

Get A Jump On Spring Landscape This Fall

**Professional Landscape Design
And Installation**

**Decks • Patios • Exterior Painting
Roofing • Snow Plowing**



548-7668

Landesigns

Your Complete Exterior Maintenance Company



Shape up at home

How would you like to have a health and fitness salon right in your own home?

Over the past few years Americans in ever-growing numbers have taken to regular exercise and workouts.

Many join clubs. But you can get the benefits of a health club without leaving home. If you need convincing, just look at what Armstrong's designers have done in remodeling a portion of a house for a pair of "empty nesters" (persons whose children have grown up and moved away).

The designers took two tiny spare bedrooms and a cramped bath and transformed them into a large spa. The spa retains all of the functions of a bath while adding exercise and lounge areas.

Dominating the room in a central position is a large sunken whirlpool tub, surrounded by a raised platform and a chrome frame on which to rest towels, face cloths and bathrobes.

The whirlpool is just the thing for soothing tired or sore muscles. It beckons you to relax while you turn the pages of a novel or watch TV, and sip a glass of wine.

No time to luxuriate? The spa also has a shower stall.

Overhead, drenching the whirlpool area and the whole room in sunshine, is a huge skylight.

The tub, commode, sinks and other fixtures, which are a warm gray, were the starting point for the color scheme. It's gray and peach with rose

and charcoal for accents.

Also gray is the Armstrong Designer Solarian II no wax. The rest of the spa (wallpaper, cabinets) is done in soft peach. Rose and charcoal were picked for the colors of the towels and for the upholstery on the cushions of a chaise lounge and ottoman in the lounge area. The wicker chaise and ottoman are painted peach.

The lounge area leads onto an outdoor patio. The two are separated by a frosted glass door which, like the skylight, admits loads of sunshine.

The most conspicuous piece of exercise equipment in the spa is a stationary bicycle. It's computerized. As you pedal along, a digital readout tells you how you're performing. There's space, too, in the exercise area for aerobics, bending and stretching or, yes, pumping iron.

The mirror of the double vanity slides open to reveal rows of glass shelves holding beauty aids and pharmaceuticals. For putting on makeup or shaving, generous artificial lighting is provided by a theatrical string of bare bulbs above the mirror.

The head of the whirlpool tub butts against the back wall of an outside cabana closet whose top nearly brushes the ceiling. And there's more storage in a mirror-fronted closet which runs the length of one wall.

For more information, write to: Armstrong World Industries, Free Spa Brochure, P.O. Box 3001, Lancaster, Pa. 17604.

FALL IS FOR PLANTING!

10%-50% OFF

On Everything in Our Nursery! Now thru Oct. 12

•Topsoil-Mulch
•Seed-Seed
•Straw

**C.G. WILKOP
GARDEN CENTER**

Evergreen-Shrubs
Shade & Flowering
Trees and Much more!



TROY
252 East Maple Road
588-3822



OAK PARK
12710 West 8 Mile
542-5590

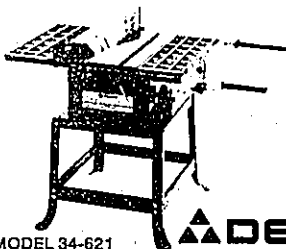
HOURS: Mon.-Sat. 8-6/Sunday 10-4:00



Glenn Wing

POWER TOOLS

For A Complete Selection of Woodworking Tools and Accessories



Motorized Miter Box
Basic machine with 9" blade, "clear-view" retractable blade guard with 10.5 AMP 115 V motor.

List #231 **NOW \$179**

MODEL 34-621

DELTA

9" Contractor's Saw
with extension wing, standard 1 HP, 115 V motor.
List \$710

NOW \$575



MODEL 34-010



Glenn Wing
POWER TOOLS

1437 S. Woodward • N. of 14 Mile
Birmingham • 644-0444

• DELTA • PORTER-CABLE • AEG • SHOP-VAC • BALDOR • MILWAUKEE
• BOSCH • BOICE CRANE • POWERMATIC • MAKITA • BIESEMEYER • HTC

We Offer the Personalized Touch



**TRANSFORM
PROBLEM WINDOWS
INTO SOMETHING
BEAUTIFUL.**

Let us install charming, energy-efficient, low-keep Andersen® bay or bow windows.

**CALL FOR
FREE
ESTIMATES**

**TURN AN UGLY,
WORN-OUT
WINDOW
INTO A
BEAUTIFUL
"BAY VIEW."**



See us for Andersen® bay, box bay and bow windows.



Come home to quality.
Come home to Andersen.

**FREE
DELIVERY**



DILLMAN & UPTON

**DESIGN
CONSULTANTS
AVAILABLE**

543 Main Street

Rochester,

651-9411