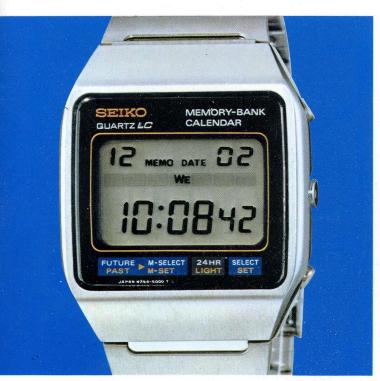
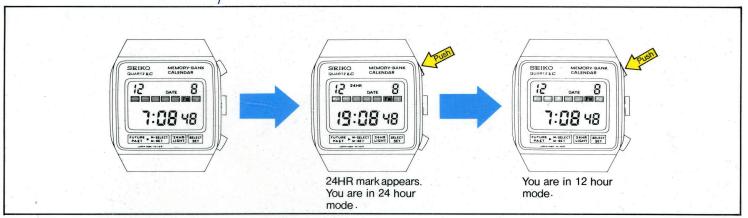
# SEIKO QUARTZ M354 Memory-Bank Calendar

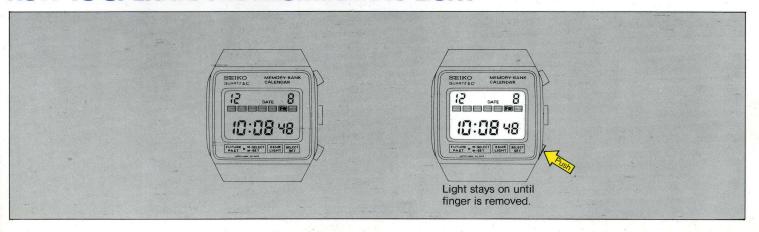


- Dual LC Panel Display Shows time-day/date-month simultaneously, or full month calendar.
- Calendar Function Displays the calendar of any month from January, 1930 through December, 2009.
- Memory Function Any date or dates can be set in the memory from the current day to a year in advance. Memo mark automatically appears as a convenient reminder.
- ■12 or 24 Hour Mode Selection You have the choice; time can be displayed in either 12 or 24 hour mode.
- Battery Use one SR 1130W (MAXELL) or U.C.C. 389 silver oxide battery. Battery life is approximately 2 years.

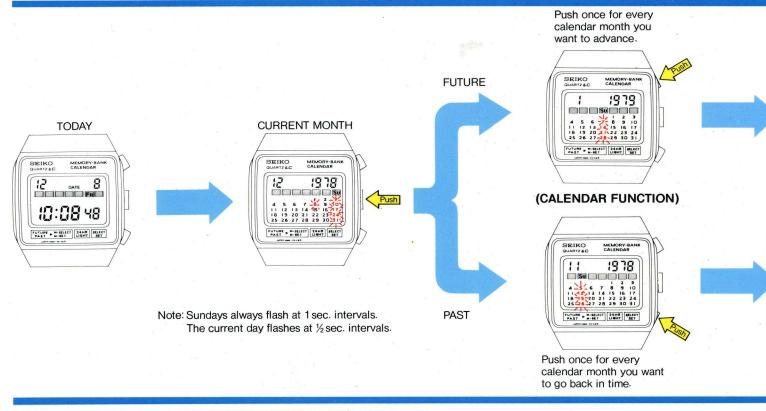
## **HOW TO SET THE 12/24 HOUR MODE**



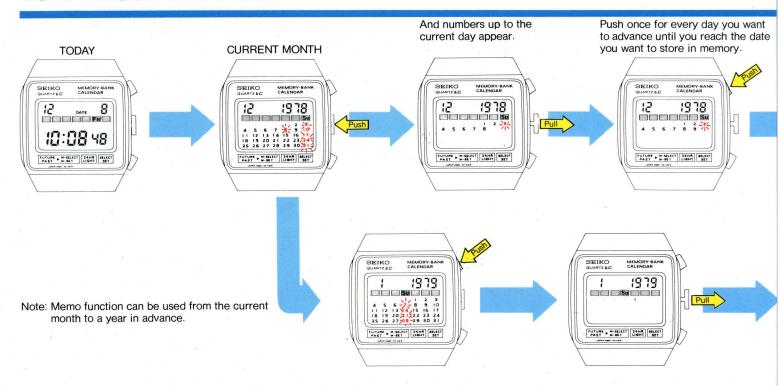
#### HOW TO OPERATE THE ILLUMINATING LIGHT



## HOW TO USE THE CALENDAR/TIME-TRAVEL FUNCTION



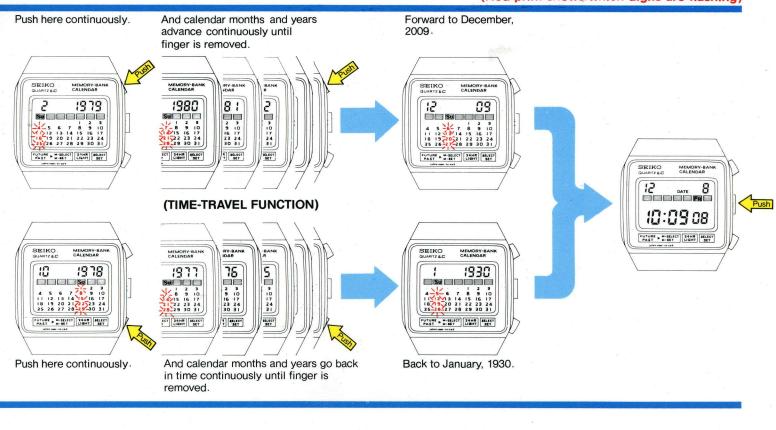
### **HOW TO USE THE MEMORY FUNCTION**

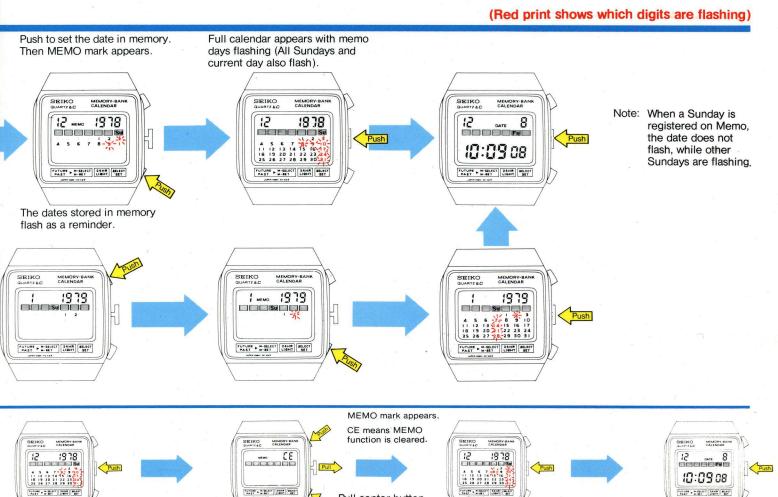


## **HOW TO CANCEL MEMORY FUNCTION**



Push here again.



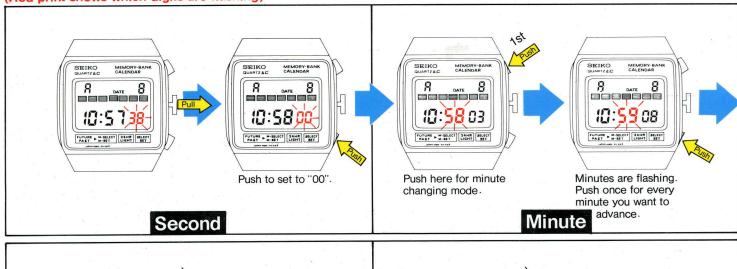


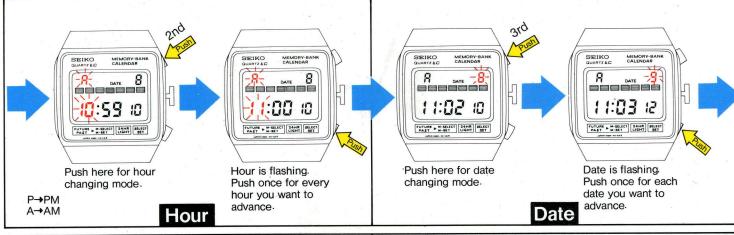
Pull center button, while pushing top and bottom buttons

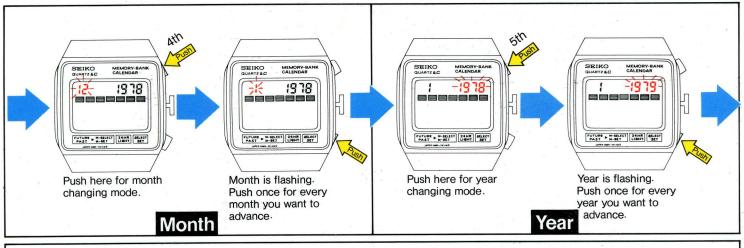
together.

# **HOW TO SET THE TIME AND CALENDAR**

(Red print shows which digits are flashing)









Note: To automatically advance minute, hour, etc., depress button continuously.

Note: Days of the week are pre-programmed up to Dec. 2009, including leap years.

SEIKO