

ST EDITION 207, tel: +27 11 908 3627 / fax: +27 11 908 4138

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An ostrich's eye is bigger than its brain...

I know some people like that!





# IN THIS EDITION

\* SECONDS, REDUNDANTS & SMALL ROLLS
CLEARING AT BARGAIN PRICES

**CUTI COVERS FROM RACHEL** 

DETOX YOUR WAY TO A HEALTHY 2014

28 COLOURS SINGLE JERSEY ON SPECIAL

Starfish don't have brains...

I know some people like that, too!

Sometimes I wake up grumpy.. and some days I let him sleep.

www.pmcaregivers.com/Humor.htm

SHARE WITH YOU		GUES	
NAME	READ	DATE	
	_		
	_!!		
	_!!		

# REDUNDANT

POLYSTER TRILOBAL PRINTS FROM B14.95 A

POWESTER HONEY GOMBED PRINTS FROM

R19.95 MI

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760				DOM:	
PPC Q1481	WHITE	307m	260gm <sup>2</sup>	150cm open	R15.00/m
	ROYAL	10m	260gm³	150cm open	R10.00/m
	MAROON	43m	260gm²	150cm open	R10.00/m
	NAVY	9m	260gm²	150cm open	810.00/m
	ORANGE	7m	260gm <sup>1</sup>	150cm open	R33.06/m
INTERLOCK CARDED COTTON Q1278	LT. PENK	45m	180gm²	80cm tubular	R15.00/m
PONTE DE ROMA @ Q1077	TURQUOISE	11kg's	305gm²	75/80cm tubular	R35.00/kg
	GREY	38kg's	305gm²	75/80cm tubular	R35.00/kg
LACOSTE POLY COTTON Q1239	NAVY	30m	210gm²	80cm tubular	R25.00/m
TOWELLING POLY COTTON Q1475	LT. SKY	30m	210gm²	80cm tubular	R15.00/m
Emiliosis alkanovii	WHITE	50m	210gm <sup>3</sup>	65 - 80cm tubular	R24.95/m
	LT. MINT	44m	210gm²	80cm tubular	R12.50/m
	ROYAL	11m	210gm²	80cm tubular	R12.50/m
	MAROON	41m	210gm²	80cm tubular	R12.50/m
FLEECE CARDED COTTON BURSHED Q1442W	MAROON	47m	300gm²	9Scm tubular	R47.50/m
SINLGE JERSEY POLY COTTON Q1534F	MAROON	14m	160gm <sup>4</sup>	80cm tubular	R12.50/m
1 x 1 RIB CARDED COTTON Q1642	WHITE	27m	260gm²	35cm tubular	R6.00/m
POLYESTER HONEYCOMB Q1721	ROYAL	10m	123gm <sup>1</sup>	150cm open	R15.00/m

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LACOTE POLY/COTTON COMBED 01239	LT. PINK	LT. KHAKI		ORANGE	JA
	R29.09/m	R29.09/m		R31.33/m	- 3
SINGLE JESREY CARDED COTTON Q1339	SOTTLE	MAROON	KINGFISHER		
INCOME NAMED IN	R15.00/m	R23.08/m	R23.08/m		

INTERLOCK POLYESTER TRILOGAL 01485	GOLD	EMERALD		
	R14.47/m	R14.47/m		
INTERLOCK CARDED COTTON Q1278	RED	YELLOW		
	R27.01/m	R26.36/m		
TOWELLING POLY/COTTON Q1475	BEIGE	NAVY		
	P36 01/m	D20 425m		

				500	Total Control	
	PONTE DE ROMA ⊗ Q1077	NEW ROYAL	230kg's	305gm²	75/80cm tub	R79.95/kg
	PPC Q1481	SPEC BLACK	192m	243gm <sup>2</sup>	150cm open	R20.80/m
	SINGLE JERSEY POLY COTTON MEL Q1534M	BOTTLE	565m	160gm <sup>2</sup>	80cm tub	R12.50/m
	SINGLE JERSEY COTTON LYCRA Q1518	JADE	17m	210gm <sup>3</sup>	72cm tub	R20.80/m
	CARDED COTTON WAFFLE 01661	LT. PINK	450m	220gm?	52cm tub	R6.89/m
1		LT. MINT	400m	220gm <sup>2</sup>	52cm tub	R6.00/m
-		SCOUR	289m	220gm <sup>1</sup>	52cm tub	R6.00/m
	DOUBLE LACOSTE Q1767	WHITE	480m	180gm <sup>3</sup>	87/89cm tub	R17.50/m
	1 x 1 RIB SPUN ACRYLIC Q7898	BLACK	275m	290gm *	29cm tub	R17.50/m
	BRUSHED TRIACETATE	GOLD	325m	200gm <sup>2</sup>	150cm open	R15.00/m
1	POLYESTER SHEEN SPT 14	BLACK	77m	98gm*	155cm open	R6.00/m
ı		LEMON	630m	##gm <sup>3</sup>	155cm open	R6.99/m
ı		MAROON	360m	98gm1	155cm open	R6.00/m
ı		WHITE	178m	28gm+	155cm open	R12,50/m
ı	SAMPLE STOCK - POLY PROPELENE	BLACK	Sm	198gm'	90cm tub	R10.00/m
ı	SAMPLE STOCK - COTTON PLOUE KNET	RED	5m	190gm²	78cm tub	R10.00/m
۱	SAMPLE STOCK- POLYESTER DOUBLE KNIT	ROYAL	2m	218gm *	146cm open	R10.80/m
I	SAMPLE STOCK - POLYESTER NEEDLE	ROYAL	7m	200gm?	146cm open	R10.00/m

# CMALL ROLLC

	_	1000	The second second			
P.P.C. Q1481	BLACK	DK. NAVY	NAVY	RED	WHITE	SCOUR
ECCUPATION	R34.88/m	R34.88/m	R34.88/m	R34.88/m	R27.40/m	R27.40/m
PONTE DE ROMA ® 01077	SILVER GREY	GREEN	YELLOW	JADE	DENIM	
and the second	R76.38/kg	R76.38/kg	R76.38/kg	R76.38/kg	R76.38/kg	(A)
COTTON S/JERSEY 01722W	WHITE	SCOUR	RED	ROYAL		
	R25.68/m	R25.68/m	R33.32/m	R33.32/m	I Stelan and	14
CARDED COTTON LYCRA Q1518	EMERALD	KINGFISHER	NAVY	ROYAL	Price and a of three	Al telut 🏄
Serential labor.	R34.10/m	R34.10/m	R34.10/m	R34,10/m	PENCH	ASP TANK
CARDED COTTON LYCRA Q1518	LT. KHAKI	LT. SKY	CERESE	WHITE	All prices until starts	lbdi.
1	R30.68/m	R30.68/m	R30.68/m	R25.65/m		- N

FLEECE CARDED COTTON BRUSHED Q1442W	WHITE
	R33.58/m
S/JERSEY	CREAM
POLY/COTTON Q1534F	
	R19.67/m
S/JERSEY	BLACK MELANGE
POLY/COTTON MELANGE Q1534M	
	R15.00/m
S/3ERSEY	WHITE
POLY/COTTON LINENG Q1535	
	R10.73/m
POLYESTER HONEYCOMB Q1721	WHITE
	R12.32/m

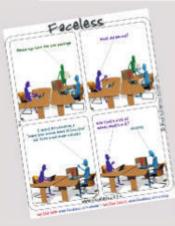


FULL RANGE OF COLOURS

CUFFS & COLLARS! ALREADY IN STOCK ORDER EARLY TO AVOID DISAPPOINTMENT



A medponk was removing a quinder head from the engine of a Harley Davidson motorquise when he spotted a well-known heart surgeon in his shop... The medicals should across the garage, they, Doc, and ask you a question? The surgeon a bit surplised, walked orier to the methoric working on the motorayte. The methoric straightened up, wiped his honds on a roy and asked 50 Doc, look at this engine. I open is shoot, book the values out, fix lem, put lembook in and when I finish it works just the new So how come I get such a small solarly and you get the tealth hig bude, when you and I also doing basically the same world The surgeon passed, smiled and leaned over, and unispected to the medicalic... Try doing kuith the engine running.



Well thats not a good sign.



Q: Why do men's dothes have buttons on the right while women's dothes have buttons on the left?

A: When buttons were invented, they were very expensive and worn primarily by the rich.

Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right!

And that's where women's buttons have remained since.

ADVERTORIAL... ADVERTORIAL... 🤊

## FABULOUS FABRIC FROM FLEECEYTEX KNITTING!



CUTI COVERS for breast feeding MOM's!

o order call whatsapp Rachel Falkson 072 423 9903

ACEBOOK.COM/CUTICOVER

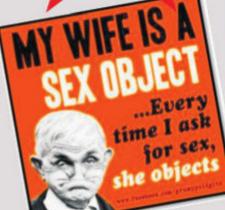
My wife asked me to see things from a



GOLF SHIRT COLLARS... REMEMBER US FOR YOUR **GOLF COLLARS KNITTED** 

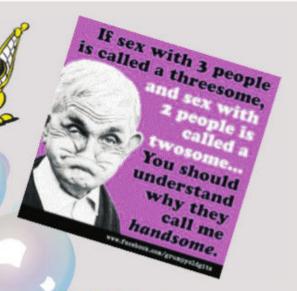
TO YOUR SPECSI

clubifieeceytex@telkomea.net to order your FLEECEYTEK SAMPLE FILE



I was at the Cash Point last week when an old lady approached me & asked me to check her balance... ...So I pushed her over

VISIT US ON ww.fleecevtex@telkomsa.nel



EXPERTS PREDICT THAT COMPUTERS WILL ONE DAY REPLACE PAPER ALTOGETHER



MY WIFE TOLD ME SHE

If you're wrong and you shut up you're WISE If you're right and

you shut up

#### "Detoxification, or detox, is the process of removing toxic substances from the body". Short-Term Detoxes

1. Do a fruit detox. Fruit detoxes are a great way to fast without starving yourself. You can either detox by eating a variety of different fruits, or by only eating one kind of fruit. For best results, choose a fruit that you enjoy eating so that you don't feel like you're suffering. oEat citrus fruits. These fruits have the highest detoxifying power, and include oranges, tangerines, grapefruit, lemons, and limes. You can eat them on their own or combine them with other fruits. Do not exceed 7 days in a row of a fruit-only diet. oTry a grape detox. Grapes contain resveratrol and are also a great source of potassium and Vitamin C. Eat nothing but grapes (whichever kind you like) for 3-5 days.



2. Do a liquid detox. Consume nothing but liquids (water, tea, fruit juice, vegetable juice, and/or protein shakes) for 2-3 days. Liquid diets can help jump-start weight loss by restricting calorie intake, and are believed to cleanse your body of certain toxins. oBe sure to include fruit and/or vegetable juices in your liquid fast to ensure that your body is getting the proper nourishment.

off your goal is to lose weight, then you will have to change your eating habits once fast is over, or you will simply gain all the weight back.

3. Fruits and vegetable 7 days detox. Fruits and vegetables contain the vitamins, minerals, and other nutrients your body needs to stay healthy. Be sure to eat a diverse combination of produce to ensure that you are getting the proper nutrients.

oGet fiber from kidney beans, black beans, apples, soybeans, blueberries, and artichokes

oGet potassium from carrots, bananas, ilma beans, white potatoes, cooked greens, and sweet potatoes oGet Vitamin C from kiwis, strawberries, kale, cauliflower, tomatoes, oranges, Brussels sprouts,

mangoes, and bell peppers

oGet foliate from cooked spinach, melons, asparagus, oranges, and black eyed peas

oGet good fats from avocado, olives, and coconut



@17.50/M

GOD EXCL. VAT IN WHITE POLY/COTTON

[1806M/87CM]

The waiter, for some reason, took my order first. "I'll have the rump steak, rare, please." He said, "Aren't you worried about the mad cow?"

I took my wife to a restaurant.

"Nah, she can order for herself." And that's when the fight started...



lashed her. Do you know him? "les', she sighed "Be's my old boydiend. I understand he took to chicking eight after we split up those many years ago, and I hear he hasn't been suber since "WHATP" I said, "The world think a person could so on excitating that long"

And then the fight stated...



## MEMO

# **NYLON LYCRA**

Still available at the bargain price of R56.95/m COD excl. VAT [200gm | 155cm]







# GPS:

I HAVE A LITTLE OPS IT SITS THERE IN MY CAR A OPS IS A DRIVER'S FRIEND IT TELLS YOU WHERE YOU ARE

I HAVE A LITTLE OPS I'VE HAD IT ALL MY LIFE IT'S BETTER THAN THE NORMAL ONES MY OPS IS MY WIFE

IT DIVES ME FULL INSTRUCTIONS ESPECIALLY HOW TO DRIVE "IT'S THIRTY MILES AN HOUR", IT SAYS "YOU'RE DOING THIRTY FIVE"

IT TELLS ME WHEN TO STOP AND START AND WHEN TO USE THE BRAKE AND TELLS ME THAT ITS NEVER EVER SAFE TO OVERTAKE

IT TELLS ME WHEN A LIGHT IS RED AND WHEN IT GOES TO GREEN IT SEEMS TO KNOW INSTINCTIVELY JUST WHEN TO INTERVENE



IT LISTS THE VEHICLES JUST IN FRONT AND ALL THOSE TO THE REAR AND TAKING THIS INTO ACCOUNT IT SPECIFIES MY OBAR.

I'M SURE NO OTHER DRIVER HAS SO HELPFUL A DEVICE FOR WHEN WE LEAVE AND LOCK THE CAR IT STILL GIVES ITS ADVICE

IT FILLS ME UP WITH COUNSELLING EACH JOURNEY'S PRETTY FRAUGHT SO WHY DON'T I EXCHANGE IT AND GET A QUIETER SORT?

AH WELL, YOU SEE, IT CLEANS THE HOUSE, MAKES SURE I'M PROPERLY FED, IT WASHES ALL MY SHIRTS AND THINGS AND - KEEPS ME WARM IN BED!

DESPITE ALL THESE ADVANTAGES AND MY TENDENCY TO SCOFF, I DO WISH THAT ONCE IN A WHILE I COULD TURN THE DAMNED THING OFF!

# 12 TYPES OF PEOPLE YOU FIND IN URINALS



THE HOISY



THE BUSY



THE CURIOUS



THE MULTITASKER



TOO TALL



TOO SHORT



THE LOUSY SHOT



THE PARANOID



THE FREE SPIRITED



THE OVER SPREADER



THE GERMAPHOBE



THE BOLD



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