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#### **GREEN THUMB** GARDENING



By CHRISTINE COLE

### DUILENFLI GARDENS

The carefree independence and colorful wing patterns are part of what makes butterflies so appealing. They can add another beautiful dimension to your garden and gardening. However, abandon any notion of creating a permanent home for them, at best all you can do is provide an attractive lure for their frequent visits. Butterflies are not interested in some of our most treasured flowers. Creating a garden that is both attractive to people and butterflies can be a great challenge. A large grouping of one plant variety or a stand of one color is more appealing than a few scattered single plants. The most attractive plants for butterflies are one's with bright colored flowers especially pink, mauve/lavender and yellow. They also prefer ones with a heavy fragrance over ones with a delicate perfume.

Add a little splendor to your garden with the following plants that butterflies can't resist:

> **Butterfly Bush** Bee Balm-Monarda Daylilies Rudbeckia Yarrow Lavender Coreopsis **Butterfly Weed** Lantana **Nicotine** Liatris Marigold

Zinnia Pansy

Foxglove

Remember that butterflies are cold-blooded and therefore need plants in a sunny location in which to warm their wings and bodies in order to continue in flight.

Each week Christine Cole of Tuitman's Garden Centre and Landscaping, Highway 25, 1 mile south of Acton, 853-2480, will be presenting helpful tips and information to assist you in creating your garden showplace!

TUITMAN'S GARDEN CENTRE

> ACTON 853-2480

May 27-29

# Acton puppeteers perfect special effects for spring show

You have heard of the Beach Boys, but have you ever heard of the Beach Birds? If you haven't then you'll want to see Acton Baptist Puppeteers' newest production, Red and Yellow, Black and

Filled with great special effects, wonderful music and lovable creatures called Razzleflabbenz, this show is sure to delight the child in you and in your family.

Under the direction of Rev. Tom Cullen the teenage puppeteers have been working for five months to make this show the best the team has ever produced.

"They constantly amaze me with their talent and ability," states Cullen. "Because of their hard work and skill they've developed into a top notch puppet team."

This spring's show, Red and Yellow, Black and Plaid, follows little Marvy Snuffleson on a fanciful adventure as he travels to the imaginary island of RazzleFlabbenz. Here he learns that everyone is accepted for who they are, except for that one guy, the Plaid Guy. It

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doesn't take Marvy long however to discover that the Plaid Guy is just like everyone else and what makes him different is what makes him special.

"We think it's a fun way to teach kids an important lesson," adds Cullen. "No matter who we may be, God made us just the way we are and because of that He asks us to

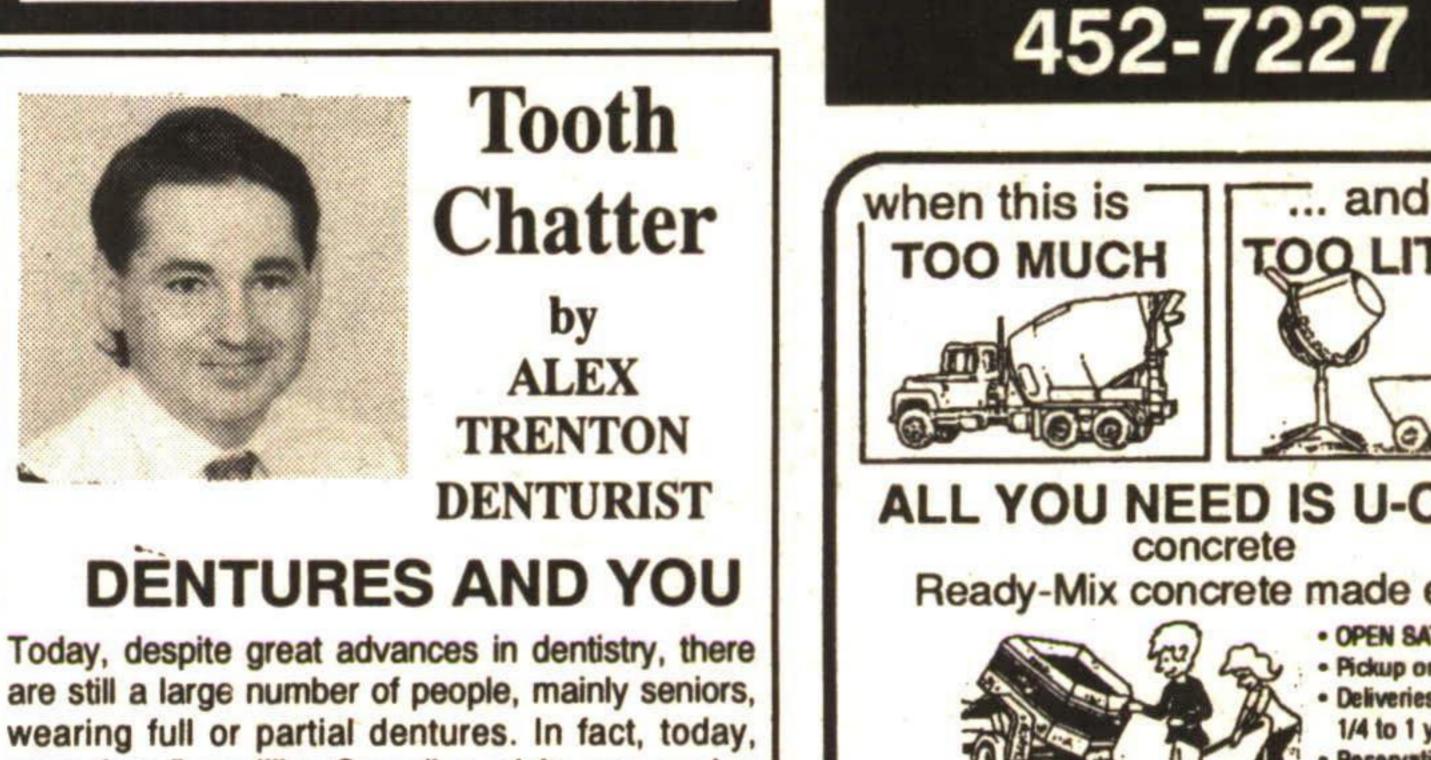
accept others." Dolf DeJong, one of the 13 puppeteers on the team says, "With every production we've experimented with bigger and better special effects. With this show we'll be using a lot of black light - the colors are outstanding. We've had special black light puppets made especially

for this show." Red and Yellow, Black and Plaid shows for three nights only, May 27, 28, 29 at 7 p.m. in Acton Baptist Church. Admission is \$3 for adults, \$2 for children. Tickets are available at the door.

Acton Baptist Church is located at the corner of Mill and Elgin Streets in Acton. For more information call Rev. Cullen at 853-0690.



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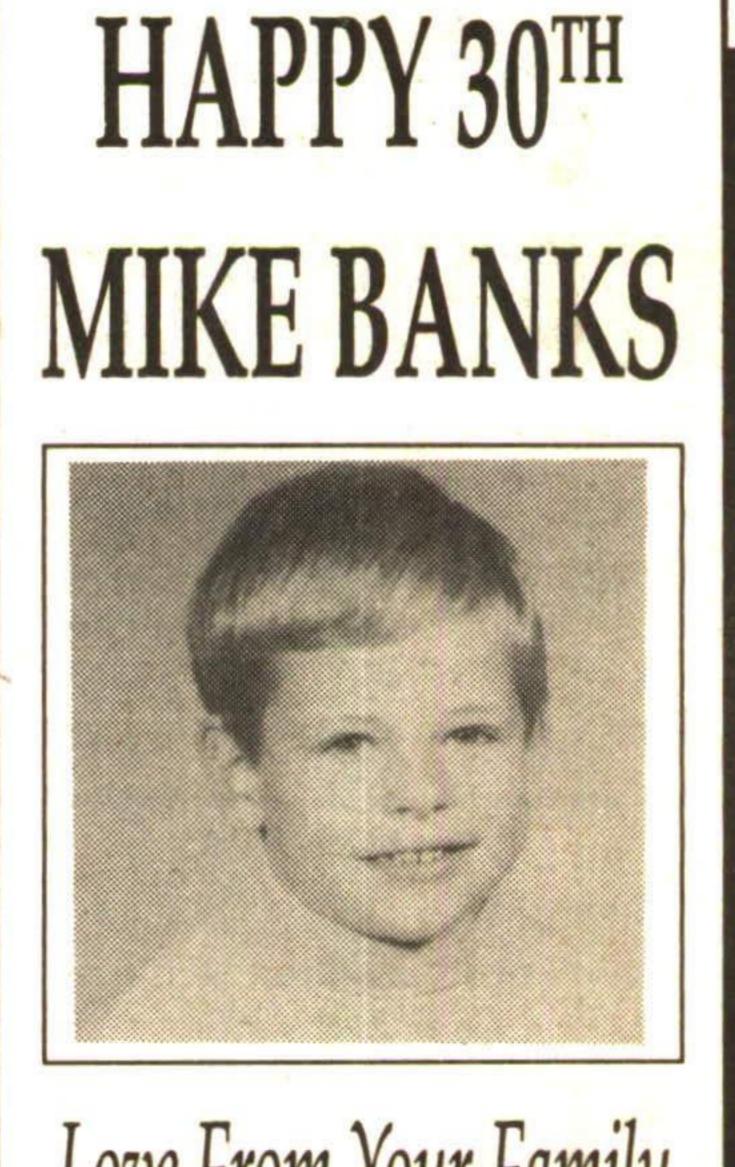
are still a large number of people, mainly seniors, wearing full or partial dentures. In fact, today, more than five million Canadian adults are wearing dentures. That is more than one out of every four people in Canada. So wearing dentures is really quite common. And when approached with a positive attitude, dentures can become as natural as putting on your shoes in the morning and taking them off at night.

The mouth is one of the most important areas of your body, but often neglected when dentures are or should be worn. Your dentures should be checked yearly to prevent serious health conditions such as oral cancer, digestive disorders, headaches, and hearing problems. Because your gums are constantly shrinking, overclosing jaws can be the cause of many problems. Self help products, such as drug store liners are not only temporary solutions, but more importantly can be hazardous to your health and should not be used.

The supporting bone and tissue in your mouth needs regular rest from your dentures. You should take your dentures out every day for a brief time, preferably over night. Brush your gums and tongue with a soft toothbrush, to generate blood flow into the area and to remove residual food particles. You should rinse your mouth as well. Plain water, mouthwash or salt water can be used. Salt water is not recommended for low sodium diets or for people who are avoiding salt for health rea-

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