Out-of-town trips end with opening of natural food store Emily Lysholm eventually had to leave the door open for

window of her business. She as well.

"opening soon" sign on the steady stream of customers

FLORIDA (per person double)

\$410 - 2 Weeks (per person double)

INCLUDES:

- * 7 or 14 nights accommodation, Days Lodge, 1 bedroom efficiency apartment
- * Return air fare
- * Transportation to and from Toronto International Airport
- (Acton, Milton, Georgetown)
- * Compact car for week (per couple)
- * Unlimited mileage for car
- THESE ITEMS ALSO INCLUDED:
- * 4% Florida State Tax on room
- * 2% Florida County Tax on room
- * 4% Florida State tax on car. * 8% Canadian Departure Tax
- * \$3.50 U.S. Departure Tax

CLIP

144 1

Fresh

Pork Loin

Roasts 34

RIB PORTION

TENDERLOIN PORTION

FRESHI 7 CHOP ECONOMY PACK 2 RIB, 4 CENTRE, 1 TENDERLOIN PORTION

Pork Loin Chops

Pork Loin Chops

Breakfast Sausages

Canadian

IGA, ROYAL GOLD MILD, MEDIUM OR OLD COLORED

Kraft Cheese Slices PKg. 79¢

Parmesan Cheese SHAKER 1.89

Cheese BLOCK \$1

SLICED SLICED

Side Bacon

THE REPLET

Wieners

Trans of Canada

Cheddar

CANADIAN, PROCESS

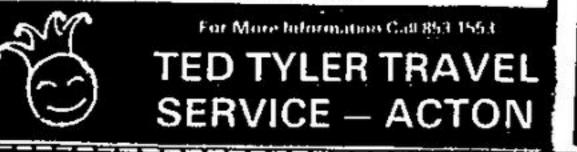
KRAFT, GRATED

ւս^{\$}1.89

1LB \$1.69

\$1.19

LIMITED NUMBER OF SEATS AVAILABLE **BOOK NOW!**



The store, owned and operated by Emily and Keld Lysholm, is the answer to the natural food users' dreams. Mrs. Lysholm sald when she

their needs.

Low-Cost Interior-Exterior Car Protective

Cleaning Treatment call 877-6136

ACTON MERCHANTS

TELEPHONE:

\$50 VOUCHER REDEEMABLE AT ANY

MERCHANDISE VOUCHER DRAW

ACTON STORE (DRAW DEADLINE 6 P.M. TUESDAY, OCTOBER 17)

CLIP

17 14 02 10s

Whole Kernel Niblets

Corn or Summer Sweet

or Giant Size Peas

DEPOSIT THIS COUPON AT ANY OF THE ACTON MERCHANTS. ADVERTISING IN THE OCTOBER 11 ISSUE OF THE 'FREE PRESS'

Pepsi-Cola

Emily's Natural Foods, lo- moved to the area a year ago, way as to food. It was a hard had to take down the workmen, and was getting a cated in the newly-recon- the only thing she missed structed Old Free Press from the city was such a Building on Mill St., unstore. She had to drive to officially opened last Thur- Brampton or Mississauga to sday. Her ads and signs, how- do her shopping. When she ever, said Friday. She didn't read in the Free Press in May mind though! The extra day of the reconstruction of Dills of business gave her a chance Printing and Publishing to meet some of her downtown, she decided she customers and spend a bit of would start up her own store. After all, if she was travelling extra time helping them with out of town, surely there must

be more in her situation. Until about eight years ago, Mrs. Lysholm was like the great majority of people feeding her family whatever she bought from the shelves. Then, she realized all the additives going into food and decided to go the natural

route. By this time, however, her family was already set in its

ELKS Monday Night BINGO

Door Prizes 45 Mountainview Road Georgetown

\$40 Prizes Early Bird Games 7:30 p.m.

5 PRIZES AT \$20 EACH Doors Open 7 p.m. Bingo Starts 8 p.m. 16 Regular Games

at \$40 ea. 3 Special at \$70 ea.

\$600 Jackpot 54 Numbers

GUARANTEED \$100 Share The Wealth Projects and Deaf Detection In Small Children FREE Bus Service From Acton and Georgetown

Winner: Mrs. Elva Cress of Milton

in 48 numbers

One Line & Full \$10

22 Luggage Grand Prizes of 1 Week For Two In O Orlando Florida

Weekdays at 10a.m. and 11a.m. on CFTO Television Channel 9

PRODUCE OF U.S.A.

RED EMPEROR Grapes

ONTARIO GROWN

CANADA NO. 1 GRADE

Flaked Light Tuna

McIntosh Pride of Canada COOKED Smoked

Pork Shoulders

READER TO SERVE Heinz Soups

PRICES EFFECTIVE WED., OCT. 11 TO SAT., OCT. 14, 1978. Instant Fried Rice

Fabric Softener OATMEAL, SUGAR DADDY, CHOCOLATE CHIP OR GRANQLA

IN MOLASSES OR IN TOMATO SAUCE **IGA Beans** with Pork

3 14-FL \$1 RIO, FROZEN, CHOICE Sliced Strawberries

Cheese Festival 15-0Z. 59¢ FROZEN Rich's Coffee Rich

MFG. PRE-PRICED 794 HUMPTY DUMPTY, REGULAR Potato Chips

Dad's Biscuits MG 99¢

ABC Powdered Detergent

CANADA FANCY GRADE

Apples

WE RESERVE THE RIGHT TO LIMIT

QUANTITIES.

Lancia Bravo **Italian Festival**

ASSORTED VARIETIES MACARONI & SPAGHETTI Lancia Pasta

Spaghetti Sauce

Peeled Plum Tomatoee 12 Tin 550

Tomalo Paste Lancia League Pig Lancia Egg Noodles 201 430

WEDNESDAYS ARE "GOLDEN AGE" DAYS AT ACTON IGA

8 Main St. North - 853-1960

satisfaction and low prices, converting them to some confusion will somenatural foods, Mrs. Lysholm times be apparent at first. laughs, and even after all this Customers are also asked

time she is still questioned as to point out anything missing to what is on their plates. But, from the store which they are after researching nutrition, used to getting elsewhere. and vitamins and mineral Mrs. Lysholm says she will supplement, she is convinced soon get any products in. her family is better for her Later on, once she gets the switch over. She has always store organized, she will be been a gourmet cook, and the giving out recipes she has conversion has just made for used herself.

Currently on the shelves Since May, Mrs. Lysholm are herbal tea, bulk honey, and her husband have been vitamin and mineral supdoing price shopping at the plies, fresh ground peanut various wholesalers. They get butter (customers watch it their stock from three wholebeing ground), bulk spices, salers, and many private bulk nuts, breads, natural sources. The past few weeks food cook-books and bookhave been spent buying the pertaining to that subject, goods. She explains a lot of the stock is still not delivered, natural Customers help themselves or they have overlooked something, but she asks her customers to please have

from bins designed and built by local craftsman Jim Hall. Her husband built the order to assure customer

Mrs. Lysholm says her family and friends support her 100 per cent in her new business venture. In fact, it was a good friend Olga Huscul, from Draperies and Things of Acton, who encouraged her to open the business. Sons Kevin 19, and Chris 15, both think it is a good idea and help their mother all they can both in the store and at home.

So, in just a few short months, Mrs. Lysholm has transferred a family habit into a thriving business. Her search for nutrition-packed meals eight years ago will now benefit many.

Broken

The window of a van parked at the Station Hotel was smashed and police are pursuing the matter.

GARBAGE BAGS

10'3

GIANT 26" x 38"

ROSE MILK

SYLVANIA

MAGICUBES

BLUE DOT

SKIN CARE CREAM

\$1.07 240 mi

49¢

Dee Tee 1.25 MIL

ban

ANTI PERENBAN

BAN SUPER ROLL-ON Anti-Perspirant

more interesting recipes.

patience for the first while. In

\$1.39 Stuffy Nostrils? MENTHOLATUM

CINTMENT \$1.33 B50

STAYFREE MINI-PADS

BUFFERIN TABLETS 125's \$1.17 MORE HONUS

CONTAC · C COLD CAPSULES

\$1.23 10'3

Clairot HERBAL ESSENCE SHAMPOO \$2.99 700 mi

MAALOX PLUS 340 ML SUSPENSION OR SO TABLETS \$2.17 YOUR CHOICE

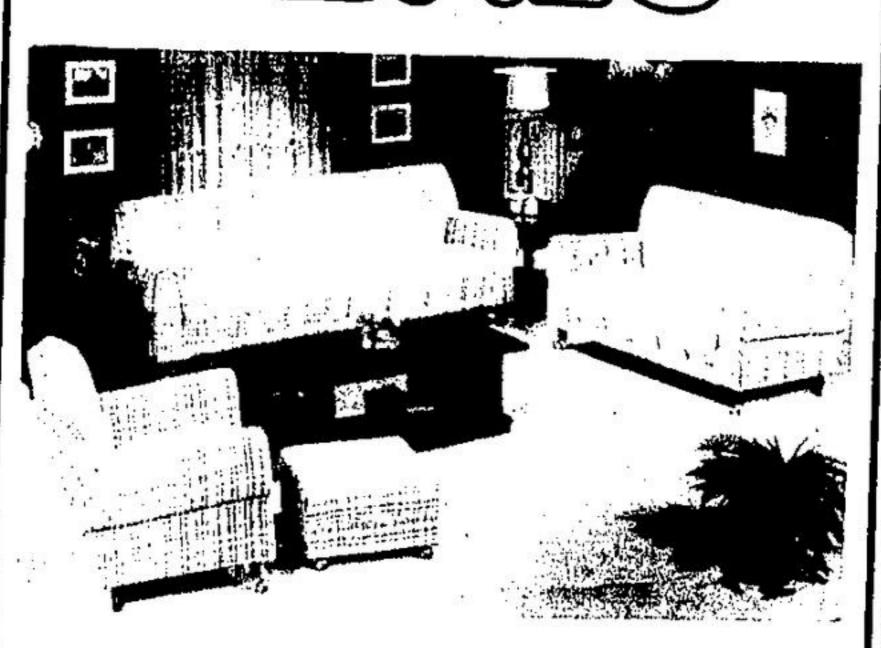
\$2.19 SCOPE Mouthwash & Gorgle \$1.99 750 mt

MISS CLAIROL SHAMPOO FORMULA HAIR COLOR

\$2.66

ACTON PHARMACY LTD.

CORNER MILL and MAIN STREETS • ACTON • 853-1620 COMPAGE IN A CASS ASS. A.A. AR. THE THE THE STONE SHOWS MAN FOR ALL AS ALL AND ALL COSTAL ONE.



Sofa - Loveseat Chair - Ottoman

A Same

352 QUEEN STREET EAST, HWY. 7, ACTON 853-0211



EMILY LYSHOLM is the owner and operator of Emily's Natural Foods in the Old Free Press building on Mill St. Fresh ground peanut butter is available. Mrs. Lysholm grinds it herself on a special machine.

Fall Values!!

JEANS & CORDS SPORT SOCKS (SAVE UP TO 50%) PAIR

THURS., FRI. & SAT. ONLY LADIES' POLYESTER

PULL-ON SLACKS THIS WEEK ONLY!

- HOURS OPEN -TUESDAY, WEDNESDAY, SATURDAY THURSDAY & FRIDAY

-9:30 a.m.-6 p.m. -9:30 a.m. 9 p.m.

124 MILL ST. EAST ACTON 853-3060

purpose for the smooth leather. moc seam toe and platform sole. To help you stay in step, in style.



