

# Home & Garden

## Save money and the environment at the same time

A healthy home makes for better environment. As pollution and other environmental problems touch our lives, the challenges we face may often seem overwhelming.

But, individually we can each have a positive impact on our surroundings, especially when it comes to our homes.

Consumers, and homeowners in particular, are reminded that everyday choices of what to buy and how to use it are key factors in the amount of waste or conserva-

tion that occurs.

Consumers should keep in mind the three Rs when choosing products for the home, said Mark Eisen, Home Depot environmental expert.

- Reduce - buy only what you need and there is less to throw away;
- Reuse - buy durable, long-lasting products that can be used repeatedly, or disposable alternatives that reduce resource consumption.
- Recycle - from used aluminum grills to

scrap wood, give new life to your castoffs. "Following these simple guidelines can have enormous environmental impact - reduced consumption of raw materials and energy, less waste, fewer landfills and less pollution," said Eisen.

### Recycle and Compost

Everybody generates an average of more than four pounds of solid waste each day. If everyone recycled bottles, building materials, old clothes and used tires, the impact would be tremendous.

Leaves and other organic yard waste account for about 20 per cent of landfill space. Compost them instead, along with selected organic food waste, and enrich your soil.

### Give Nature a Break

Give nature a break from the tons of fertilizers and pesticides overused annually.

How we manage our personal outdoor space can greatly influence pollution levels, water and energy usage and the health of wildlife and beneficial insects.

By carefully reading labels and following the directions, you maximize product efficiency, with less hazard to yourself and the environment. As an alternative to pesticides, put backyard wildlife to work.

Attract them with birdhouses, feeders and natural habitats.

### Don't let your home make you sick

You don't even have to walk out the door to experience pollution. Radon, carbon monoxide, airborne bacteria, molds and pollen, as well as fumes from other sources, can create invisible indoor hazards affecting your family's health.

Frequent headaches, dizziness and fatigue are potential signals that you may have an unhealthy level of indoor pollutants.

Fortunately, your home is the place where you have the most control over your environment. Radon, lead and carbon monoxide detectors can alert your family to unsuspected hazards. You can improve indoor air quality with products such as upgraded furnace filters, room air-cleaning devices, humidifiers and dehumidifiers.

**NO PST & GST ON ANY MATTRESS SET OR NO PAYMENTS NO INTEREST FOR ONE YEAR**

# BACK TO SCHOOL

Mattress Sale Days

**3 DAY SALE**  
**SUN. 11-4PM**  
**MON. 10-6PM**  
**TUES. 10-6PM**



**PERFECT FOR COLLEGE/UNIV. LIVING**

**FUTON BED**



Complete **179**

**SCHOOL DAYZ SPECIAL**

**DELUXE FUTON SOFA BED**



Complete **279**

<b>5</b>	<b>REGULAR</b>	<b>10</b>	<b>REGULAR FIRM</b>	<b>15</b>	<b>FIRM</b>	<b>20</b>	<b>EXTRA FIRM</b>	<b>25</b>	<b>LUXURY FIRM</b>
	<b>SLUMBER REST</b>		<b>POSTURE CARE</b>		<b>COMFORT SLEEP</b>		<b>ORTHOPRACTIC</b>		<b>ORTHOELEGANCE</b>
	<b>\$99</b>		<b>\$149</b>		<b>\$189</b>		<b>\$229</b>		<b>\$299</b>
	<b>SET \$189</b>		<b>SET \$249</b>		<b>SET \$299</b>		<b>SET \$379</b>		<b>SET \$479</b>
	<small>SINGLE MATTRESS</small>		<small>SINGLE MATTRESS</small>		<small>SINGLE MATTRESS</small>		<small>SINGLE MATTRESS</small>		<small>SINGLE MATTRESS</small>
	<small>DOUBLE \$139 SET \$234</small>		<small>DOUBLE \$189 SET \$299</small>		<small>DOUBLE \$239 SET \$359</small>		<small>DOUBLE \$269 SET \$439</small>		<small>DOUBLE \$359 SET \$549</small>
	<small>QUEEN \$169 SET \$314</small>		<small>QUEEN \$239 SET \$369</small>		<small>KING \$439 SET \$659</small>		<small>QUEEN \$299 SET \$469</small>		<small>QUEEN \$409 SET \$619</small>
	<small>KING \$459 SET \$699</small>		<small>KING \$559 SET \$899</small>						

<b>WATERFALL DAYBED</b>  Enamel Finish <b>99</b>	<b>CAROUSEL BED</b>  Available in Assorted Colours <b>99</b>	<b>FUTON DELUXE</b>  Complete <b>249</b>	<b>FUTON BUNK</b>  Sleeps 3 <b>379</b>	<b>CORNER BUNK</b>  Solid Wood <b>599</b>
<b>CHRISTINA IRON BED</b>  Any Size <b>199</b>	<b>MATE'S BED</b>  Solid Wood <b>269</b>	<b>CAPTAIN'S BED</b>  Solid Wood <b>299</b>	<b>ECONOMY BUNK</b>  Guaranteed Lowest Price <b>199</b>	<b>WOOD SPACE SAVER</b>  Solid Wood <b>319</b>

**DISPOSAL OF OLD SET AVAILABLE**

**PHONE ORDERS ACCEPTED**



**the Sleep Factory**



**MARKHAM**  
4560 Hwy. #7  
**477-0181**

**RICHMOND HILL**  
10720 Yonge St.  
**508-6190**

**SCARBOROUGH**  
3811 Sheppard Ave. E.  
**293-5191**

**WE MAKE ANY SIZE MATTRESS**

**HOURS**  
 Mon.-Wed. 10-6 pm  
 Thurs.-Fri. 10-9 pm  
 Saturdays 10-6 pm  
 Sundays 11-4 pm

**SET UP AVAILABLE**

**FREE LAY-AWAY**

## INTERLOCK

WAVY WALKS? DIPPY DRIVE?

REPAIRS BY SENTRY

905-294-3791

CORRECTION NOTICE

We wish to draw your attention to the following in our current '75 Years Get Set to Save' flyer.

Page 3: Item 7. Lunch Bag Plus, 99-3652-6. The illustration is incorrect and should be for 99-3655, priced at 11.99.

Insert Page 2: Item 1. 17-pc enamel-on-steel cookware set, 42-0016-4 does not include the kettle or stock pot. The illustration is incorrect.

Page 5: Item 2. Mastercraft paints. The price block reads: Reg. 25.99, Sale 17.99, Save 30%. Should read: Reg. from 25.99, Sale from 17.99, Save up to 30%.

ALSO...

We wish to draw your attention to the following in our current Slap Shot savings flyer that was inserted in our 75 Years "End Of Summer Sale" flyer.

Insert Page 1: Item 6. Titan ASD Exchange 7000. Copy reads: Reg 29.99, Sale 20.09. Should read: Reg 29.99, Sale 20.99.

We sincerely regret any inconvenience we may have caused you.

cnote 334-97 zones: all excl.4