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Wednesday, April 3, 1996

West Bolton potters are Down To Earth

By Sharon McCully

WEST BOLTON — When the sun comes up over the Sutton mountains, a West Bolton family is already Down To Earth.

Robin Badger, her husband Robert Chartier and five-month-old Naomi spend most days in the pottery studio Robert has carved out of the lower level of the family's new home he is building on a hilltop in West Bolton.

There's an idyllic air about the Down To Earth studio where the artistic couple produce their kitchenware to the background hum of a potter's wheel and a baby's cooing from a platform built to accommodate her.

"I 'throw' and shape my pottery from the window overlooking the mountains and it's such a joy," says Robin. "The view is spectacular and the clay so malleable, you're limited only by your own creativity."

"Functional" and "affordable" are the operative words for the pottery created from her studio perch overlooking the Eastern Townships hills.

Robert, a former kite-maker who met Badger while attending pottery classes at Bons Secours Pottery School in Old Montreal, divides his time between slip-casting pottery for commercial customers, building the family home, cutting trees and caring for Naomi.

"Naomi comes first," he said emphatically. "We divide our day so that she comes first and everything else comes afterward."

Robin begins her day at the studio around 7 a.m. after nursing Naomi. She shapes and moulds a supply of kitchenware until noon, then alternates with Robert who begins his shift at the studio. Often the whole family will spend the afternoon together at the studio.

"We complement one another in what we do," said Robin. "Robert gives me technical advice, and he helps me 'wedge', a kneading process now done by machine."

The softened clay is then 'thrown' by Robin who shapes and moulds the kitchenware.

"Cooking is part of our lives so the things we have in our kitchens become very meaningful to us," she noted. "Peo-



Husband-and-wife potters Robert Chartier and Robin Badger, along with five-month-old Naomi, spend most days in the studio.

ple. They want to be surrounded by more personal things." "We are drowned by mass-produced products that have no purpose in our lives," added Robert.

Robin and Robert have added their own touches to each of the pottery pieces — a spout for the mixing bowl, a handle here, a groove there.

"A lot of love goes into each piece," said Robin. "When you run your fingers over the inside of a cup or bowl, each bump is an emotion, each piece is alive. No two pieces are the same."

"In a factory, all the bumps are removed until it is perfectly smooth and sterile," Robert added. "It loses its character."

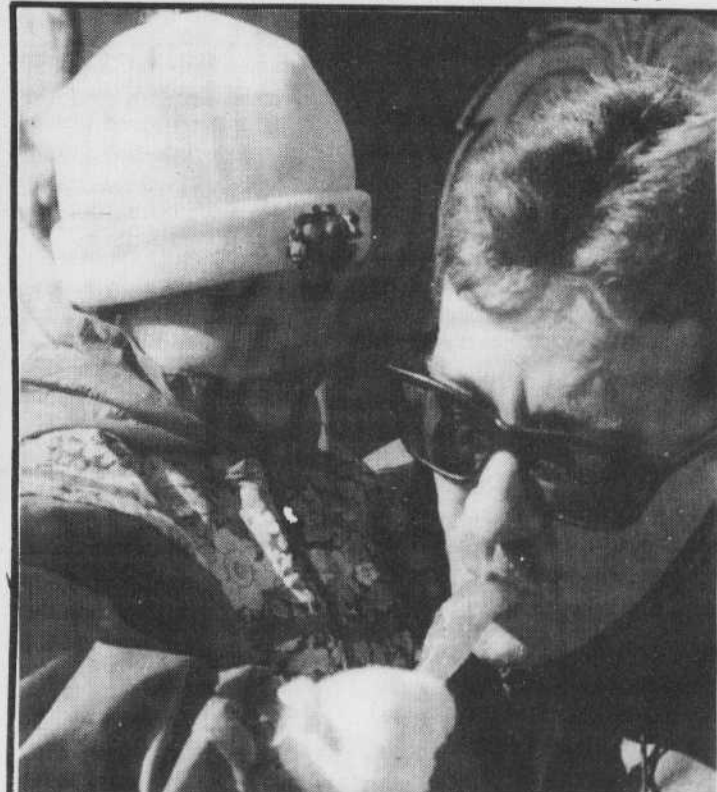
Robin said their purpose is to create warm, beautiful pieces people will come to love.

"Every time a person reaches into the cupboard to take out a piece of pottery, they are making a personal connection with the potter," she said.

The Down To Earth line of kitchenware ranges in price

from \$8 for a cup and saucer to \$50 for a four-bowl kitchen set. It's available in Knowlton at Les Voisin de St-Etienne and will be on display this weekend at the old-fashioned Easter weekend and open house at the Badger farm on Bailey Road in West Bolton.

Robin's parents Don and Margaret Badger will once again open their farm to visitors Friday, Saturday and Sunday, April 5-7, to experience a traditional Easter weekend. A nominal charge of \$2 for adults and \$1 for children covers the cost of coffee, tea, donuts and maple taffy on snow. The Badger's gentle highland cattle, to be featured this fall on an episode of *Sesame Street*, will roam the hillside while a country store and old-style sugar shack will feature maple products produced the old-fashioned way, along with the Down To Earth pottery created by Robin and Robert. Small farm animals will also be around for children to enjoy.



Sticky Fest: Three-year-old Francesca Goyette needed a little coaxing to share her sticky maple taffy-on-snow with dad Brian during last weekend's maple fest in Knowlton. But there will be more this weekend as the festivities, sponsored jointly by the Knowlton Lion's Club and the downtown merchants' group SIDAC, continue through the Easter weekend April 6-7. Throughout the weekend, restaurants will feature maple-laced specialties while merchants create a festive mood for families with horse-and-buggy tours of the town, dog-sled rides in the park, clowns, balloons, firetruck rides around the village, maple syrup lollipops and the requisite taffy on snow.

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Brome County Community Billboard

Community Calendar

To April 14

Knowlton Academy Annual Read-a-thon: Students will be asking for your support. They will be reading to raise money to purchase a computer, software and books for the library. Thank you for your encouragement!

April 3

Bingo in Sherbrooke at Le Baron. Two games at \$1,000 each. There will be a bus service leaving from the Community Center in Knowlton on April 3 at 5 p.m. Cost: \$7 per person. Limited seats available. Reservations required by Tuesday. Tel: (514) 242-1267.

April 5

Ecumenical Good Friday Walk to begin at St. Andres Catholic Church in Sutton at 10 a.m. Walk proceeds to Calvary United Church, then on to a field where we will plant the large cross in the ground. We finish by having a soup lunch together at Grace Anglican Church. Everyone from the community is welcome to participate in the walk. Tel: 538-8137.

April 7

Western Breakfast at the Royal Canadian Legion, Branch No. 158, 2 Curley

St., Sutton, from 10 a.m. to 1 p.m. Admission: \$4.50 per person, children under 10 \$2.50.

April 10

Notary Guy Lussier will speak on changes in the laws concerning power of attorney and wills at the Brome County Historical Society, 130 Lakeside, Knowlton at 7:30 p.m. Final evening program.

April 11

Heroes' Memorial Spring Fashion Show, 317 South Street, Cowansville, at 7 p.m. Sponsored by Brault Chaussures, K-Mart, Le Baluchon, La Village, Metropolitain, Mercerie Bilodeau, Petits Poids, Sport Experts, Unisex, Canadian Tire and Cowansville Florist. Tel: (514) 263-1612.

April 13, 14

Ice Follies, 23rd edition, at the Cowansville arena, route 103 in Cowansville on Saturday at 7 p.m. and Sunday at 1 p.m. Featuring 123 local figure skaters, spectacular choreographies, soloists and dancers. Special guests: Canadian Novice Marie Eve Noiseux, member of Cowansville Skating Club and Canadian Jr. Champion, and Martine Dagenais, member of Waterloo Skating Club. Tickets available at the door at a cost of \$6. Presale:

\$5, available Monday and Wednesday from 4 to 7 p.m. at the Figure Skating Office in the Cowansville arena.

April 13

Sixth Annual Spaghetti Supper at Parkview School, 50 Lorne, Granby, from 5 to 10 p.m. The evening will also feature a presentation of the play *Charlie and the Chocolate Factory*, presented by Parkview Players at 8 p.m. Profits will be used to help purchase a sound system for the play company. Tel: 372-6058.

Pig Roast, hosted by the Stanbridge East Fire Dept., at the Memorial Hall, Stanbridge East, from 6-8 p.m. Tickets available from any fireperson or at the door. Children 6 years and under free. Everyone welcome!

Sugaring Off Party at The Rhicard's Owl Hoot Maple Farm, 85 Ross Road, Stanbridge East, from 1 to 5 p.m. (under cover in case of rain). Adults \$5, children (4-10) \$3. Maple syrup on snow, light lunch, beverages, bake sale, blacksmith demonstration, auction of items made by the blacksmith, free sleigh or wagon rides, two teams of horses, light music by Omer Dion, his family and friends. Fun to be had by all. All proceeds will be donated to the Brome-Missisquoi-Perkins Hospital Founda-

tion. A wonderful afternoon for the whole family.

Spaghetti Supper at the Bolton Centre Town Hall from 5 to 7 p.m. Adults \$7, children 6-10 \$4, 5 and under free. Menu: Spaghetti, salad, rolls, dessert, coffee or tea. Organized by Holy Trinity Anglican Church, South Bolton, and St. Patrick's Anglican Church, Bolton Centre.

April 17

Open-House & 1996-97 registration for the Cowansville Community Preschool, 317 South Street, Cowansville, from 3:30 to 6 p.m. This non-profit organization has been in existence for 23 years and is run by a committee of volunteer parents elected each school year. The preschool provides a stimulating environment that nurtures and challenges the children as they develop. Children ages 3-5 will enjoy the varied activities and outings. Contact Cynthia D'Angella at 263-9015 or Pauline Beauregard at 263-7569.

April 20

Sociables Singles: Wanted! Singles 20 years old and over, at the United Church, 203 Main St., Cowansville, at 8:30 p.m. Take a break from your regular routine, meet a stranger, make a friend. For discussion, small talk or social activities. Sharing, belonging, companionship or just a feeling of identity. We need your support! Don't bear life's frustrations alone. A small cover charge includes refreshments. Tel: (514) 263-2459.

See next page

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Published every Wednesday by

Record
a division of

Groupe Quebecor Inc.

Offices and plant located at 2850 Delorme,
Sherbrooke, Quebec, J1K 1A1

Randy Kinnear, Publisher 800-463-9525
Charles Bury, Editor 800-463-9525
Lloyd G. Scheib, Adv Dir 800-463-9525
Sharon McCully, Off Mgr 242-1188
Alison Steel, Sec 242-1188
Lynda Bellavance, Adv 242-6892
Christine Van-Tilborgh, Adv 242-6892

the Record

Mail subscriptions

Canada: 1 year \$87.00
6 months \$43.50
3 months \$21.75
U.S. & Foreign: 1 year \$250.00
6 months \$180.00
3 months \$107.00

These prices do not include GST + PST

Circulation

Distributed to all The Record subscribers every Wednesday as an insert, and to all households and businesses, from the following Post Offices:

Bedford, Brome, Bromont, Cowansville, East Farnham, Foster, Knowlton, Sutton, West Bolton, West Brome,
with drop off points in:
Glenn Sutton, Mansonville, Stanbridge East, St. Armand, & Waterloo

Brome County Community Billboard

Arts Calendar

To April 14

Sleeping Beauty, presented by Mandragore Productions, adapted by Richard Theriault, at Theatre Lac Brome, Knowlton. A light-hearted comedy sure to warm the hearts of young and old. Presented in English and French. Remaining English-language performances take place on March 29 and 30 at 7 p.m. and March 30 and 31 at 2 p.m. French performances are April 5, 6, 12 and 13 at 7 p.m. and April 6, 7, 13 and 14 at 2 p.m. Tickets are \$7 adults, \$5 children 12 and younger. Call for reservations: 266-4246.

April 6

Arts Sutton will hold a vernissage of photography by Louise Abbott at 2 p.m. and present her film *The Pinnacle and the Poet* at 3 p.m. Abbott is a writer, photographer and documentary filmmaker from Tomifobia. The film charts the seven-year struggle of residents around Pinnacle mountain to save it from private development. The exhibit, featuring photos used in the film, will continue through April 20. The gallery is open Thursday, Friday and Sunday from 1-5 p.m. and Saturday from 10 a.m.-12 p.m. and from 1-5 p.m.

Community Notes

Easter Services:

Anglican Parish of Dunham and Frelighsburg — All Saints, Dunham:

April 4 — Maundy Thursday, Stripping of the Altar, Holy Communion, Shared Supper at 7 p.m.; April 5 — Good Friday, Holy Communion from the Reserved Sacrament at 1 p.m.; and April 7 — Easter Sunday, Baptism & Holy Communion at 10:30 a.m. At Bishop Stewart Memorial, Frelighsburg: April 5 — Good Friday, Holy Communion from the Reserved Sacrament at 3 p.m.; April 6 — Holy Saturday, The Easter Vigil, Lighting of New Fire, First Communion of Easter at 8 p.m.; and April 7 — Easter Sunday, Holy Communion at 9 a.m. Everyone Welcome! Tel: 295-2201.

St. Andres Catholic Church, Sutton: April 5 — Ecumenical Good Friday Walk, to begin at 10 a.m. Walk proceeds to Calvary United Church, then on to a field where we will plant the large cross in the ground. We finish by having a soup lunch together at Grace Anglican Church. Everyone from the community is welcome to participate in the walk. Tel: 538-8137.

Church of the Good Shepherd, Glen Sutton: April 7 — Will re-open on Easter Sunday at 7 p.m. Services will be held each Sunday thereafter until Thanksgiving. Everyone welcome!

CLSC La Pommerai will concentrate all of its services in Brome Lake in the morning as follows: 8 a.m. to 12 p.m. Monday to Friday (telephone and reception services, authentication of the medicare card); 8 a.m. to 9 a.m. Monday and Tuesday (blood tests without

appointment), 9:15 a.m. to 11:30 a.m. Monday and Tuesday (to make appointments, call 242-2001 before noon Monday to Friday). CLSC office hours in Brome Lake are from 8 a.m. to noon. For services in the afternoon, contact the CLSC in Cowansville by calling 242-2001 and you will be transferred. **Bingo** every Wednesday night in Sherbrooke at Le Baron. Two games at \$1,000 each. There will be bus transportation provided, leaving from the Community Center in Knowlton at 5 p.m. Cost: \$7 per person. Limited seats available. Reservations required by Tuesdays. Tel: (514) 242-1267.

Community Kitchen: The Volunteer Center of Bedford is offering people a chance to cook a nutritious meal at a low cost once a month. This offer only stands for people with a low income. For more information, call Francine at (514) 248-2473 from Mondays through Fridays 9 a.m. to 5 p.m.

Please note that all bulletins for the Brome County News calendar will cost \$5. Send or bring your submissions with payment to 88 Lakeside, Knowlton, JOE 1V0.

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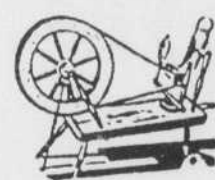
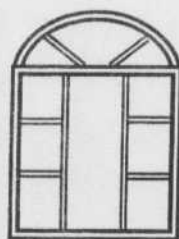
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April 5-6-7 - Refreshments

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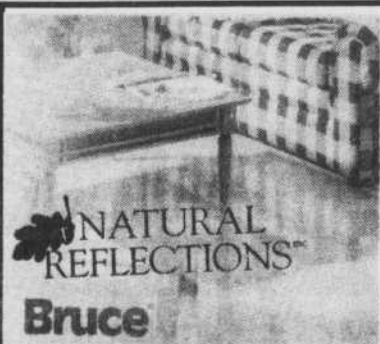
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Pleasantness please, not pretentiousness

Pardon me while I have my hand-maidens arrange my skirts and ring for tea.

I've just returned from a weekend trip to Toronto and I couldn't help noticing that everyone in the service industry seems to have graduated from the same school of regimental pretension.

Doormen greet you with exaggerated pomp and the desk clerks are all extras from an Arthur Hailey movie set.

Maybe I don't get out much, but did you ever notice how hotel waiters and bell-hops treat every paying customer as though they came from opposite ends of a caste system?

I almost had to bite my lip when I called room service to order a smoked meat sandwich after missing lunch.

"Would you like that on rounds of toasted rye with a bit of Dijon, madam?" the desk clerk asked with an Oxford accent that would do Jacques Parizeau proud.

A simple question like, "Does the hotel have a courier service?" was worthy of a three-ma'am response: "I'm not sure ma'am. Can I check for you ma'am? Would you like me to check with our executive services clerk ma'am?"

Out of the Brome Closet

By Sharon McCully

The pretension spread to the dining room, where the menu reads like a *Bon Apétit* recipe book. Unfortunately, the *Escalopes de veau sauté avec beurre citronné* by any name can still taste like cardboard smothered in sauce. And in case you were wondering, that's shaving cream on the cake.

Don't get me wrong. I love to travel and I love to be pampered. I like the little shampoo and lotion bottles and the way the maid rolls up the face cloths and puts corners on the toilet paper. I appreciate pleasant and courteous service. But we are approaching a new millenium and it hardly seems appropriate for people who earn a living providing small comforts to travellers — many of them regular Joes on expense accounts — to act like they're on the cusp of slavery.

I'd happily tip someone for just carrying my bags upstairs or delivering lunch in the middle of the afternoon. Even without the Grey Poupon.

Les médicaments anti-anxiété que nous ne devrions pas prendre

Dans le numéro de mars de *Health & Healing*, le Dr Whitaker fait état des effets secondaires des médicaments anti-anxiété tels que Valium, Librium, Xanax et Tranxene.

Il dit que ces médicaments font partie des drogues appelées benzodiazépines. Ils activent les neurorécepteurs du cerveau qui sont sensibles à l'acide gamma-aminobutyrique (GABA). Cet acide aminé disponible naturellement, nous protège de l'anxiété en stimulant ces sites récepteurs.

Cependant ces médicaments ont des effets secondaires importants y compris les étourdissements, la perte de mémoire, le mauvais fonctionnement du cerveau et la démarche instable. Xanax, un médicament exceptionnellement puissant dans cette catégorie, crée une dépendance importante. Une des patientes du Dr Whitaker a dû suivre un programme de désintoxication pendant un an pour éliminer sa dépendance à Xanax que son médecin lui avait prescrit auparavant.

Le Dr Whitaker poursuit que beaucoup de patients de plus de 50 ans reçoivent ces médicaments pour de longues périodes, bien qu'aucun de ces médicaments n'ait été étudié quant aux bienfaits et à l'activité prolongés. Il dit que 17% des gens âgés de plus de 65 ans aux États-Unis — une personne sur cinq — reçoivent ces tranquillisants. Chez les personnes âgées, ils sont la cause d'oublis et autres problèmes attribués à la «vieillesse». Près de 14% des fractures de hanches et 16 000 accidents d'automobiles sont attribués annuellement aux médicaments benzodiazépines, dit-il. Il est à se demander quel pourcentage des frais de 586 millions \$ dépensés annuellement

Entre Nous

Par Thérèse Bernard

au Québec pour les médicaments pour personnes âgées est utilisé pour ces drogues.

Il existe cependant des choix naturels pour remplacer ces drogues, qui selon le Dr Whitaker, sont plus efficaces et ne présentent pas de danger.

L'acide aminé GABA disponible aux États-Unis (les acides aminés ne sont pas vendus séparément au Canada) est une substance anti-anxiété naturelle.

L'extrait de plante Kava est aussi très efficace et inoffensif.

Les médicaments Dalmane, Restoril, Halcion et Prosom sont prescrits pour le sommeil. Halcion, par exemple, a tellement d'effets secondaires qu'il est interdit en Europe. Et bien que ces médicaments n'aient jamais été prouvés efficaces contre l'insomnie pour plus de deux à trois semaines, l'ordonnance moyenne, selon le Dr Whitaker, est donnée pour cinq mois.

Il recommande plutôt des ingrédients naturels et sans danger en cas d'insomnie:

1. L'hormone mélatonine qui aide le sommeil et qui offre en même temps des caractéristiques anti-âge.

2. La tisane à la camomille, un relaxant connu depuis des siècles, au coucher.

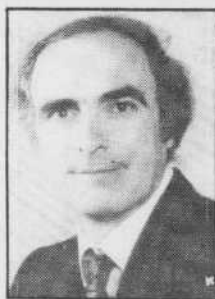
3. La plante Valériane, une autre plante utilisée pour le sommeil et la relaxation.

La mélatonine n'est pas vendue au Canada tandis que les plantes mentionnées sont disponibles dans les magasins d'aliments naturels.

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By Dr. Guy Doyon
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Information sessions will be offered free of charge, which will allow all the patients to be well informed about all aspects of this surgery. Well informed, you will be able to make the right decision for you.

Follow our columns entitled *My Eyes* to learn more about refractive surgery.

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Reunion proceeds help boost M-V scholarship fund

COWANSVILLE — Contact 20, the name given to Massey-Vanier High School's 20th anniversary reunion committee, has turned over \$6500 to the scholarship committee.

"Since the reunion in 1990, we have been administering the fund and using the interest from the reunion profits for scholarships," said Susan Burnham, a member of the Contact 20 committee.

"We were trustees of the fund, but decided to turn the money in the account over to the school's scholarship committee," said Burnham.

Contact 20 provided scholarships to worthy students who did not meet all the usual academic requirements considered for a scholarship.

"Our scholarships were awarded to students who persevered or were able

to overcome some obstacle in order to continue their education," Burnham said.

Contact 20 has asked the scholarship

committee to continue to award the scholarship on that basis and to a student who has at least one parent who attended MVHS.

The funds will be added to the many donations received from individuals and businesses in the community who help support the continuing education of Massey-Vanier High School students.

To make a donation to the fund, call Linda Person or Carol Ann McKelvey at (514) 263-3772.



Contact 20 members Susan Burnham, Rosemary Scott, Deborah Johnston and Larry Gage (left) turned over \$6500 to Massey-Vanier's scholarship committee last week.

Brome briefs

PHILIPSBURG — As part of the festivities marking Philipsburg's 150th anniversary, a classical music concert will be presented April 14 at the Convent of the Sisters of the Presentation of Mary in Philipsburg.

Sponsored by the convent, the concert will feature French composer Charles Francois Gounod's masterpieces *The Requiem*, and *The Solemn Mass* interpreted by the 60-member choir Les Choeurs et orchestre de la Voie Royale from Repentigny, under the direction of Pierre Legault.

The event, to be held in the auditorium of the convent at 200 des Erables in Philipsburg, will start at 2 p.m.

Admission is free. For further information, please contact Sister Berthe Gauthier at (514) 248-3472.

BROMONT — Former Liberal cabinet minister Paul Hellyer will be guest speaker at the Yamaska Valley Canadian Club Monday, April 15, at 2 o'clock at the Chateau Bromont.

Hellyer will discuss his book *Funny Money: It's No Laughing Matter*. In it he argues for change to our monetary and suggests there must be a common sense marriage between the paper economy and the people's economy.

A man of many interests, Hellyer's ideas are no classroom abstractions. He was born and raised on a farm and his business experience includes manufacturing, retailing, construction, land-development, tourism and publishing.

His multi-faceted career, in addition to a near lifetime in politics, gives Hellyer a rare perspective on what has gone wrong with the economy and what has to be done about it.



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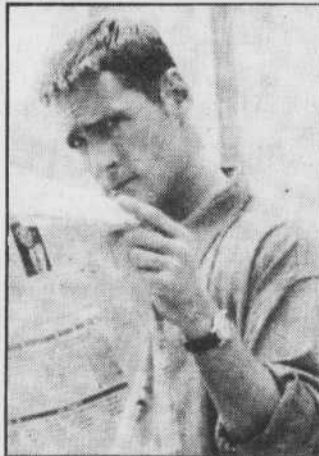


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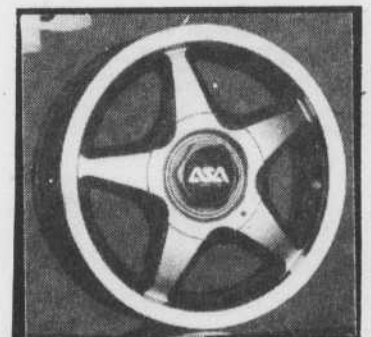
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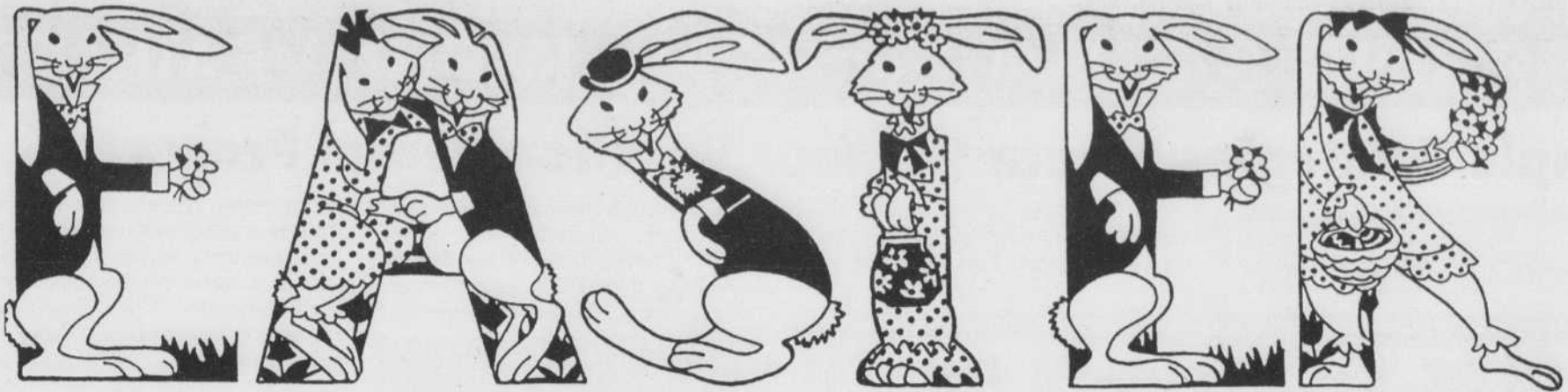
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SPRING & SUMMER HOME IMPROVEMENT

Simple Strategies Spruce Up Your Vacation Rental Property

(MPS) — While some of us are still wondering why last summer's renters left the wok in the backyard shower,

homeowners with rental property in vacation communities should be planning for the next "season." Whether

you occupy your property in the summer and rent it out in the winter or vice versa, it's never too soon to plan the renovation projects that attract tenants and enhance your own enjoyment of

the property. There are myriad ways to update a rental property easily and inexpensively to charm prospective tenants and command a higher fee:

• **Fresh paint** — The easiest redecorating job comes in a gallon can of paint. Experiment! While some people swear by white walls, others recommend very pale pastels, especially when light is limited. Rooms with dark, ordinary paneling can be brightened by painting over the paneling. Be sure to prime the surface first so that the paint adheres to it. You'll see how cheerful the room becomes!

• **Mint-condition floors** — Floors are critical to a sense of spaciousness and ease of care. For this purpose, the best floors are resilient (vinyl) flooring, which is available in a wide range of styles and prices. Resilient flooring can replicate hardwood, marble,



RESILIENT FLOORING — like this Congoleum Intrigue "Marblesque" vinyl tile — instantly improves any rental property and is easy to care for.

Continued on next page

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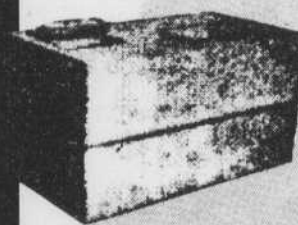
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SPRING & SUMMER HOME IMPROVEMENT

Continued from previous page

ceramic and saltillo tile. According to Leonard Ludovico, vice president of styling and design for Congoleum Corp., "A great floor that helps unify the space instantly improves any property, and resilient flooring eliminates time-consuming upkeep."

• **Style is everything** — Nothing helps a vacation house rent faster than a sure sense of style. Before you invest in expensive decorative items, take a look at what you already own. For example, an old wooden cabinet filled with towels keeps style in the bath close at hand, while a well-lit desk in the bedroom invites letter writing. Don't expect renters to tend to your plants — silk plants and dried-flower arrangements add panache without the bother.

• **How are the closets?** — One of the things prospective renters consider is closets, so why not make yours as appealing as possible? Install hooks

inside closet doors for bags and belts, and add wire shelving near the floor for shoes. Remember that the new flooring should continue right into the closets.

Preparing your property for renters

Entertaining Drives Need for New Furniture

After two years and 16,064 consumer interviews, Britt Beemer, founder and chairman of America's Research Group, has discovered that entertaining in the home is the only force that drives consumers to spend more on furniture purchases.

"Contrary to popular belief — especially in the furniture industry — shoppers with high levels of disposable income and expensive homes do not represent the best prospects for upper-end furniture purchases," says Beemer. "Our

research shows that the more frequently consumers entertain at home, the more they will spend for furniture."

These findings ought to be a wake-up call for the industry, which Beemer says has been wandering like a ship without a compass.

The most likely furniture prospects, he feels, may subscribe to a gourmet magazine for its recipes and in-home dining ideas, not a slick designer publication masquerading as a status symbol.

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SPRING & SUMMER HOME IMPROVEMENT

Small Can Be Beautiful: Tips for Decorating Small Spaces

Every man's — and woman's — home should be his or her castle, but not everyone has a home with castle-like proportions. If your home's scale is on the diminutive side, here are some tips from the design experts at Laura Ashley to give those small rooms a large dose of spaciousness and charm:

- Keep the color palette simple. A monochromatic color scheme or one that uses only two dominant colors will visually stretch space. Although the color palette may be monochromatic, you still can create visual interest by incorporating different textures and patterns.

- Use double-duty furniture to save space. Choose versatile pieces, like Laura Ashley's overscaled Cressford ottoman that provides extra seating but also serves as a coffee table. Upholstered dining chairs, like Laura Ashley's

Berkeley chairs, can function equally well in a dining room and as extra seating when pulled into a living room.

- Minimize the need for storage pieces by putting in built-in storage. Built-ins not only house a tremendous amount, but also can camouflage space-stealing architectural elements, like vertical beams or broken-up walls.

- Reflective surfaces can "fool the eye" into thinking that a room is bigger than it is. Using mirrors is an old trick that works. So does putting glass doors on cabinets and bookshelves.

- Don't automatically put all of your furniture against the walls to try to make a room look bigger. Creative placement of furniture — like floating it in the center of the room — often makes small spaces look larger.

- Take advantage of irregularities in the room's proportions for efficient

furniture placement. For example, a bay window makes a lovely spot to nestle a small sofa or chair. An awkward wall niche may be just the place to put a desk and chair or a small table. The end of a room, particularly if the ceiling slopes down, can be a cozy nook for a bed.

- Instead of space-grabbing furniture, utilize space-saving options, like shelves. For example, if there's no room for a night stand, add a long shelf behind the head of the bed or along the adjacent wall. Or, choose furniture that also can provide hidden storage. A skirted round or square plywood table can hide a lot of clutter.

- If certain rooms, like formal dining rooms, are rarely used, consider temporary furniture. A folding table covered with a colorful table cover, for example, can accommodate a dinner

party, then be tucked away so the room can be used for other purposes. Another dining-room option is a table that can expand with leaves.

- Avoid elaborate, heavy window treatments that may overwhelm a small room. Choose simple window treatments, preferably ones that are installed within the window frame, like Roman blinds or shades, and make sure they let in lots of light to visually expand the room.

- Use wallpaper creatively to make rooms look larger and also taller. For example, Laura Ashley's Colourwash wallpaper adds interesting texture, instead of busy pattern, and Colourwash Stripe wallpaper gives the illusion of higher ceilings. Wallpaper borders also create the illusion of width.

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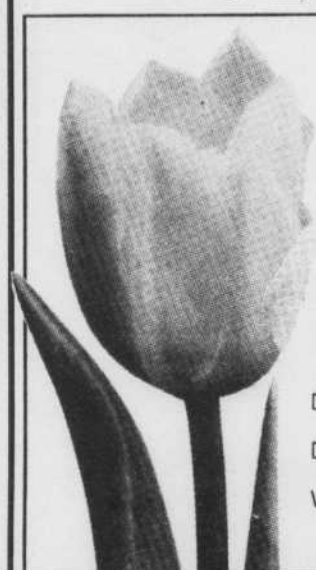
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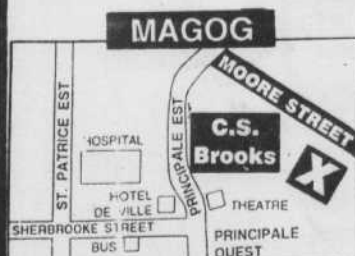
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