



"an eclectic emporium"

Printed on 100% recycled paper

Call 717-786-7118
 Fall Store Hours
 Mon thru Fri 9:00 AM 'til 5:00 PM
 Saturday Hours are 9 - Noon
 There are occasionally exceptions to these hours which are listed on our website or are also on our answering machine. If in doubt check first.



Diatomaceous Earth is a marvel of nature. Food Grade Diatomaceous Earth is chemical free, non-toxic, and safe around humans and animals. Diatomaceous Earth is the pure fossilized skeletons of freshwater diatoms. (Diatoms are a major group of algae, and are one of the most common types of phytoplankton.) Diatomaceous Earth is approved by the USDA



as an additive for food storage. And the Diatomaceous Earth that we sell is mined, crushed, and packaged in the USA. Here are some of the ways you can make use of this unique product.

A Natural Totally Non-toxic Insecticide - A Bug Killer You Can Eat! One way DE kills bugs is that on a microscopic level, the diatomaceous earth particles are very sharp looking. These particles stick to an insect and get stuck between its exoskeleton joints. As the insect moves, it gets physically cut up.

A Natural Deodorizer - Use in Garbage can, Vacuum cleaner bags, Refrigerator, Footwear & the Kitty litter box DE not only deodorizes but also absorbs moisture. DE is odorless so will not deter cats from using box.

Non-Toxic Cleanser and Absorbent Soft scrub cleanser--Mix DE with dish soap to make paste add few drops of vinegar if desired. Think muddy footprints on the carpet or polishing silver.

A Glorious Garden - Preserve and store flower bulbs. For houseplants use 1/4 DE to soil mix as a soil conditioner

Easy Beauty Secrets - Facial Mask--Mix DE and water or oil together to make a paste. Microderm Abrasion Glow--Mix DE with your favorite cleanser and it will remove old dead skin. Teeth cleaner--Sprinkle a small amount of DE on your favorite toothpaste. Nail Soak--Mix with your favorite nail oil to strengthen nails. SGMC is stocking this wonderess natural product. For more information it's exact uses simply check the package, the suppliers website or google Diatomaceous Earth.

They're BACK!!

A lot of you have been asking for us to get these delightful solar powered



Flip-Flop Flowers back in. We have finally found a supplier that had them and they are back in stock. They make wonderful gifts and are a conversation piece where ever you set them.

Stock up now at the same low price of just \$5.99.

"Diatomaceous earth is a safe and effective alternative to conventional insecticides for a variety of pests. It can be used indoors and outdoors in dry situations against crawling pests."

Check Out Our Revamped Jewelry Department

We have been working hard re-vamping our entire jewelry department.

Among the things you will see is all similar items gathered together which will make finding specific items easier to find for you and for us as well.

In addition to revamping the entire department we have added and continue to add lots of new beads and findings for all your jewelry projects.

And as with everything we provide if you need something we don't have we will order it for you. All you need to do is to ask. Stop in and check it out.



APARTMENT FOR RENT

Very Large - Very Nice 2 bedroom apartment for rent. Lots of storage & includes all major appliances plus garbage disposal, dishwasher, stack washer/dryer & in-wall air conditioner.

• Off-Street Parking •
 Rent includes Water/Sewer & Trash
 To see the unit, arrange an interview, or get an application, see us or use the contact information below.

SGMC, 21 E State St, Quarryville PA 17566

717-786-7118

E-mail: phil@solanco.com



Installation #7

We are continuing our product by product introduction of the Better LIFE very Green, vegan cleaning products which we started in the December 2011 Newsletter where we gave you details about *Einshine*, their metal polish and cleaner. Then in January we talked about *what-EVER*, their great all purpose cleaner. Then in the February/March Issue we told you about *I Can See Clearly..WOW*, the amazing glass cleaner. And then in the April/May issue we featured *Simply FLOORED!* Last month we looked at *2am Miracle*. The July/August issue talked about *Oakey Dokey*. If you missed any of the preceding info you can always go to the newsletter archive on the website to get a copy of any issues that you missed.

The people at Better LIFE pose this question, *What if you didn't need a CHILDPROOF CABINET or CAP* and they whole-heartedly feel that people are our most valuable resource. Why would anybody make a product that isn't safe for us? Better Life blends highly specialized surfactants made from sugar, starch, and amino acids - all safe stuff. You'll never see sulfates, ethoxylates, fragrances, dyes, or volatile organic compounds (VOCs) such as glycol ethers and alcohols in their products. VOCs vaporize, entering the air we breathe. They're triggers for respiratory problems, nausea, headaches, and skin irritation, and contribute to many more ailments.

So in a nutshell that's the philosophy that is behind this fantastic cleaning product line. We feel that the Better LIFE products are the best performing eco-friendly products on the market. Give one or more of them a try today.

EVEN THE KITCHEN SINK™ Natural Cleansing Scrubber 16 oz No Scratching. Keeps Surfaces Shiny & Protected



SURFACES: This naturally powerful gentle cleaning scrubber works wonders on tubs, tile and grout, toilet bowls, shower doors, ceramic, stovetops, glass cooktops, stainless steel sinks, porcelain, enamel, stone, cultured marble, non-polished solid countertops, & laminate. If concerned, test in an inconspicuous area first.

DIRECTIONS: Squeeze onto surface. Rub with damp sponge or cloth & rinse. Watch the water bead and smile proudly at the surface shine.

SCENT: Breathe easy, this product is scent-free.

Comments about better life Even the KITCHEN SINK:

"I use this everywhere - even on fiberglass tub and it works beautifully - no scratching but really cleans."

"After using many different products, I highly recommend this for cleaning stainless steel sinks. So easy to use..."

5 Simple Tips for Preserving Your Health

By Brenda Watson (edited for space)

Now that the kids are going back to school and Fall is fast approaching it's time to head off the dreaded sniffles and sneezes that tend to come back with a vengeance. Taking a few simple steps to safeguard your body can go a long way toward enjoying a healthier season overall for everyone in the family. Take a proactive approach to looking and feeling your best all year long with these 5 simple tips for preserving your health!

Power Up with Probiotics!

Roughly 80 percent of our natural defenses are found in the gut, where beneficial bacteria called probiotics work to crowd out harmful microbes and keep our immune system functioning at full capacity. Because everyday factors like stress, travel and even taking certain medications can upset a healthy bacteria balance in the intestines, experts recommend taking a daily probiotic supplement to enhance immunity as well as promote good digestion and regularity.

Practice Good Hygiene

Good hygiene is essential for keeping seasonal illness to a minimum. Remember to wash your hands as often as possible throughout the day with warm, soapy water and avoid antibacterial soaps that can contribute to the problem of widespread antibiotic resistance.

Exercise Regularly

The benefits of regular exercise go way beyond healthy weight management. Exercise stimulates the flow of lymph in the body, and lymphatic fluid is chock full of healthy white blood cells that defend the body against infection and disease.

Drink Plenty of Water

Forget sports drinks and 'fortified' fruit juices—both of which are often loaded with sugar. When it comes to staying healthy and hydrated, nothing beats pure, honest-to-goodness water. Water helps flush out your system and replenish fluid in the body, which is especially important during peak cold and flu seasons.

Relax!

Being constantly on the go can wear down your natural defenses and take a serious toll on your immune system, leaving you more vulnerable to illness and infection. In addition to getting plenty of sleep (which helps to recharge your body), set aside 10-15 minutes each morning and afternoon for deep breathing, meditation or even a rejuvenating cat nap. Most of the above is pretty logical and isn't too hard to do. Should you have any questions about any of this don't hesitate to ask us.

This information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented here. This information is a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.

New Lighting!!

We have for a number of years now been considering ways to reduce our electrical usage. You may have come into the store and seen a few sets of the lights turned off. The reason for that is that it seems dumb to light a space and use electricity when no one is using it when with the flick of a switch you can turn the lights on when needed.

We have taken an even bigger step recently to help reduce our electric usage by having all of our fluorescent lights retrofitted with lower wattage skinny T8 lamps and electric ballasts. The result of all this is that we reduce the number of watts we use to light the store i.e. saving money and the store is brighter, using fewer bulbs, by about 30%. And the light in the store isn't yellow anymore it's white, more like sunlight which is much better for seeing the true color of everything that we sell. It's a win-win all the way around. If you haven't seen the new brighter look yet be sure stop in and tell us what you think.



Here's your Sign.. or signs in this case



We have always carried a lot of different signs with unique sayings and they have been very popular and our selection has increased dramatically with the addition of the display at left showcasing 30 mini unique and crazy block signs.

These 5 1/2" x 1 1/2" wooden sign blocks are a wonderful inexpensive gift at just \$3.49 each or just \$2.99 when you buy 3 or more. Give inspiration or comic relief, choose one or more of the appropriate signs and then you can say, "Here's your sign!"

Elmer's Glue-All

If it's a quantity of glue that you need, we have it. We stock the gallons of Elmer's Glue-All. So if you're buying glue for a group or just have a large project that requires a lot of glue remember SGMC.



VERMONT SOAP

We love selling products from small companies like Vermont Soap who manufacturer truly wonderful organic products that are safe for you and the planet and that hold true to their values. GREEN GOLD is one of their newest products and is a certified organic herbal moisturizer that REALLY works! You will find that GREEN GOLD is safe and nontoxic for sensitive skin. It replaces petrochemical based lotions, salves, serums and balms with 100% organic plant based ingredients. Green Gold smoothes and soothes aging skin, promotes skin healing and healthy looking skin and reduces the appearance of fine line wrinkles.



Looking at the list of all certified organic ingredients tells it all. Hemp Oil, Shea Butter, Lavendar Oil, Rosemary, Calendula & St John's Wart extracts, Beeswax & Vitamin E. If you are gluten sensitive you will also be glad to know that this product is Gluten Free.

If you are looking for a truly awesome skin care product this is it. Try some for just \$7.99 for a 1.25 oz. bottle. Also don't forget to try some of Vermont Soaps other wonderful products like Liquid Sunshine, their all purpose cleaner, Pedifix, their anti-fungal soap and their wonderful bulk bar soaps. Also don't forget the Lavender Ecstasy Foaming Hand Soap and the refills, too!



So if you haven't already, try some of the fine certified organic products from Vermont Soaps and SGMC.



WILD BERRY

We're excited to tell you that we not only continue to grow the number of fragrances we carry of the stick incense, but we have also recently started stocking what Wild Berry calls "Shorties" and what are conventionally known as Incense Cones. These 1" high cones are popular since the ashes can be confined to a smaller area. They are the same price as the sticks and we are currently stocking Cherry Vanilla, Raspberry Rose, Patchouli and Dragon's Blood. Come in and try some Cones today.

