

How To Avoid 'Gardener's Back'

Gardening and yard work can be rough on the old back, but Michigan State University garden experts know a few tricks to help avoid this problem.



NO WAXING is required for this sheet flooring material. Solarian, from the Armstrong Cork Co., features a permanent, abrasion-resistant finish. Rubber heelmarks can be removed instantly with a slightly dampened cloth or paper towel.

Use wheels whenever you can. Wheelbarrows, wagons, carts and dollies can handle heavy or bulky loads a lot better than you can. And if a cart or wheelbarrow starts to fall over, let it! Wrestling with it can twist your back badly.

Lifting can be bad news for backs. If you need to pick up a bag of peat moss, a container plant or some other heavy object, keep your back straight. Don't stoop over.

Long reaches from ladders are another way of asking for trouble. Don't reach — move the ladder.

Need to move heavy rocks for a rock garden or walk? Use a pulley suspended from a tripod do the work for you. Use boards as inclined planes for unloading heavy garden equipment and supplies from pickups or station wagons.

A shovel can provide a smooth surface for sliding objects across a grassy or bumpy surface. A series of wooden dowels or a board can also help make the going easier.

Store your garden tools and supplies where they're easy to reach. Eliminate all the bending and stooping you can.

Labor-saving devices can also help save your back —

and your time. Some of the tools to consider are: electric hand saws, chain saws, rototillers, motorized cement mixers and garden tractors and their attachments. Some of these items can be rented.

Take care of your back, and you'll feel fit enough to take care of your lawn and garden.

Index-Cut Tile Is Revolutionary

One of the unheralded miracles of the floor covering business is the advent of "index-cut" or "registered" tile.

This design coup has opened up new opportunities for using resilient tile in home furnishings. It has made vinyl asbestos tile of haute couture product.

In layman's terms indexed tile is tile with "disappearing seams." The Better Floors Council explains that the pattern on each piece of tile connects with the adjoining piece. When installed, you have a wall-to-wall or one-piece floor covering. The eye is fooled and the viewer is not aware of the many individual tiles — you see one big, beautiful floor covering.

The manufacturer members of the Better Floors Council (Amico, Azrock, Flintkote, GAP and Kentile) are producing index tile in many designs—from Mediterranean to Early American to contemporary—and in just about any color or combination of colors you can name.

Sewing Center Easy To Add

Because sewing centers are compact, one can be added wherever it's handiest for the user, in a family room, utility area or bedroom.

A wide closet can be converted, or a corner of the room or end of a hallway can be framed in to hold sewing table and storage.

Folding lumber wood doors enclose the work area neatly between work sessions, and require little clear area for closing.

WE INSTALL ARMSTRONG SOLARIAN
ALL LABOR & MATERIAL FREE ESTIMATES

PEEL & STICK VINYL ASBESTOS 26¢
PEEL & STICK OZITE 27¢
PEEL & STICK SOLARIAN No Wax 79¢ SQ. FT.

CERAMIC TILE WALLS & FLOORS 49¢ SQ. FT.

Mister TILE 9300 TELEGRAPH AVE. HOURS: DAILY 9-9

DO-IT CENTER

DO-ER SALE STARTS TODAY THRU MEMORIAL DAY

<p>SUPER KEM-TONE Choice of colors Leaves lighter 1 Gallon \$6.97</p> <p>SHERWIN WILLIAMS PERMANENT LATEX FLAT White & Colors Clearance Priced \$2.49 Retail Value \$4.33</p> <p>SHERWIN WILLIAMS EXTERIOR LOWE HOUSE PAINT LATEX OR OIL BASE 1 Gallon Our New \$7.37 Retail Value \$9.49</p> <p>9x12 PLASTIC DROP CLOTH LIMIT FOUR 9¢ each</p>	<p>DISCOUNT WALLPAPER 100 Books to choose from 12 to 25% off Manufacturer's List Price Plus Freight</p> <p>SPRAY ENAMEL In or Out 12 1/2 oz. 66¢ Retail \$8.00</p> <p>CAULK CARTRIDGES Choice of Colors Manufacturer's Closeout Limit 10 10¢ each</p> <p>PROPANE REFILL TANK LIMIT TWO 88¢ each</p>
--	--

SEE OUR SELECTION OF

- Discount Wallpaper
- DO-IT Furniture
- Window Shades
- LOWE Paints
- Art Supplies
- Discount Shelf Shop
- Super Kem-Tone
- Hardware
- Picture Frames
- Decoupage

8 MILE CENTER 474-6100

Just West of Farmington Rd., Across from Manufacturer's Bank

OPEN: Mon. 9-9 Tues., Wed. 9-5 Thurs., Fri., Sat. 9-9 Sun. 10-5 Memorial Day 9-5

Dark Opal Basil Ornamental Herb

In 1949 a plant-finding expedition to Turkey — sponsored by the United States Department of Agriculture — returned with specimens of an unusual new variety of basil.

Although the variety showed it was edible as an herb — just like normal basil, the scientists decided it had value as an ornamental plant in the flower garden, and in 1960 entered it in All-America Selections.

It promptly carried off a bronze medal, and has since proved invaluable for garden decoration, especially as a border or background to low-growing plants such as dwarf marigolds.

Dark Opal grows easily from seed planted directly into the garden after danger of frost.

The spicily scented leaves are useful in cooking, considered especially good with tomato dishes.



ORNAMENTAL basil, dark opal, is a useful plant in the vegetable or flower garden.

everything you need for Spring Fix-Up

LUMBER & BUILDING SUPPLIES

IT'S ALL AT

California SUMMER LIVING SPACE... with

WOOD DECK KITS

DO IT YOURSELF

FAST, SIMPLE
NO GLUES
NO NAILS
NO MISSTAKES
NO WASTES
NO CONTRACTORS
NO MATERIALS LIST
NO ROOFING

OVER 50 SIZES

CONSTRUCTION REDWOOD

2x4...25' LIN. FT.	4x6...85' LIN. FT.
2x6...39' LIN. FT.	6x6...11.08 LIN. FT.
2x8...49' LIN. FT.	6x8...11.54 LIN. FT.
4x4...52' LIN. FT.	

CASH & CARRY

CORRUGATED PLASTIC PANELS

PERFECT FOR PATIOS & FENCES \$2.95

20" x 36"

OTHER SIZES AVAILABLE

HEAVY WEIGHT 5 OZ.

RAILROAD TIES

Knotty Cedar Paneling

1"x6" "JUST ARRIVED" SUPPLY IS LIMITED

1"x6" LIMITED

1"x10" LIMITED

HURRY!

\$3.50 ea.

CASH & CARRY

Li'l Red Barn

8' x 8' \$285.00

COMPLETE PACKAGE K.D.

OTHER SIZES IN STOCK

Spring is the Time To ...

Plant a Full Green Tree

Folks, I have specialized in Shade Trees and have supplied thousands for street planning, industrial, schools, churches and residential. I feel that the right selection of a shade tree is perhaps the most important decision that a home owner is faced with in landscape planning. You may select your tree "tag it" and have it planted at your convenience.

Now Ready for Immediate Planting

NOW IS THE TIME TO SELECT FLOWERING SHADE TREES

Early blooming ornamental trees are an investment in ever-increasing beauty.

• Magnolia	• White Dogwood
• Flowering Crab	• Pink Dogwood
• Purple Leaf Plum	• Red Dog

\$29.95

OLYMPIC STAIN 66 Colors: SOLID & SEMI-TRANSPARENT

\$99.95 FOR A TORO?

YOUR OLD MOWER WORTH UP TO 10% ON TRADE-IN OTHER MODELS

TORO

AZALEA \$3.95	Maple \$18.95
RHODODENDRON \$4.95	White Birch \$14.95
JAPANESE MAPLE \$26.95	ASH \$18.95
ORNAMENTAL CHERRY TREE \$69.95	

CALL US FOR LANDSCAPE PLANS

Change it on your BankAmericard or Master Charge. In-statement plan available too (FHA)

OPEN 8-8 7 DAYS WK

Harold Thomas NURSERY

GA 1-2888 14925 Middlebelt

between 5 Mile & Schoolcraft

California SUMMER LIVING SPACE... with

WOOD DECK KITS

DO IT YOURSELF

FAST, SIMPLE
NO GLUES
NO NAILS
NO MISSTAKES
NO WASTES
NO CONTRACTORS
NO MATERIALS LIST
NO ROOFING

OVER 50 SIZES

CONSTRUCTION REDWOOD

2x4...25' LIN. FT.	4x6...85' LIN. FT.
2x6...39' LIN. FT.	6x6...11.08 LIN. FT.
2x8...49' LIN. FT.	6x8...11.54 LIN. FT.
4x4...52' LIN. FT.	

CASH & CARRY

CORRUGATED PLASTIC PANELS

PERFECT FOR PATIOS & FENCES \$2.95

20" x 36"

OTHER SIZES AVAILABLE

HEAVY WEIGHT 5 OZ.

RAILROAD TIES

Knotty Cedar Paneling

1"x6" "JUST ARRIVED" SUPPLY IS LIMITED

1"x6" LIMITED

1"x10" LIMITED

HURRY!

\$3.50 ea.

CASH & CARRY

PANELING HEADQUARTERS

ROOFING

OVER 70 DIFFERENT PANELS IN STOCK

AS LOW AS \$2.99

\$3.50 BUNDLE

3 BUNDLES = 100 SQ. FT. \$10.50

240 LB. SEALTABS C & C

ECONOMY STUDS

2"x4" 69¢ 2"x4" x8" 79¢

CASH & CARRY SPECIALS

DRYWALL 3/4"x4'x8' \$1.69	PARTICLE BOARD 3/4"x4'x8' \$4.10
1/2"x4'x8' \$1.89	1/2"x4'x8' \$4.60
	3/4"x4'x8' \$5.10
	1/2"x4'x8' \$7.25

Li'l Red Barn

8' x 8' \$285.00

COMPLETE PACKAGE K.D.

OTHER SIZES IN STOCK

VANITIES

AS LOW AS \$49.95

COMPLETE WITH FORMICA TOP & SINK • FAUCETS EXTRA •

20 DIFFERENT MODELS ON DISPLAY

B-D Black & Decker

13" Double-edged blade shrub & hedge trimmer \$14.99

13" Single blade shrub & hedge trimmer \$9.99

DELUXE LAWN EDGER & TRIMMER

Edges 20 times faster than hand-edgers. Cuts 3/4" wide trench on first pass. Winged blade won't clog. Instant release trigger switch. Two handles and big wheels for steady control. No bending. Rotates to become a trimmer.

#8100 \$19.99

#8200 GRASS TRIMMER ONLY \$12.99

TELA-WARREN LUMBER & HARDWARE CENTER

6938 N. TELEGRAPH LO 3-2190

Open Mon.-Thurs. 8-6 Saturdays 8-5 OPEN FRIDAY 'til 9 p.m.

ALUMINUM GUTTER

4"x10" K TYPE \$2.69

5"x10" K TYPE \$2.99

2"x3"x10' DOWNSPOUT \$2.10 C/C

WHITE ONLY