

YOU'LL DO BETTER AT A&P

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A&P reserves the right of limit quantities to normal family requirements.
We redeem all food store coupons!

You'll do better at...



Prices effective thru Saturday, September 25th, 1982.

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SUPER BUY!

PARTLY SKIMMED
Fresh 2% Milk
3 QUART BAG

1.69

SAVE .60

REG. FINE OR EXTRA FINE 'NEW' CUSTOM ROAST
Nabob Tradition Coffee
369 g VAC PAC BAG

2.69

OUR REGULAR PRICE 3.29

LESS THAN 1/2

SPRITE, TAB, FRESCA OR
Coca-Cola 6 Pack 750 mL
BOTTLES (PLUS DEPOSIT)

1.99

SAVE 2.40

OUR REGULAR PRICE 4.39

SAVE 1.30

ALL PURPOSE
Monarch Flour
3.5 kg BAG

2.69

OUR REGULAR PRICE 3.99

Made with 100% pure vegetable shortening
MARVEL, SLICED White Bread 675 g (24 OZ) LOAF

SAVE .21

.49

OUR REGULAR PRICE .70

CORN OIL, REG. UNSALTED SUNFLOWER MARGARINE
Fleischmann's pkg of 2 8 oz tubs **1.19**

ASST VAR INCLUDING APPLE & CINNAMON CEREALS
Harvest Crunch 800 g pkg **2.69**

YUM YUMS
Bick's Pickles 1 litre jar **1.79**

WHITE SWAN, 2-PLY, ASSORTED COLOURS
Facial Tissue box of 200 sheets **.79**

SAVE 1.32/kg **SAVE .60/lb**

with supermarket prices

BLADE, CHUCK SHORT RIB OR SHOULDER

Boneless Beef Roasts

4.39/kg **1.99/lb**

Cut from Canada's Finest Grade 'A' Beef

OUR REGULAR PRICE 5.71/kg-2.59 lb

ASST VAR INCLUD CHOCOLATE CHIP 450 g PKG
Colonial Cookies **1.29**

SAVE .21

SCHNEIDERS
Crispyflake Shortening 1 lb pkg **.79**

JANE PARKER
Angel Cake 390 g 14 oz **.99**

EX ABSORBENT 60'S, TODDLER 48'S, ELASTIC LEG
Pampers Diapers pkg **8.99**

ANTI-PERSPIRANT ASSORTED TYPES
Right Guard 200 mL aerosol tin **2.49**

CLOVER LEAF, RED
Sockeye Salmon

SAVE 40

2.29

7.75 oz tin

OUR REGULAR PRICE 2.69

BONELESS
Cross Rib Roast 4.83/kg 2.19/lb

FRESH, GREAT ON THE B.B.Q.
Medium Ground Beef 3.95/kg 1.79/lb

EXCELLENT FOR BRAISING
Blade Steaks 3.95/kg 1.79/lb

PREVIOUSLY FROZEN, SLICED, SAUSAGE & DDEVENED
Beef Liver 1.96/kg .89/lb

GREAT ON THE B.B.Q.

WICK'S, PLAIN, WITH GARLIC OR POLSKI OGORKI
Whole Dill Pickles

1.79

1.5 L jar

OUR REGULAR PRICE 2.99

SAVE 1.20

ASSORTED VARIETIES 900 g PKG
Primo Pastas **1.99**

OUR REGULAR PRICE 1.49

PURE VEGETABLE
Primo Oil 3 litre ctn **2.99**

HEINZ
Tomato Paste 2 5.5 fl oz tins **.89**

HUMPTY DUMPTY, ASSORTED VARIETIES
Potato Chips 200 g pkg **1.29**

Loin Pork Chops

COMBINATION: CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS

4.39/kg **1.99/lb**

OUR REGULAR PRICE 5.27/kg-2.39 lb

SAVE .88/kg **40 lb**

ECONOMY, TEA BAGS PKG GF 100
Mother Parkers **1.59**

OUR REGULAR PRICE 2.19

E.D. SMITH
Garden Cocktail 2 500 mL btl **.99**

ORANGE PEKOE
Salada Tea Bags pkg of 50 **1.99**

MINUTE, FLAKE OR QUICK COOKING
Old Mill Oats 1.35 kg pkg **1.39**

SUN PAC, FROZEN, CONC. GRAPEFRUIT OR
Orange Juice

SAVE 20

.69

12.5 fl oz tin

OUR REGULAR PRICE .89

ROAST OR CHOPS
Pork Loin Centre Cut 6.15/kg 2.79/lb

CANADA GRADE 'A', FROZEN, CORNISH
Game Hens 3.28/kg 1.49/lb

RIB OR 3 TO 3 1/2 LB TENDERLOIN PORTION
Pork Loin Roast 4.17/kg 1.89/lb

PRIDE OF CANADA, REGULAR OR ALL BEEF
Wieners 1 lb vac pac **1.59**

PORK LOIN RIB PORTION (COUNTRY STYLE)
Spare Ribs 4.83/kg 2.19/lb

BURNS PRIDE OF CANADA, SLICED, 5 ASST VAR
Cooked Meats 175 g vac pac **.89**

NEW ZEALAND SPRING, FROZEN, SHOULDER
Lamb Chops 4.39/kg 1.99/lb

PRIDE OF CANADA, SLICED
Cooked Ham 175 g vac pac **1.49**

BURNS PRIDE OF CANADA, FROZEN
Roasting Chickens 2.62/kg 1.19/lb

PRIDE OF CANADA
Sliced Bologna 375 g vac pac **1.49**

A&P REGULAR OR THICK SLICED
Side Bacon 500 g vac pac **2.99**

PRIDE OF CANADA
Bologna Chunks 328/kg 1.49/lb

BREAKFAST
Burns Sausages 3.73/kg 1.69/lb

SWIFT, REGULAR OR ALL BEEF BROWN & SERVE
Sausages 250 g pkg **1.99**

BEATRICE, ASSORTED FLAVOURS SUPER GOOD
Ice Cream

2.99

2 litre carton

OUR REGULAR PRICE 3.99

SAVE 1.00

BLUE WATER, FROZEN, BOSTON BLUE 32 OZ PKG
Fish & Chips **2.59**

OUR REGULAR PRICE 3.39

CRISPY CRUST FROZEN, DELUXE
Totino's Pizza 370 g pkg **2.69**

WELCH'S, FROZEN, CONCENTRATED
Grape Juice 18 fl oz tin **1.69**

10W30
Shell Motor Oil 1 litre tin **1.19**

THE FARM NO. 1 GRADE ONTARIO, ALL PURPOSE

For Freshness & Savings

50 lb Bag 4.99

Potatoes 2.22/kg 1.10/lb

PROD. OF CALIFORNIA, LARGE, SWEET RIPE
Fresh Strawberries pint **.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
McIntosh Apples 3 lb bag **1.59**

CANADA NO. 1 GRADE, PROD. OF CALIFORNIA
Cantaloupe each **.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Fresh Carrots 5 lb bag **.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Gauliflower each **.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Seedless Grapes 2 lb bag **.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Fresh Peaches 1 1/2 lb bag **.79**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Prune Plums 1 lb bag **.59**

TIDBITS, CRUSHED OR SLICED 14 FL OZ TIN
Del Monte Pineapple **1.69**

OUR REGULAR PRICE .99

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KELLOGG'S
Corn Flakes

SAVE 20

1.69

675 g pkg

OUR REGULAR PRICE 1.89

Church 144-year-old church gets all spruced up

by J. Turner

The congregation of Churchill Community Church returned September 12 after a month's summer vacation to find their church newly recovered with a neat vinyl siding. In actual fact, most of the congregation were fully aware of the change, having assisted in some way or another with the work.

The men had installed the siding themselves, each giving as much time as he could spare, and under the eagle eye of Bill Thompson, had done a really expert job. The ladies had faithfully brought meals and snacks, and assisted in painting the trim and doors.

Stories circulated about small incidents and funny happenings. Evidently the day the men were putting on the last two pieces, Tony Strokov and Bill Thompson were working on the upper gable end, on ladders balanced precariously on the sloped roof of the vestry. A veritable gale blew up, accompanied by hail and drenching rain. Bill and Tony made it down safely, waited inside until the storm was over, and then climbed up and finished the job. Another member who gave up August holidays for the project, whose determination and drive was responsible for the work being completed in three weeks, rather than dragging on into the fall, and who was on the job every day was Jack Denny. Jack has very little sight, but he was up and down the ladders like a pro, and while his sense of humor kept everyone in good spirits, sometimes he came close to getting hammers thrown at his head.

The church now looks lovely, we are very proud of it, and the hearty accolades are well-earned.

Churchill CCW held their first meeting of the season recently at the home of Joanne Turner. Roll Call was "a trip I would like to take." President Mrs. Edith Storey led in worship, and chaired the meeting that followed. Plans were made to cater a turkey dinner for a wedding at the church in October, to visit Mapleview Lodge Nursing Home September 27 and to go out for lunch as a group to the Stone Creek, Elmira, Saturday October 2. Marie Anderson and Lydia Kerr were in charge of the program.

Friends are sorry to learn that Beatrice Cole is back again in St. Joseph's Hospital, Hamilton. Her condition has become quite frail. Mr. and Mrs. Wallace Swackhamer and Mr. and Mrs. William Thompson accompanied the Acton Golden Agers on a bus tour the end of August to the Laurentians in Quebec.

What is arthritis?

What is the difference between arthritis and rheumatism? Arthritis literally means inflammation of a joint. Rheumatism is a vague term and is usually applied to unexplained aches and pains around joints, such as in the muscles or tendons. Free information about arthritis may be obtained by writing: The Arthritis Society, 920 Yonge St., Suite 420, Toronto, Ontario, M4W 3J7.

