wave oven. It's an inexpensive way to

apply spot heating to small areas of

All in all, the Champ seemed rea-

cles, for about 45 minutes.

quickly heated in a microwave oven.

Recently, Consumer Reports' tes-

and wear around the house.

# GARAGESALE

**SUPER GIANT GARAGE SALE** 

Saturday June 17, 1989 Time: 9 a.m. - 2 p.m. Where!-Georgetown Alliance Church

2 km. south of Maple Ave., on Main Street. Just follow the signs. Lols of parking and refreshments. Bargains Galore, Rain or Shine.

20661-gs-0514-0617

#### Two Family Garage Sale

Saturday, June 17th 10 a.m. til 2 p.m.

118 Prince Charles Dr. Georgetown No Early Birds please! 20699-cs-0614-0617

#### **REC. VEHICLES**

COLEMAN Hard-Trailer, sleeps 6, stove, sink, fridge and port-a-potty, excellent \$3,200.00, John Lewis -459-9052, days or 457-1546.(es)

CHEV. Conversion Van, 20 Series, blue, CB, AM/FM stereo and cassette, colour TV, front and rear A/C, cooler and storage space. In A-1 condition. Asking \$22,000.00. Call 877-0735 after 5:00 P.M.

1980, 22 ft. Terry Taurus travel trailer, full bath and shower, fridge, stove, all in new condition, \$6,000.00, O.B.O. 877-3449.(es)

MOTORHOME, 1978 Vogue, 24 ft. C-type with 440 Dodge motor, dual a/c, generator and all other luxury motorhome features. Excellent condition. 53,000 miles, \$18,900.00. 825-3913, Phone

Camper Trailer, sleeps 6. \$600.00, O.B.O. 873-0223 after 6.(es)

Oakville.

#### MOTORCYCLES

1985 HONDA 750 cc, 26,000 km, will certify, asking \$4,800.00, 873-8884.(es)

HONDA Magna 1985 Asking kms. \$3,600.00, O.B.O. for quick sale 873-0281.(es) 1984 HONDA V6S, excondition. cellent \$3,400.00, O.B.O. Cer-877-5798 after 6. (es)

1983 YAMAHA 550 Maxim, excellent condition. Certified. \$1,500.00, O.B.O. 877-5798, after 5.(es)

#### AUTOS FOR SALE

1978 Dodge Arrow, GT, 5 speed, good running condition. \$500.00 as is. 873-0471(es)

1982 Ford Granada, Blue, P/S, P/B, auto, a/c, cruise control, 145,000 kms, \$2,500.00, 877-5452.(es)

#### **GARAGE SALE**

Chaffeur Cap Misc. items Cosmetic (MK)

49 Weber Drive Georgetown Saturday, June 17th 20714 gs-0614-0617

**Multi Family** 

### **GARAGE SALE**

Săturday, June 17th 8 A.M. - ?

61 Stockman Cres. Georgetown Major Clean Out

20710-gs-0614-0617

#### **AUTOS FOR SALE**

1978 Ford F150 with cap, 302 V8, Auto., P/S, P/B, original owner, excellent condition. Best offer. Call (416)877-5841 after 6 p.m.

1980 AMC Concord DL 6 cyl., auto., 4 door, p/s, p/b, AM/FM stereo cassette, mint condition \$2,500.00 cert. (416)267-0268.(es)

1979 VW Rabbit, good engine, many new parts. As is \$500.00 (519)855-6473.(es),

1985 MAZDA GLC, 5 speed, 58,000 km. Excellent condition. Cer-·tifled. 877-0493.(es)

1977 Chev Nova. 6 cylinder, automatic trans. Driven daily, body needs work, \$250.00, 877-9217.(es)

1977 Pontiac Catalina, as is, runs well, good body, \$400.00. 877-6079, after 5.(es)

Plymouth 1978 Caravelle, 4 door, for parts only. Best offer. 877-3871.(es)

1980 MAZDA GLC, new battery, runs well, best offer, as is. 853-1629.(es) 1979 Pontiac Wagon, good running condition, good tires, as is, make an offer. 877-8964.(es)

1983 Dodge Aries, front wheel drive, auto., p/s, p/b, 76,000 kms. as is B.O. 853-1374.

1983 Chrysler LeBaron, good condition. \$3,200.00 Phone 569-1760.(es)

1979 CAPRI, good body on 4 mags, with brakes, auto, theft, 4 way stereo, needs little to certify. \$1,950.00, 877-3179.(es) 1980 GMC pickup, 6 cyl.,

with cap, standard, \$1,500.00 or trade for small car. 877-0808 after 6pm.(es)

1958 PONTIAC. Best Offer. 877-0808 after 6 pm.(es)

HONDA Station Wagon, good condition, \$1,400.00 or Best Offer. 1-544-3509. (es)

#### **GARAGE SALE**

Estate Sale June 17th & 18th 8 a.m. - 4 p.m. 234 Mason Blvd. Acton

1978 FORD Thunderbird, \$500.00 or Best Offer. 455-8104, (es)

PONTIAC Bonneville Brougham, fully loaded, excellent condition, \$7,300.00 or best offer. Call after 6 pm. 877-0782.(es)

4870.(es)

RELIANT SE in excellent condition. 4 door with luxury interior, Features air conditioning, cruise control, fog lights, and am/fm stereo. Call 877-2201, 8:30 - 5:00, Mon - Fri and ask for Dan.

1979 FIREBIRD, 4 sp., T-roof, dual exhaust, rebuilt engine, new brakes, certified, \$2,695 or best offer. Call Steve, 877-5473 after 6 (es)

quis station wagon, auto, p/s, p/b, AM/FM cassette, cruise control, \$4,400.00 certifled. Call 877-5046.(es)

1986 OLDS, 98 Regency, air, AM/FM, metallic gray,

As Is. 877-5751.(es) 1980 RENAULT LeCar. \$500.00. Needs work.

"1964 RAMBLER AMERICAN" (2 dr) Totally orig. California car, mint body, eng., rubber, very good interior, lots of new parts. 6 cyl. 3 on tree std., Green/white top, orig. California plates, 2nd owner, needs very little to be "Show Quality". A steal at \$2,500.00 or B.O. "Must Sell Immediately." Call Doug 9 to 9

Window

20665 gt 0514 0617

#### **AUTOS FOR SALE**

HONDA Civic, mechanically good but body rusting, Ideal for parts, \$150.00. 877.

PLYMOUTH

1983 MERCURY Mar-

tape, roof, excellent condition. \$12,000.00. 853-0360.(es)

1979 MAZDA RX7 \$1,500,00 as is. Call 873-0550 Kiyo's.(es) 1976 GRAND MAR-QUIS, full towing package, \$800.00, O.B.O.

877-5751.(es)

(873-2939).

CUTLAS 1984 SUPREME, 2 door, auto, low mileage, bucket seats, AM/FM cassette. Immaculate. Certifled, 853-2696.

1979 JEEP Wagoneer, loaded, air, \$3,000.00 or trade for Ford Super Van. 873-2103.(es)

#### **ACROSS** 42 Easygoing walker 1 Seawcod 44 Shirt

want for 48 Chill 47 in a Christmas ... 9 Universal ianguage

12 Hawaiian

island

13 \_\_\_\_ and

15 Corner

16 Sorting

18 Highway

curve

21 Large

23 Suspend

26 Gasoline

33 in line

34 Type of

carpet

36 Chemical

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19 Football div.

20 An apple .....

container

29 Beaver State

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14 Fasten shut

sheltered place 50 Wriggly fish 52 Weaken 55 Dieter's buffet (2

wds.] 58 Bee 59 Actress Lupino 60 Concerning

(2 wds.) 61 Helps 62 Author \_\_\_ Rand

63 Back talk (sl.) 64 Warmth DOWN 1 First-rate (2

wds.) 2 Thailand's neighbor 3 Dead city (2 wds.) 4 Diving bird

37 Not many 5 At (2 wds.) 38 Rat- \_\_\_\_ 6 Tree 39 Inter \_\_\_ : 7 College deg. B Inhabitant of among others (suff.) 40 Upper house

9 In the same place (abbr.)

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רעפ DACE 10 Actor Andrews 11 Wild party 17 Fury 19 Dancer Miller 22 Auto 45 English poet WORKERS'

union (abbr.) 24 Artery 25 Firearm owners' gp. 26 Boors

27 Indian 28 Cafe patron 30 Jazz player Dizzy \_\_\_\_ 31 Dog in Garfield

32 At hand 35 North of FL

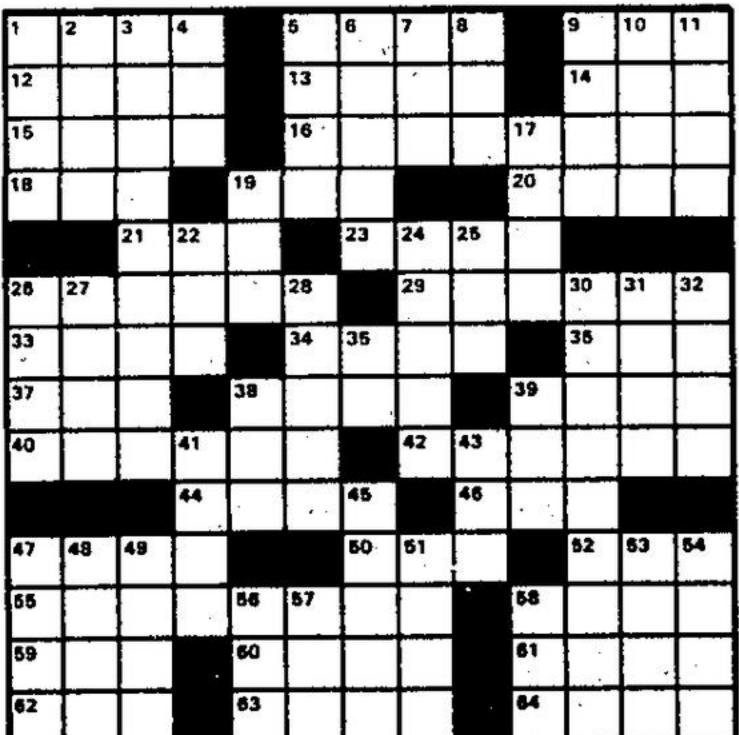
standstill 39 Alphabet 41 Sailing 43 Wire measure

47 Largest continent 48 Woman 49 Spirit 51 Cupid 53 Verdi opera 54 Attention-

> getting sound 56 "\_\_\_\_ Kapital"

57 Youth gp. 58 Joyful

exclamation



### **AUTOS FOR SALE**

CHEV. Conversion Van. 20 Series, blue, CB, AM/FM stereo and cassette, colour TV, front and rear A/C, cooler and storage space. In A-1 condition, Asking \$22,000.00 Call 877-0735 after 5:00 P.M.

RELIANT, 2 door, auto, P/S, P/B, clean, certified, \$3,495.00. 840-2500 Days 877-6492 Evenings.

1977 Dodge Van, finished inside, fair shape. \$600.00, O.B.O. 873-0223 after 6.(es)

Pacer Deluxe Wagon only 90,000 original kms. Many new parts. Lady driven only. Best offer. 877-1665. (es)

1983 Toyota Celica, liftback, 5 spd., black, excellent condition, 150,000 kms, \$5,800.00, 877-5452.(es) 1985 Hyundai Pony GLS, white, sunroof, ex-

cellent condition, 80,000

kms, \$2,900.00, 877-

5452.(es)

These Stores **Have The** Convenient **Hours To Serve** You!

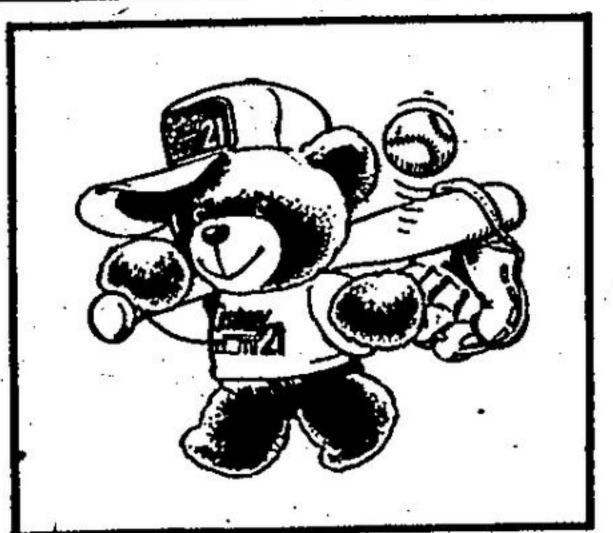
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