



**WHICH  
VACATION  
PICTURE**



**WILL YOU BE IN THIS SUMMER?**

*It may be time for a  
cooling system  
check-up!*

**Before You Pay  
For Your Next Brake Job  
For Safety's Sake**



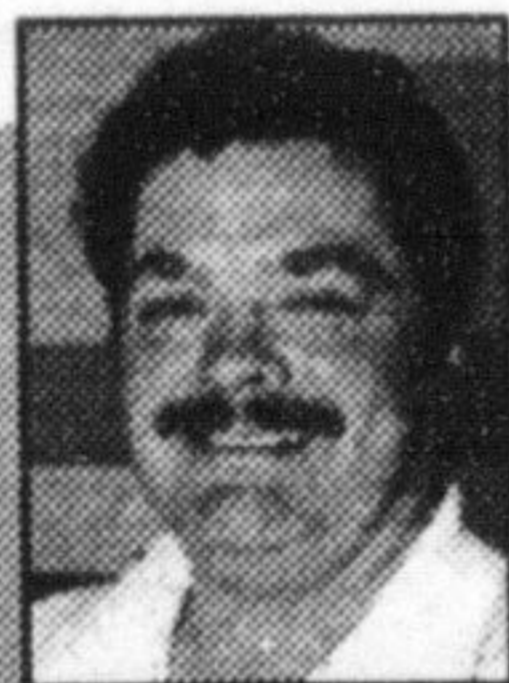
**Have Our  
Licensed Technicians  
Evaluate Your Brakes**



Accredited Test  
& Repair Facility

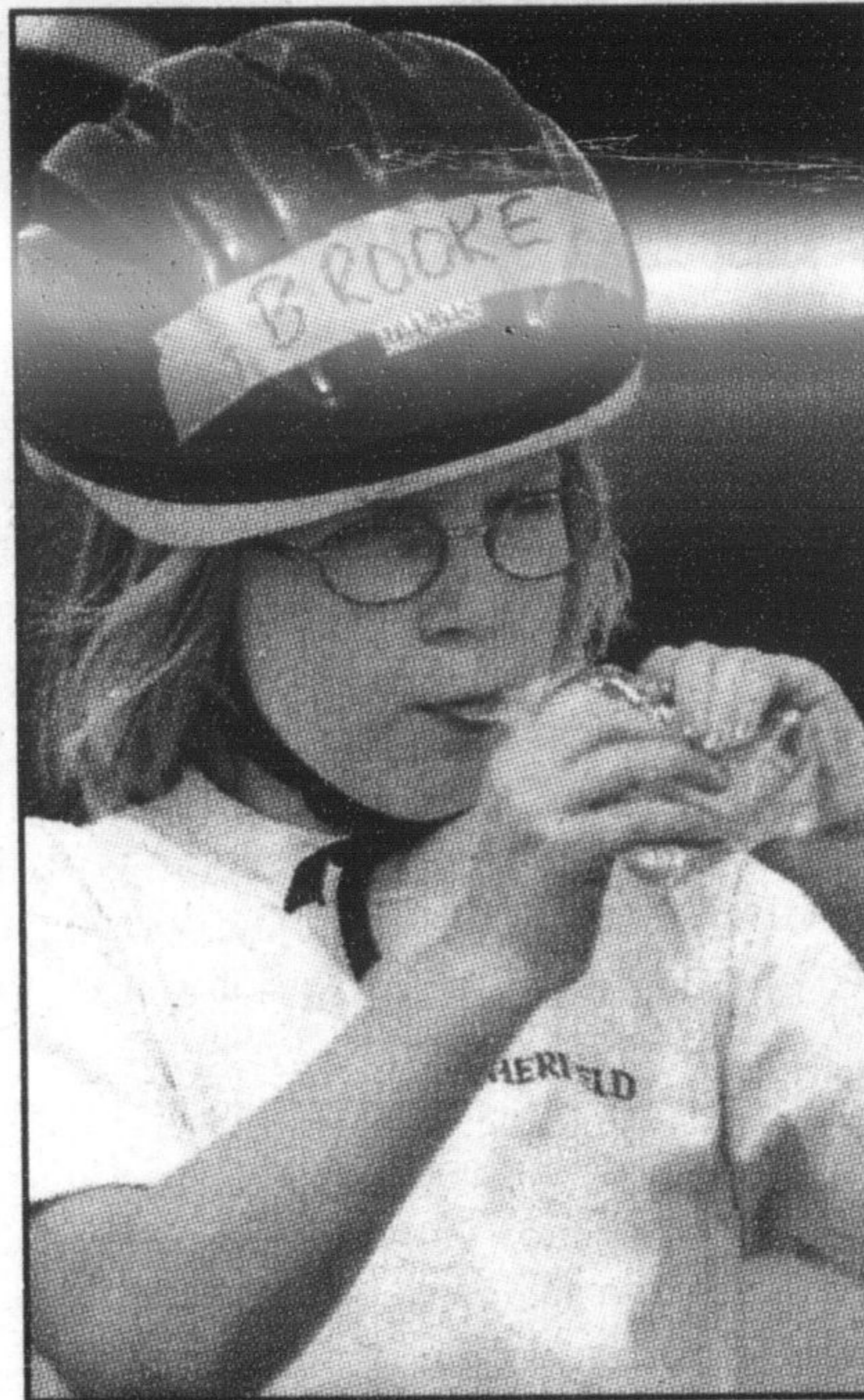
**Brian's**

Auto Repairs & Tire Centre  
For all Your Auto Needs!



390 Ontario St. N. Unit #1, Milton  
HOURS: Mon. - Fri. 7-6, Sat. 8-12 except long weekends

**875-1522**



**Safe  
cycling**

Brooke Harrison (above), 7, takes a water break while Chris Lajoie tries his hand at the teeter totter obstacle during Hitherfield School's bike rodeo Wednesday. Students from junior kindergarten to grade 8 participated in the annual event, which included special guests from Spokes 'N Slopes and the Milton Road Safety Committee as well as local Olympic cyclist Chrissy Redden.

Photos by GRAHAM PAINE



**WE'LL SUPPORT YOU  
EVERY INCH OF THE WAY!**

**Stephanie  
Lost 23 lbs.  
20 inches**

**"Herbal Magic  
WORKS!  
I've never felt  
better!  
Thanks  
Herbal Magic!"**

- Full service programs.
- Guaranteed weight loss.
- Lose up to 7lbs per week.
- No prepackaged foods or shakes.
- Safe, easy & effective!

**Lose all  
your weight  
for \$88\***

Expires June 4/01.  
\*Excludes product, based on full program

**Herbal Magic**  
Systems International

Weight Management and Nutrition Centres  
www.herbalmagicsystems.com  
15 MARTIN ST.  
(905) 693-9594

**Manicure  
Madness!**

**Saturday June 2  
10-4 pm by Appointment**

**10 Step Guide To a Perfect Manicure!**

- 1. Nail Naturals**  
Start with perfectly clean, dry nails—remove old treatments or nail colour with liquid nail colour remover or just dip your nails into an instant sponge dip.
- 2. Nail Shaping**  
To attractively shape nails, hold the file at a slight angle, and file from underneath so that the nail edge is bevelled. Always file towards the centre of the nail, never seesaw as this causes splitting and tearing, thus weakening the nails.
- 3. Cuticle Care**  
Unwanted and excess cuticles must be removed and kept in top shape to aid in a perfect manicure. Apply a cuticle massage cream and soak fingers in lukewarm water. While cuticles are moist, follow with a medicated cuticle remover cream. Use a problem cuticle remover if your cuticles are sore, cracked or sensitive to gently slough off the outer layers of dead cuticles. Then gently roll them back with a cuticle stick use the Hindostone slowly in a circular motion to slough away dead cuticle layers. With nail scissors precisely trim away dead cuticle or hangnails. (never cut fresh cuticle)
- 4. Nail Preparation**  
A buffer helps smooth rough, ridged nails to allow polish to adhere properly and stimulates circulation in the nail bed for a healthier look. For a natural bare look finish, use a 2 in 1 nail white pencil underneath the edge of nail to enhance the natural white nail tip.
- 5. Nail Repair**  
Use nail glue to mend nicks, splits and breaks in natural nails.
- 6. Nail Strengtheners & Hardeners**  
Get into the habit of a daily nail growth program to help strengthen nails and prevent chipping, splitting, and cracking. Sally Hansen Hard As Nails is the original formula aiding nail protection for over 40 years. The premier next generation product; super durable and tough is Teflon Tuff for maximum protection from external elements. Conditioning your nails properly is most important so they'll have the strength to resist environmental and household abuse.
- 7. Base Coats**  
A base coat offers additional protection and is important to smooth uneven surfaces and prevents discoloration. Before applying a base coat make sure your nails are dry and free of any residue from the early manicure steps. Base coats also help nail colour wear longer—for best results, brush a little under the nail tips before you cover the nail surface.
- 8. Nail Colour**  
Now it's time to have fun with Sally Hansen's three fabulous fashion colour lines - Colourfast, New Lengths with Teflon and Hard As Nails with Nylon. After the base coat is completely dry, apply three light strokes, one down the centre, then one along each side. Remember, two thin coats are better than one thick one. For a professional finish, erase misapplied polish around the cuticles and nail edges with a manicure corrector. Nail polish dries from the top layer down.
- 9. Top Coat**  
For shine, brilliance and protection, there's nothing like a top coat—great for a brightening touch-up between manicures. Ultimate Shield is formulated with UV absorbers to protect colour from the sun and prevents nails from yellowing.
- 10. Drying**  
There's no need to wait for nails to dry with quick-drying products. Brush-on or aerosol/natural spray instantly surface-dry wet nail colour to protect it against scuffing and smudging.

For a perfectly set manicure allow 5 minutes between each new coat applied for drying.

Hosted by  
**Sally Hansen**

**SHOPPERS  
DRUG MART**

**(905) 878-1133**  
Carriage Square 265 Main St. E.

**Come In & Make Your  
Appointment Today!**

**See Your Carriage Sq. Shoppers  
Drug Mart Cosmetician!**