

YOU'LL DO BETTER AT A&P

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You'll do better at our great

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

# Pre-Holiday SALE!



Prices effective thru Saturday, October 2nd, 1982.

**ALLEN'S Apple Juice**  
PURE - UNSWEETENED  
**SAVE .68**

ALLEN'S, PURE  
**Apple Juice**  
48 FL-OZ TIN

**.99**

OUR REGULAR PRICE 1.67

**Campbell's**  
DUPE - POULE  
NOUILLES  
CHICKEN NOODLE

**BUY 3 SAVE UP TO .60**

TOMATO OR CHICKEN NOODLE  
**Campbell's Soups**  
10 FL-OZ TINS

**3/.99**

OUR REGULAR PRICE UP TO .53 EA

**Sunlight**

**SAVE 1.40**

POWDERED  
**Sunlight Detergent**  
6 LITRE BOX

**3.49**

OUR REGULAR PRICE 4.89

**KRAFT**

**SAVE .90**

KRAFT, SMOOTH & CRUNCHY  
**Peanut Butter**  
500 g JAR

**1.69**

OUR REGULAR PRICE 2.59

LIBBY'S, FANCY  
**Tomato Juice**  
48 FL-OZ TIN  
**SAVE .50**

**.99**

OUR REGULAR PRICE 1.49

INSTANT HOT REGULAR OR MARSHMALLOW  
500 g carton  
**Cadbury's Chocolate 2.49**

DETERGENT  
1.8 kg box  
**Dishwasher Sunlight 3.99**

WHITE SWAN, ASSORTED COLOURS  
boxes of 200 sheets  
**Facial Tissue .79**

WHITE SWAN, ASSORTED COLOURS  
pkg of 2 rolls  
**Decorator Towels .99**

## The Butcher's Block

with supermarket prices

**Truckload of Turkeys Sale**

one price, all sizes, no confusion at A&P!

CANADA GRADE "A", FROZEN, Eviscerated, A&P SELF-BASTING, MAPLE LEAF MIRACLE BASTE TURKEYS OR SWIFT DEEP-BASTED

**Butterballs** \* ALL SIZES

**2.84** /kg

**1.29** /lb

OUR REGULAR PRICE 3.73/kg - 1.69 lb

**SAVE 40 lb**

**SAVE 89/kg**

DETERGENT  
**Sunlight Liquid**  
1 LITRE PLST BTL  
**SAVE .56**

**1.99**

OUR REGULAR PRICE 2.55

JANE PARKER, SLICED, 100% PURE VEG. SHORTENING  
450 g (16 oz) loaf  
**Protein Bread .59**

JANE PARKER-OUR REG PRICE 1.79-SAVE .50  
**Gold Pound Cake 1.29**

JANE PARKER-OUR REG PRICE 1.89-SAVE .50  
**Spanish Bar Cake 1.19**

JANE PARKER-OUR REG PRICE 1.89-SAVE .50  
**Pumpkin Pie 1.39**

GINGER ALE, C-PLUS ORANGE, WINK, SUGAR FREE  
**Canada Dry Beverages**

**BUY 2 SAVE .61**

**2.89**

OUR REGULAR PRICE .75 EACH

OUTSIDE CUT, EYE REMOVED, CUT FROM CANADA'S FINEST GRADE "A" BEEF  
**Boneless Round Roast**

**5.49** /lb

**2.49** /lb

OUR REGULAR PRICE 7.47/kg - 3.39 lb

SAVE 1.98/kg - .90 lb

ASST VARIETIES  
**Lancia Pastas**

**.99** /kg

OUR REGULAR PRICE 1.65

**SAVE .66**

KRAFT SALAD DRESSING  
500 mL JAR  
**Miracle Whip**  
**SAVE .30**

**1.19**

OUR REGULAR PRICE 1.49

REG. MINT OR GEL  
100 mL tube  
**Crest Toothpaste 1.29**

REG. SUPER OR SUPER PLUS  
pkg of 40  
**Tampax Tampons 3.99**

PINK, BLUE OR YELLOW  
pkg of 10  
**J-Cloths 1.49**

ONTARIO PORK, PREVIOUSLY FROZEN  
**Pork Tenderloin 7.25 / 3.29**

OUR REGULAR PRICE 10.34/kg - 4.69 lb

RUMP SIRLOIN TIP OR INSIDE ROUND  
**Boneless Beef Roasts 5.93 / 2.69**

OUR REGULAR PRICE 7.69/kg - 3.49 lb

CANADA GRADE "A", FROZEN, Eviscerated  
**Turkeys 2.82 / 1.19**

UTILITY GRADE, FROZEN, Eviscerated  
**Turkeys 2.40 / 1.09**

READY-TO-SERVE  
**Leg Hams 3.06 / 1.39**

TOWN CLUB, SLICED  
**Side Bacon 500 g vac pac 2.99**

BREAKFAST  
**Burns Sausages 3.73 / 1.69**

INSIDE CUT  
**Round Steak 6.99 / 2.99**

FRESH  
**Lean Ground Beef 4.99 / 1.99**

CUT FROM THE HF, TENDERIZED  
**Cube Steak 7.25 / 3.29**

MAPLE LEAF  
**Wieners 1 lb vac pac 1.99**

MAPLE LEAF  
**Sausage Meat 500 g rot 1.49**

FROZEN, "GOOD 'N MOIST"  
**Sara Lee Cakes 397 g CAKE**  
**SAVE .50**

**1.39**

OUR REGULAR PRICE 1.89

QUICK COOKING 1.35 kg OR 1 MIN 1.25 kg  
**Quaker Oats 1.69**

PURE GRAPE JAM OR  
500 mL jar  
**Welch's Jelly 1.39**

A&P ASST OR  
900 g tin in bag  
**Choco Chip Cookies 2.49**

JANE PARKER, SLICED 100%  
**Whole Wheat Bread**  
675 g (24 OZ) LOAF

**SAVE .28**

**.59**

OUR REGULAR PRICE .87

ASST PLAIN VARIETIES INCL. SHORTBREAD & RICH TEA  
**Peek Frean Biscuits**

**1.29**

OUR REGULAR PRICE 2.15

**SAVE .86**

BLUE WATER, BOSTON BLUE  
32 OZ PKG  
**Fish & Chips**  
Frozen  
**SAVE .80**

**2.59**

OUR REGULAR PRICE 3.39

**THE FARM**  
For Freshness & Savings

PROD. OF ONTARIO, SNOW WHITE  
**Fresh Mushrooms 3.28 / 1.49**

OUR REGULAR PRICE 5.49/kg - 2.49 lb

CANADA NO. 1 GRADE, PROD. OF ONTARIO  
**Bosc Pears 2.99**

PROD. OF CALIFORNIA, LARGE  
**Fresh Strawberries 1.99**

CANADA FANCY, PROD. OF ONTARIO  
**McIntosh Apples 1.99**

PROD. OF U.S.A.  
**Fresh Cranberries 1.99**

CANADA NO. 1 GRADE, PROD. OF CALIFORNIA, RED, BLACK OR  
**Sweetness Green Grapes 2.99**

ARCTIC GARDENS, CALIF., ITALIAN OR ORIENTAL  
500 g pkg  
**Frozen Vegetables 1.39**

SWANSON'S NEW FROZEN CHICKEN STEAKS 284 g  
**Chicken Entree Burgers 2.39**

WELCH'S FROM CONC., CONCORD OR WHITE  
40 FL-OZ BTL  
**Grape Juice 2.29**

ALL PURPOSE  
**Robin Hood Flour 2.19**

OUR REGULAR PRICE 3.15

SILVERWOOD, ASST FLAVOURS  
2 LITRE CTN  
**Canadian Deluxe Ice Cream 2.59**

OUR REGULAR PRICE 3.59-SAVE 1.00

CAPRI, ASST COLOURS  
pkg of 4 rolls  
**Bathroom Tissue .99**

Now Available at A&P  
This week  
**CAPTURE MAKO SHARK**

The New Funk & Wagnalls Illustrated Wildlife Encyclopedia.

Volume 1 only **99c**

Volumes 2-24 only \$3.49

## You and your child

by Theresa Palermo  
Halton  
Children's Aid Society

The author of You and Your Child has recently become aware of a service that can be a great help to many parents in the Halton Region. This service is Parents Anonymous - Parental Stress Services. All parents have days when they feel that their kids are just going to drive them crazy, and some parents handle these days better than others. For the parent who feels that he can no longer cope with a situation, there is Parental Stress Services, a 24 hours a day, seven days a week, telephone hotline manned by trained volunteers to help parents handle effectively stressful situations that can often result in the abuse or neglect of a child.

This is a strictly confidential service that exists to befriend parents, to listen and care, and to offer support in a non-threatening way. The volunteers manning the hotline help parents to find new and more effective ways to perform the endless and often thankless job of parenting, and also try to help baffled parents understand their children without making them feel stupid for not having understood in the first place.

Beside the hotline, Parental Stress Services offers weekly Parents Anonymous group meetings where parents can share experiences in a private, informal atmosphere, and referral services to help parents find appropriate community resources to meet their specific needs. Their volunteers also do limited outreach by making visits to parents to help them deal more constructively with a crisis or stressful situation.

Parents Anonymous Parental Stress Services is run mainly by volunteers who understand the joys and frustrations of being a parent, and who are able to provide good parenting models for the people using their service. The phone numbers for the hotline are 627-5717, 632-7976, and 844-7234. Anyone who would like to become a volunteer for Parents Anonymous Parental Stress Services can call Bonnie Brown, Executive Director, at 637-9773.

I have often heard it said (and do believe) that being a good parent is the most difficult job in the world, but it is the only one for which a college degree is not required. Parents needing help should not hesitate to call one of the Parental Stress Services hotline numbers.

Anyone who would like to see his questions answered in this column can send them to "You and Your Child," c/o Halton Children's Aid Society, 467 Speers Road, Oakville, Ontario L6K 3S4.

### Katmivik..

(Continued from page B16)

Developing bilingualism is another important component of the national program, says Miss La Fleur who arrived in April speaking very limited English.

Describing the program and dedication to self-sufficiency and group learning in fluent English, Miss La Fleur says the Quebec portion of the experience will provide an opportunity for the anglophones who make up two-thirds of the group to develop French language skills the way Quebecois have during the Ontario stop-over.