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Get Inspired at The Mill The Queen's Pantry Presents



Refresh with Florals

Demonstration Join Kathy Carr, our resident floral designer, as she shows you simple yet dramatic ways to revitalize your surroundings with colourful blooms and greenery. Learn creative ways to reinvent your existing pots & vases and how to mix fresh with everlastings. Refreshments served.

Dates: Thursday, February 8th or
Thursday, February 24th

Time: 11:00 am - 12:00 noon
Cost: \$9.95 plus GST

Rejuvenate your Mind & Body - Workshop & Dining

Join Megan Brunner, one of North America's leading experts in the areas of nutrition and exercise and discover the real secrets to losing fat, toning up and building a lifestyle full of healthy delicious foods that the whole family will love. Megan is the "chubby girl" who went on to fitness fame in 1997 to become one of Hollywood's respected nutrition planners and is renowned for her ability to make healthy foods taste scrumptious.

Dates: Thursday, February 10th or
Saturday, February 12th

Time: 12:00 noon - 2:30 pm
Cost: \$49.95 plus GST
(Includes Lunch & a Kinetix)

Program: "Getting Started Kit"

An Evening in Paris-Dining Experience
Join Linda Chadwick and Allan Bell as they "whisk" your palette away to the city of love. Learn how to create a fabulous romantic French dinner. Come dine and delight. Take home the recipes to share with your loved ones.

Dates: Sunday, February 13th or
Tuesday, February 15th

Time: 12:00 noon - 2:30 pm
Cost: \$49.95 plus GST

Home Solutions - Demystifying Decorating

Full day design workshop. Join Karen Chadwick and her design team as they teach you the fundamentals of interior decoration. The course will include defining your colour personality, demonstrations on painting techniques and wall finishes, window treatments and lighting. Each participant will receive her own "Designing Women HOMEwork binder. Lunch is provided.

Dates: Saturday, February 19th
Time: 10:00 am - 4:00 pm

Cost: \$95.95 plus GST

All seminars are held at the
Queensbridge Mill,
4160-19th Ave., Markham
(between Warden & Kennedy)
To register:
Call The Queen's Pantry
(905) 477-4625

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*Not to be used in conjunction with any other special.
Parts, PST & GST extra. Offer expires Feb. 7, 2005

EDMUNDS HOME IMPROVEMENTS Now installs interior shutters

To compliment their line of windows Edmunds Home Improvements now carries three styles of high quality interior shutters:

Tru Light Shutters, made from exterior grade (U.V. resistant) PVC comes in three solid shades of white in two slat sizes.

Alumitech Shutters, come in bronze or silver extruded aluminum, also in two slat sizes.

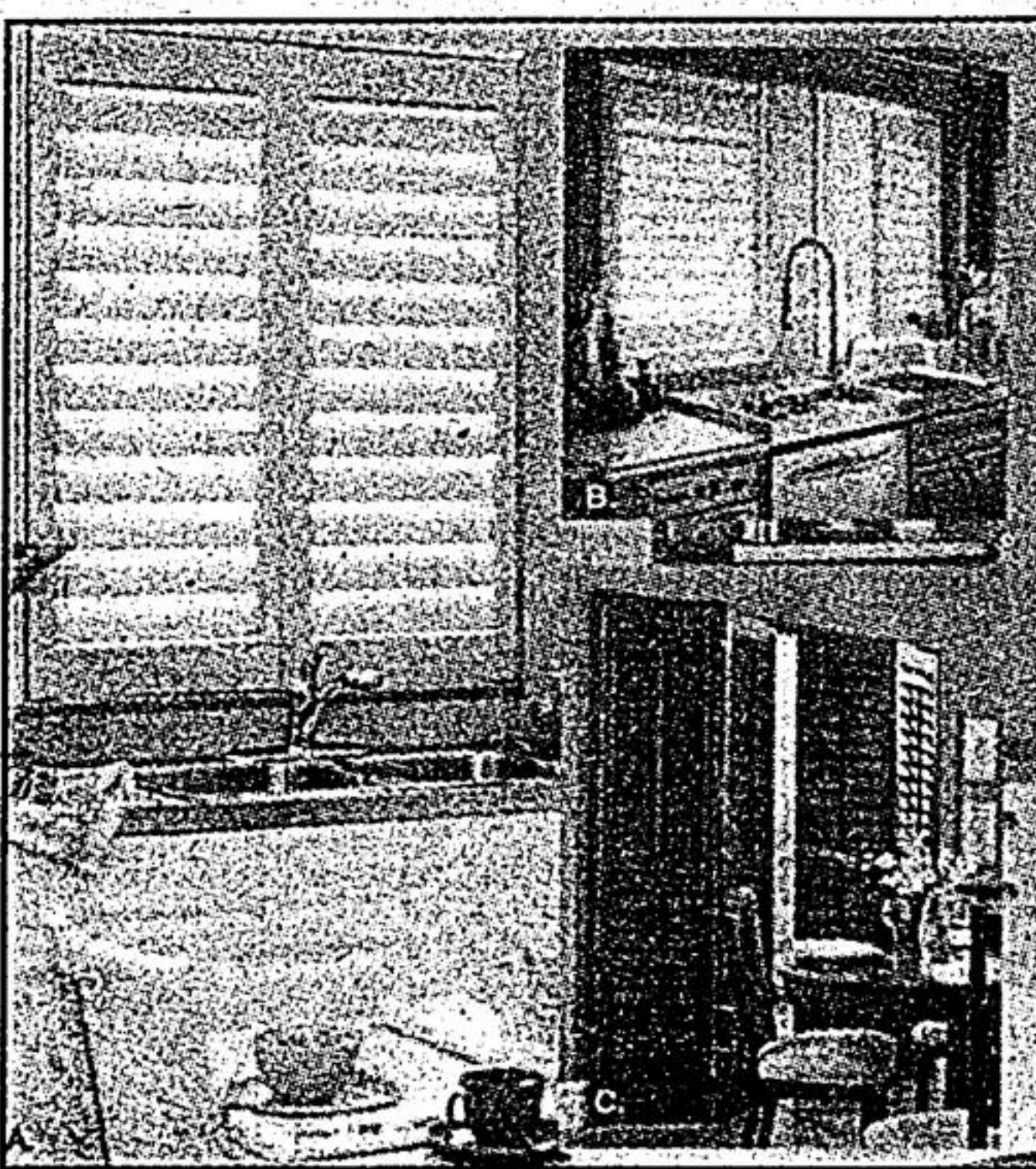
Finally, the "Georgian Shutter" made from kiln-dried American basswood, is a true hardwood shutter with a furniture quality finish, with added U.V. inhibitors.

All of these shutters can be installed either inside or outside of the existing window frames.

In most cases Steve Gibson, the owner, recommends an outside mount. An outside mount allows for the maximum light and view when open, and maximum darkness when closed.

Additional benefits are added insulation, elimination of drafts, and noise reduction.

Steve also points out that this method of installation provides a stronger, perfectly square finish with added clearance for window



cranks and hardware.

Established in 1947 and purchased by Steve and Kathryn Gibson in 1989, Edmunds Home Improvements is a Markham-based company providing quality window and door installations, roofing, siding eavestrough, Gutter Guardian and now, interior shutters.

For a free, no-obligation estimate
call 905-472-0276,
or visit their showroom
at Unit 1 - 166 Bullock Dr.,
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