

# Walk An Extra Mile To Take Off Pounds

Want to lose ten pounds in the next year?  
 One way you can do it is to walk an extra mile every day.  
 The American Medical Association's home health book, Today's Health Guide, reports that a walk of just an extra mile per day for 36 days is a "simple, pleasant device for shedding an extra pound of fat." In a year this would amount up to about ten pounds. The extra mile means just that—a mile of walking in addition to the customary walking you now do each day.

offset a pound of fat is approximately 3,500 calories, but the weight need not be lost all at once.  
 Instead of the exhausting, often impossible, 36-mile hike within a span of hours, a walk of just one extra mile a day for 36 days will get rid of that extra pound. Weight gain usually is relatively slow, and the extra mile will—for most of us—help keep our weight down to a reasonable figure.

vides an outlet for emotional tensions, promotes self-confidence, wholesome social activity, and good sportsmanship. It enhances the sense of general well-being that enables us to confront and master a reducing regimen.  
 To be effective for both weight reduction and for general physical conditioning, exercise must be a regular part of your way of life, and not something that is overdone spasmodically.  
 So, if you want to lose ten pounds in the next year, just arrange to walk that extra mile today.

ONCE REGARDED as a major factor in losing weight, physical activity was later accorded less importance. It was realized that considerable effort was required to shed even one pound of extra tissue.  
 Would-be reducers found comfort in some expert opinion that calories expended through exercise would be immediately replaced, due to an automatic increase in appetite.  
 Fortunately for fitness as well as for fairness, exercise has been restored to grace and enjoys respectability. Exercise helps expend calories; within the usual range of activity, it need not stimulate appetite excessively.  
 The energy output required to For High Ceiling  
 High ceilings can be made to look lower by applying a chair rail molding along the upper part of walls. To get proportions right, set the chair rail's lower edge 1/14th of the distance from ceiling to floor.  
 Childproof Wall  
 Resawn lumber paneling is great for hallways because it's childproof—won't show finger-marks.

## Reunion Planned

Plans for a 10th anniversary reunion of the 1958 class of the former Detroit High School of Commerce at Hillcrest Country Club are underway.

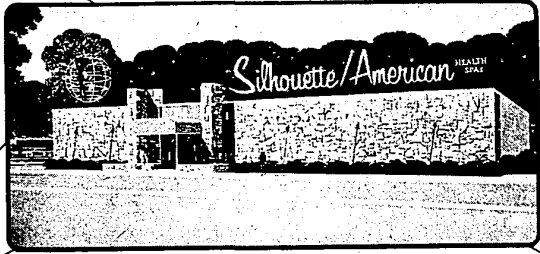
Mrs. Barbara Romanlak Dziulik said the committee had contacted 200 of the 300 graduates. Others may get tickets by calling her at 755-4655.

## Sugar's Sweet, And So Is Pop

SAN FRANCISCO—The U.S. beverage industry used about 1.72 million tons of refined sugar—mostly in soft drinks—last year and accounted for about 18.3 per cent of total sugar deliveries.

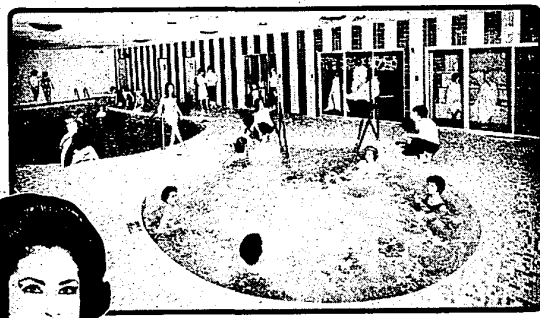
# Grand Opening

## CITY-WIDE CELEBRATION



2222 North Woodward - North of 12 Mile Road

## 2-Acre Resort Spa City



Exhilarate in ultra-modern, exclusive hot Whirlpool Mineral Spas — the latest word in lavish hydrotherapy.

## Vanish Pounds & Inches in the Finest Health Spa Facilities in the World

Now you can look as precisely slim and trim as you wish quickly and easily. Luxuriate in unequalled Health Spa Facilities featuring the latest developments from the famous Spas of Palm Springs and Europe... designed to slim and trim you... and bring about wonderful changes in your figure or physique and outlook on life — regardless of your age.

We dare say:  
**YOUR MEMBERSHIP FREE IF YOU CAN EQUAL OUR FACILITIES FOR LESS!**

Don't be disappointed by promises or imitations — our facilities are unsurpassed and are available NOW!



Melt pounds away in authentic Finnish Sauna Steam rooms — Over \$200,000 of patented fitness apparatus give results quickly.

## Ladies...Men...Reduce Fast Now!

Call or Drop In Today for Special Grand Opening Savings.

Available Now at All Detroit Area Spas

# Phase 1 83¢

CITY-WIDE GRAND OPENING SPECIAL  
 average per visit on a course basis to all beginners who enroll now! Low PHASE 1 Charter Membership Rates are available for a limited time only.  
 PER VISIT

PHASE 2 RATES SUBSTANTIALLY HIGHER!  
**FREE** Call BR 3-8888 or drop in today for your free figure or physique analysis and free trial treatment.

VISIT OUR FENKELL at SOUTHFIELD SPA  
 JUST 5 MINUTES AWAY — OPEN 6 DAYS A WEEK 10 TO 10 WITH SEPARATE FACILITIES FOR LADIES AND MEN



17721 FENKELL at Southfield BR 3-8888 | 3606 FORT STREET Lincoln Park Plaza DU 1-7581 | 2222 N. WOODWARD North of 12 Mile Road LI 8-1555

Your Membership is Honored at All Our 155 Prestige Spas Coast-to-Coast

## QUALITY MATERIALS at REDFORD'S MONEY SAVING PRICES

BRAND NAMES YOU CAN TRUST | SATISFACTION GUARANTEED | Complete One-Stop Service Delivery—Arranged

### Do-it-yourself! BUT LET US HELP

# ROOFING

6 New Popular Pastel Colors — Also Plain White, Black, Green

- DURABLE
- ASPHALT COATED
- EASY TO APPLY OVER OLD ROOF

OUR ROOFING IS GUARANTEED 15 YRS.

## 729

sq. 235 lbs. per sq.

3 Bundles Per Square 100 Sq. Ft.

SEALDON SHINGLES Only \$8.95 sq. Self Sealing

### Galvanized Rain Gutter ALREADY PAINTED!

Heavy Gauge Steel Years of Protection Easy to Install 4" X Gutter 10 Ft.

## 2.49

ea.

### PLYWOOD

Smooth-Sanded Buy Grade Marked Plywood and Save!

#### FIR INTERIOR AD

|          |      |
|----------|------|
| 4x8—1/4" | 3.24 |
| 4x8—3/8" | 4.25 |
| 4x8—1/2" | 5.49 |
| 4x8—5/8" | 6.45 |
| 4x8—3/4" | 6.99 |

#### FIR EXTERIOR AC

|          |      |
|----------|------|
| 4x8—1/4" | 3.75 |
| 4x8—3/8" | 4.75 |
| 4x8—1/2" | 5.95 |
| 4x8—5/8" | 7.09 |
| 4x8—3/4" | 7.89 |

### BE SHELF-ISH

### EDGE-CRAFT SHELVES PRE-FINISHED

| Cherry       | Reg. | SALE |
|--------------|------|------|
| 8x24"        | 4.10 | 3.49 |
| 8x36"        | 5.39 | 4.58 |
| 8x48"        | 7.10 | 6.04 |
| Walnut       | Reg. | SALE |
| 6x24"        | 2.95 | 2.51 |
| 6x36"        | 4.95 | 4.21 |
| 6x48"        | 5.85 | 4.97 |
| Oiled Walnut | Reg. | SALE |
| 8x24"        | 2.79 | 2.37 |
| 8x36"        | 3.95 | 3.36 |
| 8x48"        | 5.45 | 4.63 |

We carry a complete line of Brackets and Sids.

### SAVE AT REDFORD

#### 11-FOLD DOORS

Carton-Packed

COMPLETE WITH HARDWARE

| Size    | Mat.  | Blind Louver |
|---------|-------|--------------|
| 7/0x6/8 | 9.95  | 12.15 13.75  |
| 7/6x6/8 | 11.15 | 12.75 14.75  |
| 7/0x6/8 | 12.25 | 15.25 15.95  |
| 7/0x6/8 | 18.95 | 22.25 26.95  |
| 7/0x6/8 | 20.75 | 24.95 28.50  |
| 6/0x6/8 | 22.95 | 28.15 30.25  |

### PLUSWOOD

Pre-Finished Paneling Cherrytone Spalls

| 4x7x1/4" | Reg. | SALE |
|----------|------|------|
| 4x8x1/4" | 5.78 | 4.89 |
| 4x8x1/4" | 6.24 | 5.29 |

### SHEET ROCK PLASTERBOARD

| 3/8"        | 1/2"   |
|-------------|--------|
| \$1.35 4x6  | \$1.55 |
| \$1.55 4x7  | \$1.79 |
| \$1.70 4x8  | \$1.95 |
| \$2.35 4x10 | \$2.69 |

### CONSTRUCTION 2x4's

White Fir Kiln Dried

| 6 Ft. | 10 Ft. | 16 Ft. | 18 Ft. |
|-------|--------|--------|--------|
| 1.50  | 1.50   | 1.50   | 1.50   |
| 1.72  | 1.72   | 1.72   | 1.72   |
| 2.03  | 2.03   | 2.03   | 2.03   |
| 2.48  | 2.48   | 2.48   | 2.48   |
| 2.70  | 2.70   | 2.70   | 2.70   |
| 1.38  | 1.38   | 1.38   | 1.38   |

### PRE-HUNG PERMA-WHITE

Colonial Cross-Buck Aluminum Combination Door

All Hardware Included Easy to Install No special tools needed Sizes 2-8x8-8 3-0x8-8

## 3795

### INTERIOR WHITE PINE SHUTTERS

EASY TO INSTALL

| HEIGHT | 6"   | 7"   | 8"   | 9"   | 10"  | 11"  | 12"  |
|--------|------|------|------|------|------|------|------|
| 16"    | .69  | .74  | .89  | 1.19 | 1.39 | 1.64 | 1.59 |
| 20"    | .84  | 1.09 | 1.39 | 1.44 | 1.59 | 1.79 | 1.94 |
| 24"    | 1.29 | 1.44 | 1.59 | 1.89 | 1.94 | 2.14 | 2.29 |
| 28"    | 1.49 | 1.64 | 1.89 | 2.04 | 2.14 | 2.39 | 2.54 |
| 32"    | 1.69 | 1.79 | 2.14 | 2.24 | 2.39 | 2.54 | 2.74 |
| 36"    | 1.89 | 2.14 | 2.39 | 2.54 | 2.74 | 2.89 | 3.14 |

Complete Hardware for 4 Shutters..... 96c

### 15% OFF ENTIRE STOCK OF DECORATOR SHUTTERS

MAHOAGANY FRAME — DECORATIVE SHATTER-PROOF PLASTIC INSERTS ALL NORMAL SIZES From \$1.42

### FIXTURE SALE

Antique Brass Hanging Lamp Vertical Optic Amber Ball 19" high — adjusts to 36"

Reg. 21.67 Now 18.44

## REDFORD Cashway LUMBER CO.

OPEN MON. - SAT. 8-5:30 p.m.; CLOSED SUN.

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ROYAL OAK 303 S. MAIN ST. LI 8-2153

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17721 FENKELL at Southfield BR 3-8888 | 3606 FORT STREET Lincoln Park Plaza DU 1-7581 | 2222 N. WOODWARD North of 12 Mile Road LI 8-1555

Your Membership is Honored at All Our 155 Prestige Spas Coast-to-Coast