

BEEFEATER 25% off all menu items
 Breakfast all day including Eggs Benedict, Cornbeef Hash and Belgian Waffles
 6302 Main St. Stouffville (905) 640-0717
 one coupon per person
 • Spring Roast Lamb
 • Chicken & Veal Parmesan
 • Souvlaki - Chicken & Pork
 • Specializing in Prime Rib of Beef (cooked daily)

FREE GO KART RIDE ••••• GOODWOOD KARTWAY ••••• FREE GO KART RIDE
GOODWOOD KARTWAY 905-640-5278
 Redeemable for One **FREE GO KART RIDE**
 ONE COUPON PER DAY PER PERSON NOT TO BE USED WITH ANY OTHER OFFER
 Kartway also available for Corporate Outings, Birthday Parties, Sports Teams & Church Groups

Husqvana \$75.00 OFF Sewing Machines
 Suggested Retail Price With This Coupon
Ann's FABRICS SEWING CENTRE
 6350 Main Street, Stouffville (905) 640-5635
 offer expires Oct. 31/95

FOR A COMPLIMENTARY OPINION OF VALUE FOR YOUR PROPERTY CALL FRAN SAINSBURY*
Farquharson Realty (1993) Limited
 905-640-4151
 (not intended to solicit property already listed for sale)
 *Sales Representative

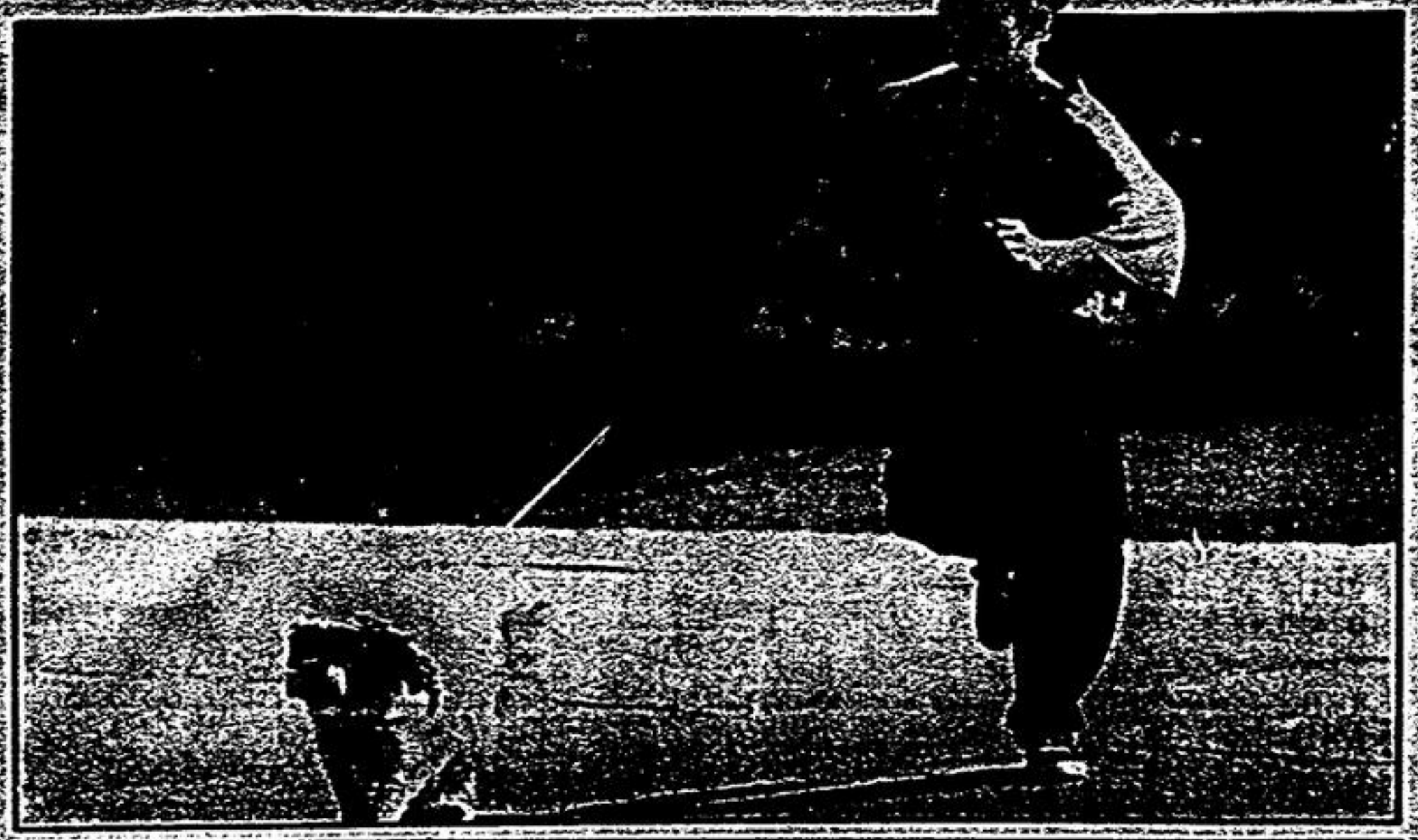
Country Choice Meats, Cheese & Barbeque
 located in the Country Market of Stouffville 12555 10th Line North, new building
Homemade Greek Sausages
 (made on the premises with no fillers, no preservatives)
 We have Mild, Hot, Leek and Honey Garlic Sausages
 Regular Price \$2.89 On Special \$2.29
 Hours: Thurs & Fri. 10 am - 6 pm Saturday 8 am - 4 pm Sunday 9 am - 5 pm
 640-MEAT (6328) Expires Aug. 13/95

STOUFFVILLE FURNITURE & ACCESSORIES
 With this coupon receive an extra 10% off our regular low prices
10% off ALL MATTRESSES
 5402 Main St., Stouffville 642-6828
 (offer expires Aug. 31/95)

RISKA MEDICAL/SURGICAL SUPPLY INC.
 Includes: Orthopaedic, Sports Med/First Aid, Back Supports, Rehab, Cervical, Foot Care Products, Mastectomy Fittings
10% off ANY PURCHASE WITH THIS COUPON
 5402 Main St., Stouffville (905) 642-6990
 Offer expires Aug. 31/95

Lindy's Floral Boutique
 • Roses • Carnations • Fresh & silk arrangements
10% off any purchase with this coupon
 6258 Main St. Stouffville 640-2632
 Offer expires Oct. 31/95

The GRAPE & BARLEY
 Wine & Beer Supplies
 Three Ways To Save!
 1. Buy any TWO wine kits & get FREE corks.
 2. \$10.00 OFF any On-premise wine
 3. Buy any TWO beer kits & get FREE caps.
 Now is the time to start Christmas Wine!
 6388 Main St., Stouffville Expires August 31, 1995



Walking the dog
 James Wood crosses 10th Line while taking dog Chrissy out for a walk recently.

SENIORS

Physiotherapy can help increase mobility

As we get older, we may develop certain medical conditions which cause pain or decreased mobility, restricting our ability to participate in our favorite activities.
 Although many of these conditions cannot be cured a registered physiotherapist may be able to suggest strategies to increase mobility. Some examples are as follows:
 • Arthritis: A physiotherapist can help strengthen the muscles surrounding the painful joint in order to stabilize it and decrease pain and may suggest home treatments to ease the discomfort.
 • Postural weakness: Many of us gradually slip into undesirable postures as we get older which can lead to painful conditions such as shoulder tendonitis or nerve irritation in the neck. A physiotherapist can teach how to regain erect posture and can provide home exercises which will help to maintain the posture.
 • Degenerative disc disease: Also known as arthritis in the back or neck, this condition is not actually a disease but represents normal age-related changes in the joints of the spine. Pain may be felt at the area of the changes, in the arms or in the legs. The condition cannot be cured due to bone changes, but strengthening of the surrounding muscles often helps reduce discomfort.
 • Inactivity/Weakness: Many become less active because they believe that they are too old to participate in activities they once enjoyed. As a result strength is lost and later attempts to participate may cause pain. The best way to prevent weakness is to stay active regardless of age and as is appropriate for each individual's physical condition. An inactive person who wishes to increase their activity may wish to consult a physiotherapist in order to gradually build up their strength and endurance. A consultation with a physician is recommended prior to beginning a new exercise program.
 This article was contributed courtesy of Michelle Fraser Physiotherapy at 11 Spruce St., Uxbridge. For more information call 905-852-3461

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SAVE UP TO \$10
 ON TOP QUALITY **SICO STAINS AND PROTECTORS**
215 DECK STAIN
 Back, trim and railing water-repellent wood stain. High resistant and long-lasting protection.
SAVE \$3 FORMULA 77 DECK AND WOOD PROTECTOR
 • Water resistant
 • Mildew resistant
 • Urethane finished
 • Ideal for pre-painted wood
21.99
SAVE \$10 LATEX ACRYLIC OPAQUE STAIN
 High hiding, fast color, hides previous finish
22.99
SAVE \$10 WATER REPELLENT STAIN
 Alkyd, semi-transparent
 For wood siding, doors, fences & furniture
 Prevents rotting
22.99
SAVE \$10 ALKYD DECK STAIN
 • Mildew resistant
 • Solid finish for all woods
22.99
SAVE \$10 SUPRASATIN SEMI-TRANSPARENT STAIN
 • Penetrates & nourishes
 • Evenly distributes
 • Mildew resistant
 • Prevents rotting & cracking
37.99
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 CANADIAN MADE CANADIAN OWNED FOR CANADIAN CONDITIONS
SHELL BUILDING CENTRE