

POOL SPECIALS

14x28 KIDNEY INGROUND
14x28 OVAL INGROUND
14x28 OLYMPIC INGROUND
\$10,995

MARKHAM POOLS
1/2 MILE N. OF 16TH AVE.
294-8420

ANNOUNCEMENT



Gail May

Don Luttrell, Luttrell Insurance Ltd., 300 Main Street North, Markham, and Gail May are pleased to announce the formation of their new company, L & M Insurance, 220 Main Street East, Stouffville (Success Square Plaza) handling all classes of insurance.

Gail looks forward to serving her existing clients through L & M Insurance and would be pleased to hear from you regarding any of your insurance requirements.

L & M Insurance **640-2248**

Prepare yourself for spring chores

By JOHN D. BARE
Ballantrae Chiropractic Office

If your exercise routine this winter was confined largely to flipping the pages of colorful seed catalogues, you may not be as fit as you were when you raked up the leaves and mowed the lawn for the last time in the fall.

Enthusiastic gardeners who enjoy the exercise, fresh air and satisfaction of their hobby are itching to get back on the land this spring. As a doctor of chiropractic, I can offer a few words of advice:

- Take it slow and easy to begin. Start with the small jobs and work yourself into condition. Don't dig up the entire garden on your first few days outside.
- Try a few stretching exercises before, during, and after your gardening assignments.
- Don't stay bent over or stooped for long periods. Your back isn't used to that position and it will quickly let you know it.
- Use long-handled tools whenever possible to avoid bending. Pushing or pulling while bent over can strain the shoulders and back.
- Switch hands often when raking, digging, or hoeing instead of putting all the effort on one side of your body.
- Take the strain of lifting and shovelling with your legs, not your back.
- Kneel or get down on all fours when weeding. Try using knee pads and change position frequently.

SEARS DAYS

800



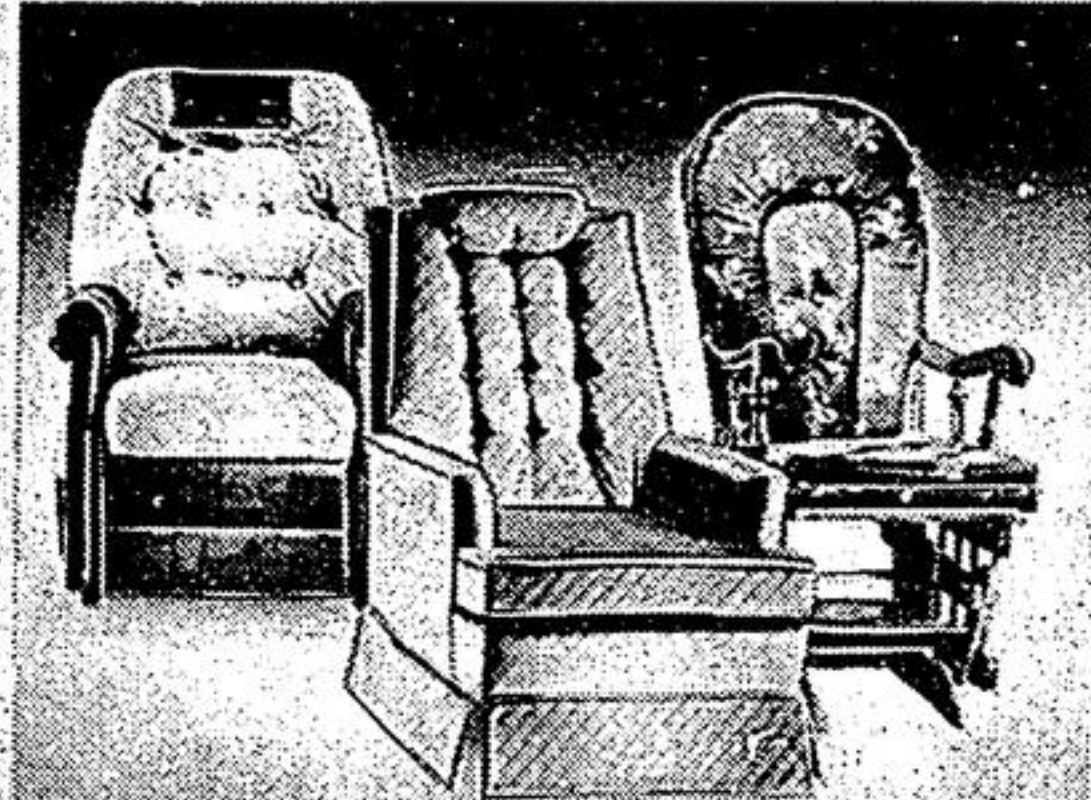
ON NOW

YOU COULD WIN 1 OF 100 VACATIONS FOR 4 TO WALT DISNEY WORLD'S NEWEST THEME PARK IN ORLANDO, FLORIDA. YOU ALSO HAVE A CHANCE TO WIN OTHER DISNEY PRIZES! DETAILS IN SEARS RETAIL STORES. Contest ends April 29, 1989. No purchase necessary. © The Walt Disney Company, 1989



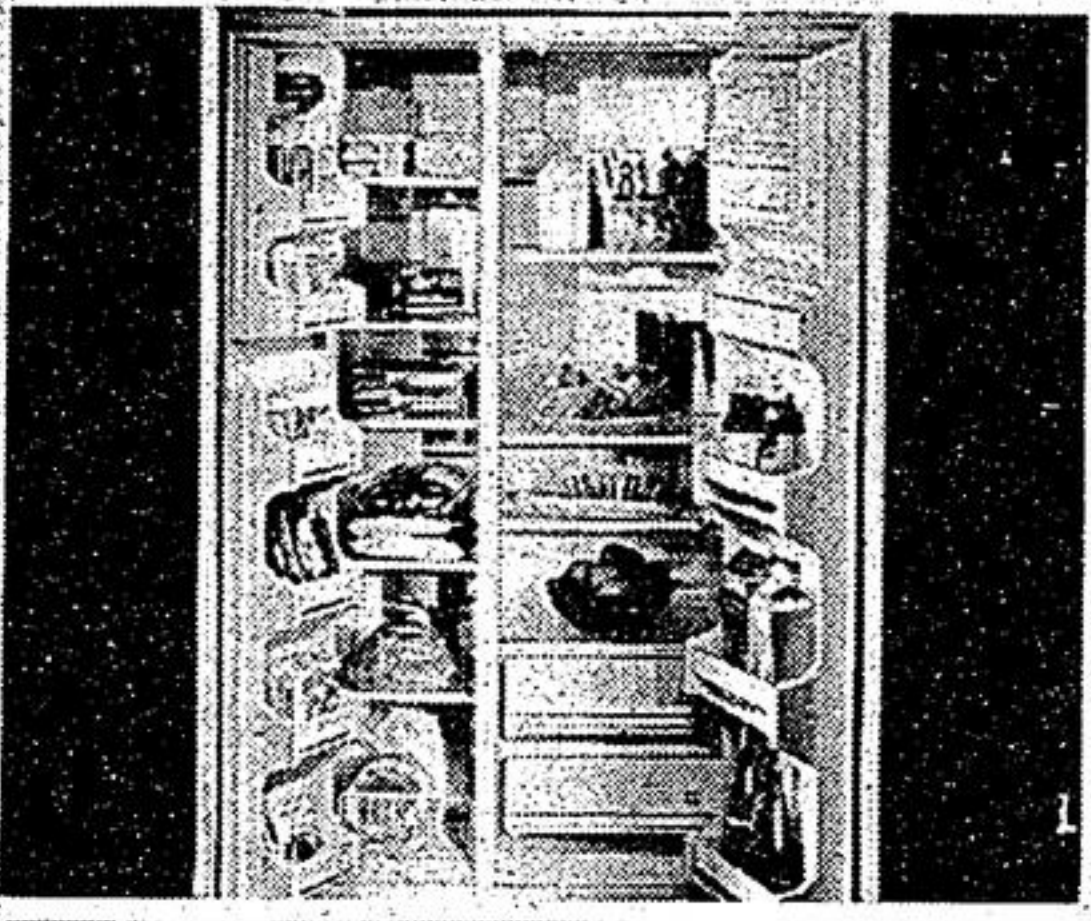
YOUR CHOICE
\$297 Ea.

Save \$102 on fine quality recliner, glider and swivel chair. Reg. \$399.99. Matching ottoman for glider also on sale. Furniture Shop



18.0-CU. FT. KENMORE
999.99

Frost free side-by-side has dairy compartment, meat keeper, crisper. White. #90900. Almond extra. Major Appliances



NYLON GOLF BAG
\$20 OFF

8" diam. top with 6-way divider. Large locker pocket. Padded shoulder strap. #31666. Sears reg. 79.99. \$59.99. Sporting Goods Shop



'ELITA' CAMISOLE
4.99

Cropped style. Cotton-spandex. White or Black. Sizes 32, 34, 36. 'Elita' String Bikini. Sizes S-M-L. Each 2.99. Women's Body Fashions



LEVI'S® JEANS
19.99 Ea.

Men's Brown Tab seconds are exclusive to Sears. Prewashed jeans. Straight styling. Waists 28-38". Bleached, Black or Blue washed with stones. Waists 28-38". Each 24.99. Slight imperfections will not affect wear. Men's Casual Wear Shop



TOPS 'N BOTTOMS
9.99 Each, top

Sears reg. 13.99-16.99. Ocean Pacific men's casual wear in various styles, colors, screens. S-M-L. Shorts and Pants. S-M-L. Reg. 21.99-29.99. Ea. 19.99. Men's Casual Wear Shop



HURRY IN FOR MORE GREAT DEALS

1.19 Each
Women's briefs in choice of cotton or nylon. Assorted colors. Sizes S-M-L. Selection varies by store. Women's Body Fashions

2.29 Each
Sears reg. \$35. Save \$5 on Postman shoes. Durable lightweight sole. Black. Sizes 7-12. #54201. Family Footwear Shop

2.99 Each
Women's and Juniors' shorts and pants. Quantities limited. Sizes 8-16. Women's Sportswear Shop/19th Avenue

12.99 Each
Boys' cotton casual pants with pleated front. In Grey or Black. Sizes 8-18. Boys' Wear Shop

2.99 Each
Women's T-shirts in an assortment of colors and styles. Sizes S-M-L. Women's Sportswear Shop

4.99 Each
Boys' T-shirts in assorted colors. Short sleeves. Stripes, solids. 4-6X. Boys' Wear Shop

9.99 Each
Women's jeans. An assortment of styles. Limited quantities. Sizes 8-18. Selection varies by store. Women's Sportswear Shop

8.99 Each
Boys' fleece tops. Short or cap sleeves. Assorted colors and screens. 8-18. Boys' Wear Shop

8.99 Each
Men's striped knit shirt in 4 different color combinations. Sizes S-XL. Men's Casual Wear Shop

SAVE \$60
6-Leg swing set. Galvalume® coated. #94366. Sears reg. 239.99... 179.99. Sporting Goods Shop

14.88
Men's rugby-style pants. Elastic drawstring waist for comfort. Sizes S-XL. Men's Casual Wear Shop

Save \$70
20" Formula BMX racer. 5 speed. #27835. Sears reg. 269.99... 199.99. Sporting Goods Shop

8.99 Ea. Reg. 10.99
\$2 off Men's 'V'-neck top. Short raglan sleeves. Assorted colors. Sizes S-XL. Reg. prices stated are Sears prices

17.99 Sears reg. 24.99
\$7 off on glue gun with trigger feed control for smooth, even flow. #93643. Hardware Shop

8.99 Ea. Reg. 11.99
\$3 off Men's crew neck tops. Capped sleeves. Assorted colors. Sizes S-XL. Reg. prices stated are Sears prices

499.99 Sears reg. 649.99
\$150 off 5-pc. dinette set includes table and four chairs. #28000. Shop now! Furniture Shop

619.99 Sears reg. 669.99
\$50 off 6-program washer. Features roto swirl agitator. White. #48240. Major Appliances Shop

419.99 Sears reg. 459.99
\$40 off 6-program dryer with Fabric Master program. White. #88240. Major Appliances Shop

*Furniture and Major Appliances are also available at our Warden Ave., Rexdale and Dixie Value Mall Clearance Centres and our Furniture and Appliance Centre in Oakville.

SEARS
your money's worth... and more

Visit the Sears retail store nearest you... we're open Monday to Friday 9:30 a.m. to 9:30 p.m. and Saturday 9:30 a.m. to 6:00 p.m. Square One Mississauga, 270-8111; Bramalea City Centre, 458-1141; Pickering Town Centre, 420-8000; Gerrard Square Pape and Gerrard, 461-9092; Upper Canada Mall, Newmarket 898-2300; The Promenade Shopping Centre, Bathurst North of Steeles, 731-3388; The Shops on Steeles at 404, 881-6800, and Sears Rexdale, Warden Ave. & Dixie Value Mall Clearance Centres & Sears Furniture and Appliance Centre in Oakville. Sears Canada Inc. 'Reg.' or 'Was' refer to Sears prices. Also available in our Oshawa, Barrie, Burlington and Belleville retail stores. Prices in effect until Sat., April 15th, or while quantities last, unless otherwise indicated. Prices do not include home delivery charges. For details, please inquire at your nearest Sears store. Not all items available in all stores. Copyright Canada 1989.