



**HEALTH
and
HAPPINESS**

from
ALTERNATIVES
natural foods

CHRISTMAS BAKING and COOKING?

We have higher quality, but less expensive ingredients than you will find anywhere else in town!

Sample some of the following. . .

- Whole Almonds reg. \$3.59 lb. NOW \$3.39 lb.
- Pecan Halves reg. \$4.19 lb. NOW \$3.99 lb.
- Plump, Dried Apricots reg. \$3.25 lb. NOW \$2.99 lb.
- Carob Chips reg. \$1.99 lb. NOW \$1.85 lb.
(chocolate substitute)

(All While Quantities Last)

We also have a good selection of dried fruit, flour, beans, cereals and grains, nuts, spices, cheese, yogurt, teas, juices and much more.

Come and See our interesting assortment of Books and Christmas Crafts!

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157 MAIN ST., MILTON
(across from the Roxy)

878-3080