

Greenhouse Equipment & Supplies

FIRST QUALITY GREENHOUSES & SUPPLIES LTD
 Alberta's Only Manufacturer Of
 Commercial Greenhouse Structures
 COMPLETE SUPPLIER OF
 GREENHOUSE EQUIPMENT & COVERINGS
 MANUFACTURING & OFFICES
 6620 86 Av S.E. Calgary, AB T2C 2S3
 Fax 236-9157
 6620 86 Av SE ----- Calgary **236-9152**

Lawn Shop Services (M H) Ltd
 774 16 St SW ----- Medicine Hat **527-4555**

Greenhouse & Solarium Builders

Better Homes ----- Medicine Hat **529-5002**

Greenhouses

BLUE SAGE GROWERS

FRESH OFF THE
 VINE RIPENED TOMATOES
 SPRING THRU FALL
 3 KM SOUTH OF K-MART MALL
 ----- Medicine Hat **529-6538**

Chinook Greenhouses
 1431 Bridge St SE ----- Medicine Hat **527-8942**

Coehoorns Greenhouses
 37 7 St NW ----- Redcliff **548-6049**

Cornerview Greenhouses
 701 Broadway Av NE ----- Redcliff **548-2064**

GOLDEN ACRE GARDEN CENTRE
 Bedding Plants • Perennials • Trees • Shrubs
 1566 Gershaw Dr SW
 ----- Medicine Hat **526-2378**

H & H Growers 202 9 St NE ----- Redcliff **548-2831**

Harty Greenhouses
 330 3 St NW ----- Redcliff **548-6602**

Hollander Greenhouses
 331 4 St SW ----- Redcliff **548-6532**

Greenhouses (Cont'd)

K & L Holdings 334 2 St SW ----- Redcliff **548-3744**

Lane's Greenhouses
 101 5 St SW ----- Redcliff **548-2605**

Nunweiler Greenhouses
 409 3 St SW ----- Redcliff **548-6727**

Pyramid Farms
 264 2 Av Dunmore ----- Medicine Hat **529-0378**

Red Rock Nursery Ltd ----- Medicine Hat **529-5055**
 (See Our Display Advertisement)

REDCLIFF GREENHOUSES LTD
 404 4 St SW ----- Redcliff **548-3931**

River View Greenhouse Ltd
 920 1 St SW ----- Medicine Hat **526-3447**

Riverbend Food Products Ltd
 3378 15 Av SW ----- Medicine Hat **526-2151**

Rolling Acres Greenhouses Ltd ----- Medicine Hat **526-3059**

Schaffer's Greenhouses
 111 6 St NW ----- Redcliff **548-6344**

Sunalta Greenhouses
 613 Medalta Av SE ----- Medicine Hat **527-4301**

SUNHARVEST GREENHOUSES
 SPECIALIZING IN:
PESTICIDE FREE TOMATOES
 AVAIL FEB THRU NOV
 OPEN 9-5 WEEKDAYS, SAT 9-12
 CLOSED SUNDAYS
 N OF #1 HWY @ REDCLIFF
 INTERSECTION
 1 Stoner St NE ----- Redcliff **548-7070**

Suntec Garden Centre
 1108 7 St SW ----- Medicine Hat **527-8235**
 (See Our Display Advertisement)

Teiko's Greenhouses
 203 8 St SW ----- Redcliff **548-7881**

VALLEY DALE GREENHOUSE & FLORISTS LTD
 Fresh & Fabric Flowers For All Occasions
 BEDDING PLANTS-TREES & SHRUBS
 1 St & Trans Canada Hwy ----- Mdht **527-8874**

Wagenaar's Greenhouse
 307 3 St SW ----- Redcliff **548-2629**

Greeting Cards

Books Plus More
 Southview Mall ----- Medicine Hat **529-6530**

Boylan's Card & Gift Shop
 616 3 St SE ----- Medicine Hat **529-2288**
 (See Our Display Advertisement)

CARD SHOPPE
 HALLMARK GOLD CROWN STORE
 MEDICINE HAT MALL
 3292 Dunmore Rd SE ----- Mdht **526-3525**

Carlton Cards
 3292 Dunmore Rd SE ----- Medicine Hat **526-6977**

Why not check into the sales
 building possibilities of the
YELLOW PAGES? Call the bus-
 iness office for information on
YELLOW PAGE advertising.

Grocers-Retail

Altin's Grocery
 505a North Railway St SE ----- Medicine Hat **526-3954**

Burdett General Store
 Box 31 ----- Burdett **833-3770**

Chang Hing Supermarket & Alterations
 41201 Kingsway SE ----- Medicine Hat **529-6668**

Connaught Groceteria
 178 8 St SE ----- Medicine Hat **527-8255**

Deluxe Groceteria & Meats
 C 525 Washington Av SE ----- Medicine Hat **527-8634**

Eso Quick Stop
 504c Maple Av SE ----- Medicine Hat **529-6171**

Foodland I G A
 302 Maple Av SE ----- Medicine Hat **527-9711**

Holiday Service
 820 Redcliff Dr SW ----- Medicine Hat **527-2121**

Huck Finn Food & Gas Bar Inc
 Hwy 3 & Centre St ----- Bow Island **545-2942**

Korner Convenience Store
 608-Industrial Av SE ----- Medicine Hat **527-8278**

Len's Lucky Dollar Store
 115 5 Av W ----- Bow Island **545-2353**

Little Store No 1
 2248 Southview Dr SE ----- Medicine Hat **526-1414**

Medicine Hat Co-op Ltd
 100 3030 13 Av SE ----- Medicine Hat **527-2236**

NUTTER'S BULK & NATURAL FOODS
 107 1601 Dunmore Rd SE ----- Medicine Hat **529-1664**
 (See Our Display Advertisement)

R & L Convenience
 106 Broadway Av NE ----- Redcliff **548-3734**

Redcliff A G Foods
 615 Broadway Av NE ----- Redcliff **548-3642**

Redcliff Food Fair & Country Kitchen
 208 Broadway Av E ----- Redcliff **548-2247**

7-Eleven Food Stores
 197 Carry Dr SE ----- Medicine Hat **527-3500**

Southview Garden Market I G A
 Southview Mall ----- Medicine Hat **527-1928**

Starlite Convenience
 541a Allowance Av SE ----- Medicine Hat **526-3012**

Wheeler's I G A
 140 5 Av W ----- Bow Island **545-2363**

Grocers-Wholesale (Cont'd)

SCOTT NATIONAL
 Calgary (No Charge Dial) ----- 1-800-668-3144
WHOLESALE FOOD-LINK CORP
 Open To Everyone (Wholesale Prices)
 851 - Industrial Av SE ----- Medicine Hat **528-9966**

BREWMASTER
 WHOLESALE FOODS
 & COFFEE SERVICE
CASH & CARRY

- ★ Grocery Items
- ★ Fresh Produce
- ★ Frozen Products
- ★ Coffee Service & Supplies
- ★ Dairy Products & Meats
- ★ Beverage & Smallware Supplies
- ★ Hot Chocolate/Soups/Juices
- ★ Paper Products ★ Cleaning Supplies

WHOLESALE — RETAIL

526-0791 FAX: 526-2019
764 - 7th ST. S.E., MEDICINE HAT
327-2739 FAX: 380-3024
1606 - 31st ST. N., LETHBRIDGE

Guard & Patrol Service

CANADIAN CORPS COMMISSIONAIRES
 SERVING LETHBRIDGE AND REGION
 FOR OVER 50 YEARS
 ----- Lethbridge **327-1222**
 Major McMitchell Res ----- Leth **328-9836**

METROPOL SECURITY

Security Officers • Mobile Control
 Security Consultants & Alarm Response
 ----- Lethbridge **381-2602**

Wackenhut Of Canada Limited
 675 3 St SE ----- Medicine Hat **526-2001**
 Fax Line ----- Medicine Hat **527-3817**

Guns & Gunsmiths

Carnelli & Son Sporting Goods
 646 3 St SE ----- Medicine Hat **526-5482**

GUN CONNECTOR THE
 GUNSMITHING SPECIALIST
 USED GUNS BOUGHT - SOLD
 TRADED & CONSIGNED
 1117 3 Av S ----- Lethbridge **329-0280**

Outdoorsman The
 41023 Allowance Av SE ----- Medicine Hat **529-9248**

Prairie Sports II Ltd
 102 1865 Dunmore Rd SE ----- Medicine Hat **528-8800**

Gymnasiums

Fitness Shop The
 627 Kingsway Av SE ----- Medicine Hat **529-0875**
 (See Our Display Advertisement)

UNIVERSAL FITNESS
 2 Flr 410 S Railway St SE ----- Medicine Hat **526-6744**

**BRINGING BULK & SPECIALTY FOODS
 & TO YOUR KITCHEN!**

529-1664
 #107 - 1601 DUNMORE RD. S.E.

NUTTER'S
 BULK & NATURAL FOODS
 MEDICINE HAT

Grocers-Wholesale

Brewmaster Wholesale Foods & Coffee Service 764 7 St SE ----- Medicine Hat **526-0791**
 Fax ----- Medicine Hat **526-2019**

(See Our Display Advertisement)
CORE-MARK-DISTRIBUTORS
 (No Charge Dial) ----- 1-800-242-8402

Hostess Frito-Lay Company
 The ----- Medicine Hat **527-5958**

Medicine Hat Wholesale Foods Ltd
 702-Industrial Av SE ----- Medicine Hat **527-4481**

If Busy Call ----- Medicine Hat **528-8926**
 Fax Line ----- Medicine Hat **529-6876**

Old Dutch Foods
 2459 10 Av SW ----- Medicine Hat **527-3262**

Get the Long Distance Feeling.
 Long Distance telephone calls
 meet many personal as well as
 business needs. Placing a Long
 Distance call can complete a
 business deal or bring pleasure
 to a friend or relative.

Boylan's
Card & Gift Shop

Hallmark

529-2288

616 - 3rd ST. S.E.
 MEDICINE HAT

RED ROCK NURSERY LTD.
 Largest Reforestation Nursery
 In Southern Alberta

"VIEW YOUR FUTURE FOREST"

529-5055
MEDICINE HAT

Greenhouse Location 2.8 Km South Of
 Transcanada HWY. On 13th Ave. S.E.
 Residence 526-8740

Suntec
 GREENHOUSES INC

We Guarantee All Our:
 • Tropical Plants
 • Trees, Shrubs, Evergreens

Professional Landscape Consultants & Installers
 From Design to Finished Product

FREE ESTIMATES
527-8235
 1108 - 7th ST. S.W., MED. HAT

FITNESS SHOP THE

Featuring Medicine Hat's
 Largest Selection Of Body
 Building Supplements, Fitness
 Fashion Wear, Home &
 Commercial Exercise Equipment

Home of the
NO NONSENSE PRICE GUARANTEE!
WE'LL BEAT YOUR BEST PRICE
 BY AT LEAST 5%

529-0875
627 KINGSWAY AVE. S.E.
Across from Capital Glass
MEDICINE HAT

Gymnastics Instruction

Gymnastics 530 5 St SW -----Medicine Hat 527-5687
Salsa Gymnastics Club
 578 18 St SW -----Medicine Hat 526-2900
 Fox Line -----Medicine Hat 529-4675

Hair Goods—Retail

Broadway Beauty & Tanning Salons Inc
 222 Broadway Av NE -----Redcliff 548-3030
Changes By Moulin Rouge
 2433 3 St SE -----Medicine Hat 526-5210
European Coiffures
 745 2 St SE -----Medicine Hat 526-5495
Headquarters Gallery Of
 3064 Dunmore Rd SE -----Medicine Hat 527-4844
Pink Lady Beauty Salon
 393 Aberdeen St SE -----Medicine Hat 526-3755
Visions Hair Studio
 203 1741 Dunmore Rd SE -----Medicine Hat 527-3191

Hair Removing

Carol's Electrolysis Clinic
 444 9 St SE -----Medicine Hat 526-0991
Leading Lady Beauty Salon
 778 Division Av N -----Medicine Hat 527-1676
Looking Good Beautiful
 916 South Parkway St SE -----Medicine Hat 526-2292
PERSONAL PRIDE ELECTROLYSIS
 Crescent Heights -----Medicine Hat 527-2695
Symbols Nails & Aesthetics
 535 3 St SE -----Medicine Hat 526-2541
Trish's Electrolysis
 15 Respland Close SE -----Medicine Hat 529-2088

Hair Transplant Surgery

Elbow Drive Hair Transplant Clinic
 5116 Elbow Dr SW (No Charge)
 Call -----1-800-461-2220
 (See Our Display Advertisement)

Looking For New Customers?
 Advertise Where They Look.

Halls (Cont'd)

Orion Community Association Hall
 Orion -----Manyberries 868-2161
Scouts Canada
 Riverside Scout Hall
 337 Division Av N -----Medicine Hat 527-5207
Seven Persons & District Recreation Hall
 -----Seven Persons 832-3940
Tower Confectionery
 36 De Havilland Blvd SW -----Medicine Hat 526-7069
Whitla Community Hall -----Seven Persons 832-2175
Wisdom Centennial Community Centre -----Medicine Hat 527-9986

Handbags—Retail

Agnew Shoes
 Medicine Hat Mall -----Medicine Hat 526-7373
THE TRAVELMAN
 135a 3292 Dunmore Rd
 SE -----Medicine Hat 526-0506

Handicapped Services

Canadian National Institute For The Blind
 533 1 St SE -----Medicine Hat 527-2211
Regional Behavior Support Services
 631 Prospect Dr SW -----Medicine Hat 529-8931
We Care Home Health Services
 459 4 St SE -----Medicine Hat 529-2200

Handyman Service

Best Handyman & General Contractor -----Medicine Hat 528-2002
Double Care Handyman Services -----Medicine Hat 527-0008
PUTTIN' UP THE RITZ
 602 6 Av SW -----Medicine Hat 529-0909
Schneider G 946 19 St SW -----Medicine Hat 527-5160
Total Quality Contracting -----Medicine Hat 529-5812

When people consider buying make
 sure they consider you — advertise
 in the YELLOW PAGES.

Hardware—Retail (Cont'd)

HOME HARDWARE STORES

"I'M PROUD
 OF MY HOME"
 PROVIDING ALL
 YOUR HARDWARE NEEDS



Hill Home Hardware
 521a 4 Av SE -----Medicine Hat 527-8770
Redcliff Home Hardware
 317 Broadway Av NE -----Redcliff 548-3606

Kulpe A Lumber Sales (1978) Ltd
 877 16 St SW -----Medicine Hat 527-2655
 (See Our Display Advertisement)
Peavey Mart Hwy 3 S -----Medicine Hat 526-8198
Pro Hardware & Glass Service
 125 5 Av W -----Bow Island 545-6861

TRUE VALUE HARDWARE
 50 8 St NW -----Medicine Hat 528-4433
TRUE VALUE HARDWARE
 3330 13 Av SE -----Medicine Hat 527-0700

A. KULPE LUMBER

SALES (1978) LTD.

- COMPLETE ASSORTMENT OF BUILDERS HARDWARE
 - TOOLS
 - BLACK & DECKER MAKITA
 - PASLODE AIR NAILER
- SALES & SERVICE**



527-2655

Fax: 527-2658
 877 - 16th ST. S.W., MED. HAT

Hardware—Wholesale

C P DISTRIBUTORS LTD
 (No Charge Dial) -----1-800-352-8265

MARTIN HARDWARE DISTRIBUTORS

CABINET HARDWARE SPECIALISTS
 AMEROCK - BLUM - GRANT - KV
 DECORATIVE SURFACE HARDWARE
 EUROPEAN FITTINGS & WIRE BASKETS
 SHOWROOM & WAREHOUSE
 FACSIMILE (403) 250-6807
 5915 Wallace Mississauga 1-416-890-4920
 (No Charge Dial) -----1-800-661-8122

RICHELIEU-MARTIN -
 See Martin Hardware Distributors

Hardwood

Alberts Floor & Carpet Ltd -----
 1320 Kingsway Av SE -----Medicine Hat 526-6005
Final Touch Interiors
 721 Queen St SE -----Medicine Hat 527-8558
RaeCor Enterprises -----Medicine Hat 526-1196
Windsor Plywood
 545 17 St SW -----Medicine Hat 526-6854

Hatcheries

LILYDALE HATCHERY
 (FARMER OWNED)
 CHICKS &
 TURKEY POULTS
 POULTRY SUPPLIES
 FAX: 328-8568
 3620 9 Av N -----Lethbridge 327-3679

Shop The "Yellow Pages" Way

Health Appliances

Medichair Medicine Hat
 680 Kingsway Av SE -----Medicine Hat 528-2272

Health Food Products

BODY WISE INDEPENDENT CONSULTANTS
 "JOIN THE HEALTH WAVE"
 ACHIEVE HEALTHY LIVING &
 LIFESTYLE IMPROVEMENT
 Roy & Jerri Casat
 Residence 529-0380
 Fax Line 527-6233
 -----Medicine Hat 528-2620

(CONTINUED NEXT LISTING PAGE)

THINK YELLOW

Arthritis? Sore Muscles?
 Aching Joints?
 Try Our Natural Alternative...

SPORTS TECH
MIRACLE
relief gel™ Miracle Relief Gel™
 Relieves Pain Fast

Available at:
The Fitness Store
529-0181 or 1-800-884-8809
 (Anywhere in Canada)

627 Kingsway Ave. S.E., Med. Hat
 Across from Capital Glass

Green Tree
 Better Health Centre

- Herbs • Vitamins
- Books
- Sports Nutrition
- Massage
- Naturopath
- Herbologist
- Reflexologist
- Iridologist
- Acupuncture

Medicine Hat's Nutrition Source
528-2299
 (TOLL FREE) 1-800-251-4793
 FAX (403) 526-7568
 102, 1899 DUNMORE RD. S.E.
 MEDICINE HAT, ALTA.

HAIR TRANSPLANTATION



"The Permanent Solution
 To Baldness"

DR. JOHN D. N. GILLESPIE

20 Years Experience Performing
SUCCESSFUL Hair Transplant Surgery

Our New Methods Of Mini-Grafting, Micro-Grafting
 and Scalp Reduction Can Create Virtually
 Undetectable Transplanted Hairlines

ELBOW DRIVE HAIR TRANSPLANT CLINIC

CALL TOLL FREE
1-800-461-2220 259-6798
 CALL FOR A FREE BROCHURE AND CONSULTATION 5116 ELBOW DRIVE S.W. CALGARY

Halls

ECHO DALE RECREATION RANCH
 WE CATER WITH A "WESTERN FLAIR"
 SMALL WEDDINGS, REUNIONS,
 STAFF PARTIES, ETC. CAPACITY 110
 -----Medicine Hat 527-3307

IRVINE SPORTS COMPLEX
 Irvine & District Agricultural Society
 HALL • CURLING • HOCKEY
 • SHOWS & SALES
 Box 202 -----Irvine 834-3863

Medicine Hat Exhibition & Stampede
 Stampede Pk -----Medicine Hat 527-1234

Look for ways you can
 volunteer and make your
 community a better place

Hardware—Retail

Bolt Supply House Ltd The
 2241 10 Av SW -----Medicine Hat 527-7717
C & M General Merchants -----Empress 565-3747
Gas City Home Centre
 1001 Broadway Av NE -----Redcliff 548-7700
Hat Hardware 645 3 St SE -----Medicine Hat 527-2507
 Office -----Medicine Hat 526-4550

FIND WHAT YOU WANT —
 WHEN YOU WANT IT —
 PRODUCTS — DEALERS —
 SERVICES — PROFESSIONS
 are listed . . . by classification.
 . . . throughout these pages. You
 can find almost anything you
 need quickly and easily when
 you use THE YELLOW PAGES.

Health Food Products (Cont'd)

BOSCH DISTRIBUTING CENTRE
Sales/Service: Bosch Breadmakers • Flour Mills • Auto Bakerys • Food Dehydrators Juicers • 7-Ply St St Cookware • Air Purifiers
Sibbald 676-2106

Fitness Shop The
627 Kingsway Av SE ----- Medicine Hat 529-0181
(See Our Display Advertisement)

GREEN TREE BETTER HEALTH CENTRE
102 1899 Dunmore Rd SE ----- Medicine Hat 528-2299
(See Our Display Advertisement)

Health Products Centre
537 3 St SE ----- Medicine Hat 526-4020
(See Our Display Advertisement)

Hill's Pantry Bosch Kitchen Centre
1269 2 Av S ----- Lethbridge 329-8227
(See Our Display Advertisement)

Juice Plus Distributor
Edmonton (No Charge Dial) ----- 1-800-397-6826

LIFESTYLES PURE & DELIGHTFUL
(No Charge Dial) ----- 1-800-563-7873

Nutter's Bulk & Natural Foods
107 1601 Dunmore Rd SE ----- Medicine Hat 529-1664

SANGSTER'S HEALTH CENTRE
"YOUR QUALITY HEALTH STORE"
VITAMINS & MINERALS
MAIL ORDERS
Medicine Hat Mall ----- Medicine Hat 526-2333

Sears Canada Inc
3292 Dunmore Rd SE ----- Medicine Hat 526-5552
(See Our Display Advertisement)

Somebody Special Marketing Inc
423 7 St SW ----- Medicine Hat 527-9999
(See Our Display Advertisement)

IMAGINE - There's a cause for everyone. Look for ways you can volunteer your time.

Health Food Products (Cont'd)

SOUTHVIEW HEALTH CENTRE
Southview Mall ----- Medicine Hat 527-8866
Fax Line ----- Medicine Hat 529-6266

SPORTS TECH INTERNATIONAL
See Fitness Shop The

Sunrider Health Products
613 6 St SE ----- Redcliff 548-6951

THE VITAMIN FARM
MAIL ORDER DISCOUNTS FOR:
• vitamins • herbs • books • foods
• seniors • shipping • 24 hours
(No Charge Dial) ----- 1-800-463-9865

Watkins D & L Quality Products
36 10 St NE ----- Medicine Hat 527-2763

Weatherall's Health Products Lifestyles Independent Distributor
234 Carry Dr SE ----- Medicine Hat 526-3104

SOMEBODY SPECIAL MARKETING INC.
INDEPENDENT DISTRIBUTOR

- BARLEY GREEN
- HERBAL FIBRE BLEND
- CORAL CALCIUM
- ALOE PRODUCTS
- PYCNOGENOL
- SKIN CARE PRODUCTS
- SPECIALTY HERBS

Distributor Inquiries Welcome

527-9999
FAX 529-6662
423 - 7th ST. S.W. MED. HAT

Health Services

Alberta Massage & Stress Management Centre
631 Prospect Dr SW ----- Medicine Hat 529-8967

Caring Hands ----- Medicine Hat 526-8640

Donna Rae's Natural Healing Clinic
206 535 3 St SE ----- Medicine Hat 526-5700

For Somebody Special Marketing Inc
423 7 St SW ----- Medicine Hat 527-9999
Fax Line ----- Medicine Hat 529-6662

Heritage Care Centre
1720 Bell St SW ----- Medicine Hat 526-6186

Joan Massage Therapy Centre
954 South Railway St SE ----- Medicine Hat 528-2000

Massage Therapy Centre The ----- Medicine Hat 529-1630

Redwood Industrial Health Services
1003 4 Av S ----- Lethbridge 320-9474
(See Our Display Advertisement)

Selectone Hearing Aid Centre
549b 3 St SE ----- Medicine Hat 526-9455

Solutions Plus Natural Health Clinic
1 525d Washington Av SE ----- Medicine Hat 526-7767

REDWOOD INDUSTRIAL HEALTH SERVICES

For Industrial Or Office Sites
- WCB Approved Provider -

- Standardized Assessments
- Education, Ergonomics, & Health Promotion
- Post Injury Programs
- Occupational Therapy

Increase Productivity
Prevent Injuries ▲ Reduce Costs

320-9474
1003 - 4th Ave. S.
Lethbridge, AB T1J 0P7

Health Studios (Cont'd)

Only Women's Fitness
101 3215 Dunmore Rd SE ----- Medicine Hat 528-9399
(See Our Display Advertisement)

FITNESS SHOP THE

Medicine Hat's Largest Health & Fitness Store

Specializing In:

- Home & Commercial Gyms
- Exercise Equipment: Treadmills, Rowers & X-Trainers
- Nutrition: Weight Loss/Gain
- Largest Selection In Town of Fitness Fashion Wear: Crazy Wear, Gator Wear, California Body Togs

529-0875
627 Kingsway Ave. S.E., Med. Hat
Across From Capital Glass

Health Units

Big Country Health Unit
Home Care ----- Empress 565-3795

Leisure Way Community Group Home & Geriatrics Consulting Services ----- Medicine Hat 526-2536

Hearing Aids

BELTONE HEARING AID CENTRE
103 3030 13 Av SE ----- Medicine Hat 526-0633
(See Our Display Advertisement)

(CONTINUED NEXT LISTING PAGE)

LET'S GET BACK TO BASICS

HILL'S PANTRY BOSCH KITCHEN CENTRE & BULK FOODS

- WHISPER GRAIN MILL
- DEHYDRATED FOODS
- HOME FOOD STORAGE
- WHOLE GRAINS
- FOOD DEHYDRATOR
- QUALITY STAINLESS COOKWARE
- JUICERS & SMALL APPLIANCES
- PRESSURE COOKERS & CANNERS

WE DEMONSTRATE & SERVICE WHAT WE SELL

LETHBRIDGE 329-8227
HEAD OFFICE
1269 - 2nd AVENUE S.

CALGARY 258-1337
#4, 7640 FAIRMOUNT DR. S.E.

TOLL FREE ORDER DESK 1-800-430-7514

PRESERVING TRADITION

SEARS
Expect more from Sears®

Health Food & Fitness Shops

Complete Selection of Quality Health Products Competent Congenial Staff, V.I.P. and Senior's Discounts

526-5552
3292 Dunmore Rd., S.E.

Use your Sears Card for valuable Sears Club points
We also accept most major credit cards

Registered Trade Mark of Sears licensed for use in Canada
SEARS CANADA INC.

THE ATMOSPHERE YOU NEED

Medicine Hat's Only Exclusive Health & Fitness Club for Women Only


Only Women's Fitness

- 26 Piece Cardio Theatre
- Cutting Edge Aerobics Program
- Lady - Apex Super Circuit
- Complete Weight Room

528-9393
101, 3215 Dunmore Rd. S.E.
CARRY PLAZA
MEDICINE HAT

- Supervised Play Area
- Body Composition Analysis
- Convenient, Clean, Private
- Over 10 Locations to Serve You

LEISHMAN HEARING CENTRE



ALLEN KIRKHAM
HEARING AID PRACTITIONER (T.R.)

- PROGRAMMABLE HEARING AIDS
- COMPLETE ELECTRONIC HEARING TESTS
- SERVICE ON ALL MAKES

MEMBER - ALBERTA HEARING AID PRACTITIONER ASSOCIATION
INTERNATIONAL HEARING SOCIETY

528-3171
4-202 - 5th AVE. S.E., MEDICINE HAT

Hearing Aids (Cont'd)

Leishman Hearing Centre
4202 5 Av SE -----Medicine Hat 528-3171
(See Our Display Advertisement)

Granbury Hearing Centre
307 179 6 St SW -----Medicine Hat 529-6664
(See Our Display Advertisement)

Granbury Optical
14116 Carry Dr SE -----Medicine Hat 527-7932

Selectone Hearing Aid Centre
3476 3 St SE -----Medicine Hat 526-9455
(See Our Display Advertisement)

Zeeman Audiology Associates Inc
2801 13 Av SE -----Medicine Hat 528-3334
(See Our Display Advertisement)

Find The Product Or Service
You Need Fast. Turn To The Index
At The Front Of The Directory.

Heat Exchangers

ALTECH HEAT EXCHANGER LTD
Engineering Manufacture & Repair
Field Crews Available • After Hrs;
Res. Devon 987-3170 or Ardsn 922-4947
6831 42 St -----Edmonton 468-6862

ALTECH TECHNICAL SALES INC
PLATE & FRAME
SALES • SERVICE • REPAIR
6831 42 St -----Edm 440-2356
Fax -----Edm 465-7443

Something to sell?
A service to offer?
Tell prospective buyers about it
in the "Yellow Pages" of your
telephone directory.

Heaters-Portable

**AEROTECH HERMAN NELSON
PORTABLE HEATERS-**
SALES-SERVICE-PARTS
AEROTECH HERMAN NELSON INC
100 Eagle Dr --- Winnipeg Man 1-204-633-1999
Fax Line -----1-204-694-1612

SUPERIOR PROPANE INC
1202 South Railway St
SE -----Medicine Hat 526-3177

Heating Apparatus

Quadalta Distributors (1986) Inc
3604 9 Av N -----Lethbridge 320-9939

Qualitec Distributors Inc
3604 9 Av N -----Lethbridge 320-9939
(See Our Display Advertisement)

**APEX
PLUMBING
& HEATING
LTD.**

- Warm Air Heating
- Sheet Metal
- Gas Fitting
- Hot Water Heating

FREE ESTIMATES
527-9959
1153 FACTORY ST. S.E., MEDICINE HAT
MAILING: P.O. BOX 1333 T1A 7N1

2 Locations For Service and Easy Access

OXENBURY HEARING CENTRES

THE LATEST IN HEARING AID TECHNOLOGY
Hearing Tests, Service to all Makes and Models
Custom Made Swim/Noise Plugs, Assistive Listening Devices
D.V.A., W.C.B. & INSURANCE CLAIMS ACCEPTED
30 DAY TRIAL PERIOD
CERTIFIED HEARING AID PRACTITIONERS

Harvey Stockburger
CARRY DRIVE MEDICAL CENTRE
140, 116 Carry Drive S.E.
527-7932

Karla Rissling
MEDICAL ARTS CENTRE.
207, 770 - 6th ST. S.W.
529-6664

**QUALITEC
DISTRIBUTORS INC**

- INFRARED GAS-FIRED HEATERS
- GAS-FIRED PATIO HEATERS
- SUPERIOR GARAGE HEATERS
- DIRECT - INDIRECT M U A UNITS
- AIR TO AIR HEAT RECOVERY
- AIR POLLUTANT EXTRACTION
- CUSTOM BUILT HVAC SYSTEMS

"Energy Efficient Technology"
320-9939
Fax: 329-8862
3604 - 9th Ave North, Lethbridge T1H 5E7
Offices in Edmonton & Calgary Also

1966 **C & D HEATING** 1992

PLUMBING & AIR CONDITIONING LTD.

- SERVICE TO ALL MAKES OF FURNACES
- FURNACE REPLACEMENTS
- GAS FITTING
- AIR CONDITIONING
- PLUMBING
- FURNACE & DUCT CLEANING

526-5023
BOX 33, T1A 7E5, MEDICINE HAT
AFTER HRS. RES: 529-6368 or 527-5425

SELECTONE HEARING AID CENTRE

ELECTRONIC HEARING EVALUATIONS
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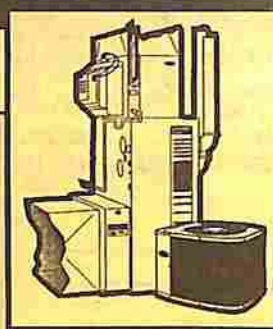
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 (See Our Display Advertisement)
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 Empress 565-2018

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Beck Vern Holdings
 Bay 5 604 Centre St. Bow Island 545-2163
Mueller Holdings Ltd
 320 579 3 St SE. Medicine Hat 527-4062

Home Health Care Supplies

Boylan Drug Marts
 770 6 St SW. Medicine Hat 528-2811
 (See Our Display Advertisement)
Crestwood Pharmacy Ltd
 1827 Dunmore Rd SE. Medicine Hat 527-4542
 (See Our Display Advertisement)
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 680 Kingsway Av SE. Med Hat 528-2272
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Gerald's General Contracting Ltd. Medicine Hat 527-5348
 Fax Line. Medicine Hat 529-9716

Grona Construction
 Box 24009 R.P.O. Crestwood. Redcliff 548-4959

H C F (1991)
 244 Sprague Wy SE. Medicine Hat 529-2744

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 85 Clark Cr SE. Medicine Hat 527-4813

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 2427 22 Av SE. Medicine Hat 529-0443

Jerry's Painting & Renovating. Medicine Hat 526-9736
 (See Our Display Advertisement)

Jim's Painting. Medicine Hat 527-7170

Kamit Carpentry Ltd. Medicine Hat 526-7973
 (See Our Display Advertisement)

Kenco Construction Inc
 Box 535. Medicine Hat 529-2412

Ken's Painting & Decorating
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L & S Painting
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(CONTINUED NEXT LISTING PAGE)

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(See Our Display Advertisement)
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Trans Can Hwy & 7 St SW -----Medicine Hat 527-8844
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Cecil Hotel Medicine Hat Ltd
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Cloverleaf Motor Inn
773 8 St SW -----Medicine Hat 526-5955
Corona Hotel 721 5 St SE -----Medicine Hat 526-2891
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Medicine Hat Inn
530 4 St SE -----Medicine Hat 526-1313
(See Our Display Advertisement)

Medicine Hat Lodge Hotel Convention Centre
Trans Canada Hwy At Dunmore
Rd -----Medicine Hat 529-2222
(See Our Display Advertisement)

Park Lane Motor Hotel
Trans-Canada Highway -----Medicine Hat 527-2231
Green Room -----Medicine Hat 527-2718
Fax Line -----Medicine Hat 526-5070
(See Our Display Advertisement)

Rancho Waterslide Motel
1160 1 St SW -----Medicine Hat 527-2535
Redcliff Inn 19 3 St NE -----Redcliff 548-3623
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(CONTINUED NEXT LISTING PAGE)

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MEDICINE HAT T1A 3G8

THIS HEADING CONTINUED FOLLOWING PAGES



BEST WESTERN INN



- RESTAURANT & COFFEE SHOP ADJACENT
- IN ROOM HOT TUBS
- INDOOR POOL
- WHIRLPOOL
- SAUNA
- SATELLITE T.V.
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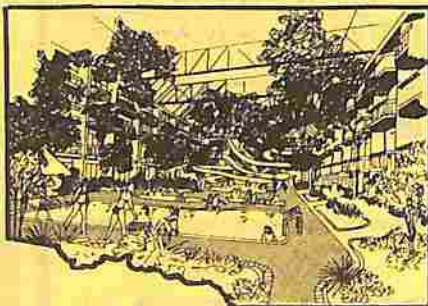


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HOTEL CONVENTION CENTRE, & INDOOR WATERSLIDE PARK

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- ★ GIANT INDOOR WATERSLIDES
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- ★ STEAM ROOM, WHIRLPOOL
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529-2222

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- CABLE COLOUR T.V.'S
- RESTAURANT (HOME COOKED MEALS)
- FREE PARKING
- BEAUTY SALON

548-3623

19 - 3rd St. N.E., Redcliff, Alta.



Last drop?



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Fax Line -----Medicine Hat 526-2662
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SE -----Medicine Hat 528-2122

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Sheraton Worldwide Reservations
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Silver Buckle Inn
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Southern Ranchmen's
Inn -----Manyberries 868-3740

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(See Our Display Advertisement)

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3216 13 Av SE -----Medicine Hat 526-7487
Restaurant -----Medicine Hat 526-6717
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Heritage Inn 1303 2 St W -----Brooks 362-6666

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Canada & US Reservations -----1-800-272-6232
Groups & Meetings -----1-800-268-8980

REDCLIFF INN 19 3 St NE --Redcliff 548-3623

Hotels-Out Of Town (Cont'd)

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"huh?"

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- RETAIL LIQUOR STORE
- 10 VIDEO LOTTERY TERMINALS
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MEDICINE HAT, AB. T1B 1H8

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CALGARY

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CALGARY (CONT'D)

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Carriage House Inn

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Glenmore Inn & Convention Centre

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(See Our Display Advertisement)

Holiday Inn (Toll-free)

----- 1-800-661-1889
(See Our Display Advertisement)

Lord Nelson Motor Inn

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 MEDICINE HAT
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House Cleaning (Cont'd)

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(See Our Display Advertisement)

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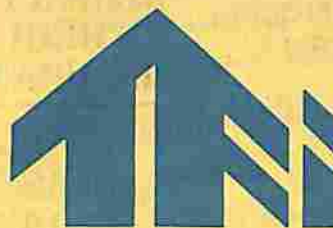
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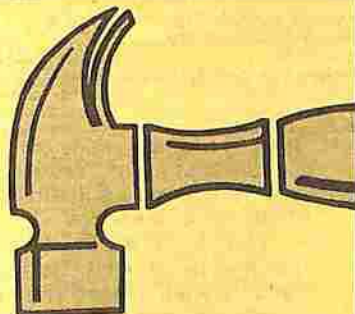
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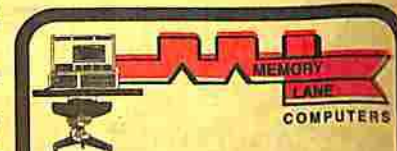
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Aqua Steam Carpet Cleaning
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- Prairie Cleaning Service Ltd**
5 Turner Blvd SE -----Medicine Hat 529-5848
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MEDICINE HAT
24 HOURS

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Medicine Hat, AB



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Shining Window Cleaning
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Medicine Hat 528-4280

Superior Cleaning
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MEDICINE HAT

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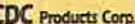
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576 - 18th ST. S.W., MEDICINE HAT



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COUNSELING PET OWNERS

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Kitchen & Light Gallery
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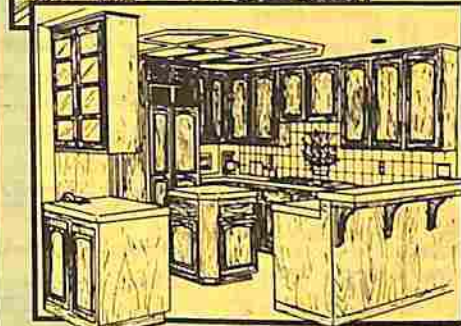
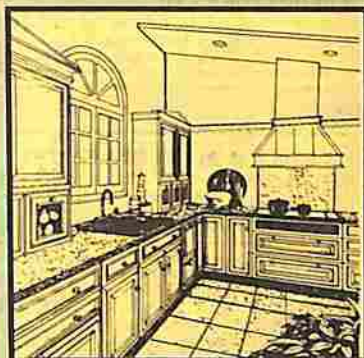
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Christian Labour Association Of Canada
224 3715 51 St SW -----Calgary 686-0288
Medicine Hat & District Labour Council
Box 370 -----Medicine Hat 529-0118
Medicine Hat Trades & Labour
Society -----Medicine Hat 529-5145
United Brotherhood Of Carpenters &
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SciLab Consulting Inc
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You can talk over matters at once.
Promptness often prevents loss of a customer.
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-----Med Hat 529-6221

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Fashion Chronicle The
3168 Dunmore Rd SE -----Medicine Hat 526-7000

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Kelly's 547 4 St SE -----Medicine Hat 528-9880

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Mariposa Medicine Hat Mall -----Medicine Hat 526-9464

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Accessories ★ Jewellery
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Ricki's Canada Ltd
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Savannah Medicine Hat Mall -----Medicine Hat 529-9115

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Fax Line -----Medicine Hat 526-8603
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7 Park Meadows Lane SE -----Medicine Hat 528-4474
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S R V Investments Ltd
3215 Dunmore Rd SE -----Medicine Hat 526-0449

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North Forty Mile Regional Waste
Management Services Commission
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Environmental Restoration Reclamation
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RANGELAND RECLAMATION (1991) INC
557b 18 St SW -----Medicine Hat 527-0501
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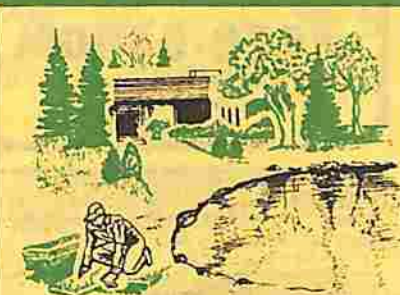
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