#### **GDHS Students Hold Carnival**

Students at Georgetown and District High School are holding their annual Winter Carnival next week, beginning on Feb. 2 and ending Feb. 8. They have planned activities for each day of the winter

celebration, and hope old man winter will cooperate so some of their plans won't be spoiled. This Saturday, at 8 a.m., the students are holding a pancake

breakfast to start off the carnival. Organizers of this event are Ginette Rudek and Chris Timleck. At 8 p.m. on Saturday, several of the school's beauties will once again vie for the title

of Snow Queen. Susan Earle is in charge of this event. Car enthusiasts will meet the challenge Sunday when the school plans to hold a car rally beginning at 11 a.m. Ted

Darcie is drawing up the plans for this activity. Variety Night, an event open to the public, will debut on Monday at 8 p.m. Glenn

Stephenson is coordinating the talent for this production. A euchre tournament will be held after school on Tuesday and Brad Edgar is working out the details for the competition.

On Wednesday, a movie night will be held starting at 7:30 p.m. The movie to be viewed is, "Suppose They Gave A War and Nobody Came." Chris Ball is in charge of this event.

On Thursday, the students are relying on the cooperation of the weather for their snow sculpture judging, also under the auspices of Chris Ball.

#### Anglers, Hunters **Elect Officers**

The Anglers and Hunters elected their officers for the 1974 season at their club house on the 8th Line, Ballinafad. President, Gord Shoebridge, vice-president, Clifford Norton, secretary-treasurer Bob Mills. The association which has 50 acres for members use for snowmobiling, snowshoeing and a little cross country skiing at present, and in spring and summer, traps and 22 targets for target shooting.

They welcome all new members.

### **ALLEYWAYS**

(Continued from Page 4)

with Canadians, Gutter Guys gathered three victories from the House Average, Kinetle Kruisers downed Alley Oops in two games and totals. Hot Shots crowned New Ones in every game.

TEAM STANDINGS-Hot Shots 26. Kinette Kruisers 19. Gulter Guys 19. Alley Oops 16. Jets 11. Canadians 9, New Ones 5.

UPPER EIGHT Michael Daquano was tops with his 387 Iriple and 160 single. A 362 trio and 125 solo were shot by Glen Farrow. Julie McCorry rolled 342 with a 132 single. Jellrey Ronald lossed 340 and a 121 solo. Next were Stephen Lukas-331 (118). Chris Jessop 325 (138), Kelly McCorry 322 (132) and Michele Fisher 317 (109).

FRIDAY LEAGUE BANTAMS-Strikers shocked Super Stars in all three games. Jets clouded out Love Bugs in two games and totals, Striking Six ballled Tigers in two games and totals. Super Strikers annexed two games and totals from

Butterilles. TEAM STANDINGS--Strikers 47. Butterflies 42. Super Strikers 38, Jets 15, Love Bugs 34, Striking Six 29, Tigers 21, Super Stars 6. JUNIORS---Headhunters salvaged one game and totals from Mosquilos, Sexy Six clubbed

Peanuts Gang in two games and totals. Left Overs were un successful in every game against the House Average. TEAM STANDINGS-Headhunters 34, Sexy Six 33.

Peanuls Gang 27, Mosquilos 27, Left Overs 4. SENIORS

Ruth Finlay's 221 average is high for the girls while Mike Warman has the high boy's average of 232. Maybe Next Week clipped

Super Bloopers in Iwo games and totals. Wiffle Waffers caught fire to defeat Rookies in every game. Trogladites bowed down to Late Comers in two games and totals. Keglers grasped two victories and total pins from Pin Blasters. Swinging Butts lost every game to the House Average.

TEAM STANDINGS--Keglers 31, Late Comers 26, Wiffle Watters 23. Maybe Next Week 22. Trogladites 15. Pin Blasters 12, Swinging Butts 9. Super Bloopers 7. Rookies 2.

SUPER SCORES

GIRLS-Carolyn Barber threw the high three of 736 and a 270 soto. Pat Syme shot 687 with a 298 single. A 646 trio and 748 single were bowled by Sandi Bratkin. Next were Ruth Finlay 633 (251). Karen Archibald-676 (265). Yvonne Bratkin 621 (227) and Lorraine Harrison-613 (216).

BOYS-Dave Warman rolled his second straight triple over 800. His games of 288, 280 and 250 add up to a nice 818 Irio. Phillip Goss fired 759 with a 293 single. Gary Hole bowled 690 and a 283 single game. Mark Reis tossed 689 with a 243 single. Following them were Steve Burns 671 (284), Chris Burke-671 (241), Harold Colpitts. 643 (252), Mike Warman-636 (222). Rick Gourlie-628 (249), Sleve Foster-618 (239) and Frank

Mandarino-607 (222). Our Saturday Bantam Girl, Bantam Boy, and Junior leagues will not bowl this weekend because of the Legion ladies bowling tournament. All other leagues will bowl as usual.

LIMESTONE ALL SIZES A&B GRAVEL FILL AND TOP SOIL

'BUD' HAINES

3 DURHAM ST. 877-3302 OR 877-4593 ABSOLUTELY NO COMPROM OULLIY MARPHEO

This Week ... Make The Switch To A & P WEO!

Frozen Foods!

RICH'S, FROZEN Coffee Rich

Leo D'Or Onion Rings 6-02 pkg 43¢ FROZEN, HASH BROWN 2-1b pkgs 3/89#

Snowcap Potatoes REGULAR, BACON & CHEESE, SMOKEHOUSE BACON Kam Luncheon Meat

ROTINI, STIVALETTI 2-lb pkg 69¢ Schick Blades Stainless Steel pkg of 10 \$1.09 Lancia Spaghetti

SANCY, HALVES OR SLICES ACTION PRICED Del Monte Peaches 14-fl-oztins 3/\$1.00 DEL MONTE, FANCY

19-11-oz tins 2/89¢ Fruit Cocktail ACTION PRICED! INSTANT COFFEE CREAMER 16-02 jar 79¢ Borden's Cremelle SOLID WHITE MEAT

7-oz tin 73¢ Star Kist Tuna Fish PROCESS CHEESE SLICES ACTION PRICEDI 1-16 pkg 79¢ Black Diamond

Soft & Dri Cloodorant 5-nz aerosol lin \$1.05

A&P Bleach 64-fl-oz plastic bottle 39¢ 16-02 jar 81¢ A&P Coffee Creamer REGULAR, WITH LEMON, WITH BODY, EXTRA CONDITIONER Tame Creme Rinse 8-fl-oz plastic bottle 99¢

Pepsodent Toothpaste 100-ml tube 79¢

Efferdent pkg of 28 lables 93¢

**Action Priced!** 

## Action Priced!

Action Priced!

TOMATO JUICE 39¢

PHILIPS LIGHT PKG OF & 99¢

32-oz carlon 48¢

High in natural

AYLMER, FANCY QUALITY

12-FL-OZ TIN 41¢

ROID POWDER \$1.69

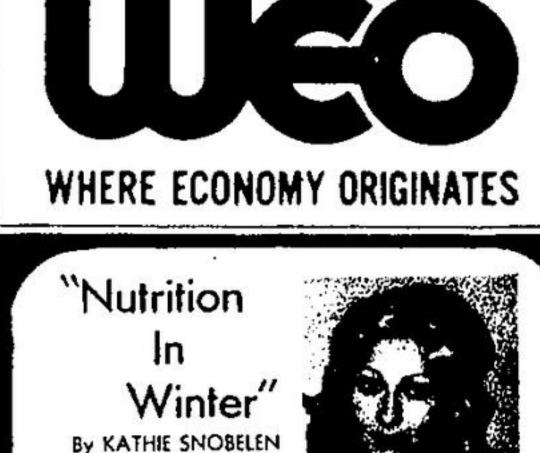
32-FL-OZ PLASTIC BOTTLE



100% BRAZILIAN - Fresh Ground at Time of Purchase

EIGHT O'CLOCK COFFEE





Id. Burns & Associates Inc.,

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Port Credit, Onterio.

KATHIE SNOBELEN

Winter always seems to bring with it the cold and Ilu seasan - and along with that, emphasis is on eating the 'right' foods to help the body resist such infections. A wise selection of foods is important all year round-not only in the winter months. A person who has a well-balanced diet all year will have the maximum resistance to such minor infections as we experience during the winter months.

Much has been heard recently about the role of Vitamin C (ascorbic acid) in helping the body to rusist colds. Just how effective this theory is, is largely a matter of conjecture. Since the human body cannot store this Vitamin, we must be careful to include a source of Vitamin C in our diets each day. Any Vitamin C in excess of what the body requires is excreted. Therefore there would appear to be little advantage to taking massive amounts of Vitamin C. The amount of Vitamin C required by the body can be found in four ounces of orange juice, or by eating I medium arange. Incidentally, the cheapest form of Vitamin C is found naturally in orange juice.

Unsweetened fresh-frozen arange juice concentrate in 12 oz, cans provides the day's requirement of Vitamin C (30 mg.) at a cost of 1.5 cents.

Winter vegetables such as cabbage, braccoli, and turnip also contain reasonable amounts of Vitamin C and are readily available throughout the winter

Money-Saving A&P Brands! 100% BRAZILIAN COFFEE -- & O'CLOCK

**Instant Coffee** 10-oz jar \$1.55 100% BRAZILIAN COFFEE - 8 O'CLOCK

8-oz jar \$2.09 Freeze Dried (2-18 TIN \$2.25) PERC, DRIP, ELECTRIC PERC A&P Vac Pac Coffee Hbin \$1.19 POLY PKG OF \$ 314-OZ ENVS ALP Crystals GRANGE FLAVOURED 69¢

YUKON CLUB - 12 FLAVOURS INCLUDING (PLUS STL DEPOSIT) Ginger Ale 30-fl-oz bottles 6/99¢

A4P Tea Bags plant 90 99¢ Jane Parker Fine Quality Baked Goods at Money-Saving Prices!

VIENNA BREAD

Pumpernickel, Plain or Seeded Jewish Rye (Buy 3 leaves-Save 17c) Bread JANE PARKER 16-02 loaves 3/\$1.00 JAME PARKER, PUMPKIN PIE Full Blinch 69¢ ACTION PRICED! Lemon Pie full 8-inch, 24-oz pie Each 65¢ Lemon Whirls JANE PARKER VANILLA MACAROON

Cup Cakes JANE PARKER Date Crunch

JANE PARKER Jelly Roll

3 24-02 \$1.00 (SAVE 6c) 12-02 cake 59¢ Coffee Cake

(SAVE 10c) pkg of 6 69¢ JANE PARKER, PLAIN, SUGAR, CINNAMON (SAVE 6c) pkg of 649¢ Cake Donuts pkg of 12 39¢ (SAVE 60 JANE PARKER pkg of 6 39¢ 12 oz foil tray 49¢ English Muffins

(BUY 3 PKG5 - SAVE 174) JANE PARKER 9 oz cake 49¢ Twin Rolls plas of 12 3/\$1.00 FLORIDA, TEMPLES, SWEET JUICY ORANGES SIZE 120 59¢

MEXICAN, FIRM, FRESH **Brussels Sprouts** 

CANADA No. 1 GRADE, TEXAS Cabbage LARGE, FIRM HEADS Ench 29¢ VARIOUS COLOURS FOR YOUR CHOICE

16 39¢

Each 79 4 **Potted Crocus** ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE

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# PORK LOIN QUARTERS CUT INTO

9 to 11 Chops In A Pkg

No Centre Slices Removed

Pork Loin Chops 16 \$1.38 Ground Pork FRESH IS \$1.08 Rib Portion COUNTRY STYLE 3 TO 3'2-18 CUT Spare Ribs

SUPER-RIGHT BRAND OR PRIDE OF CANADA, SUICED Side Bacon 1-1b vac pac 1.24 SUPER-RIGHT QUALITY, SWEET PICKLED CENTRE CUTS IS \$1.48

Back Bacon END CUTS IS \$1.38 SX BRAND, STORE PAC, BEEF & PORK Sausages SX BRAND, HOT OR SWEET Italian Sausage MAPLE LEAP, RANCH STYLE

Bologna BY THE PIECE IS 54¢ GOLDEN SKILLET, FROZEN Chicken Cutlets 15 \$1.08 SUPER-RIGHT QUALITY, SLICED Beef Liver SKINLESS IS 98¢

> COOKED, READY-TO-SERVE SHANK PORTION & BUTT PORTION 16 98¢ 16**88**≠ CENTRE CUTS OR STEAKS IN \$1.38

**PORK LOIN ROASTS** 7 BONE CUI (COUNT THEM)

**Tenderloin Portion** 

PRIDE OF CANADA, SLICED, 4 VARIETIES Cooked Meats 6-oz vac pac 42° PRIDE OF CANADA Wieners 16 88 g TOWN CLUB, AIND ON

Side Bacon END CUTS IS 78° PRIDE OF CANADA, SUCED Cooked Ham 6-02 vac pac 88 ¢ SHOPSY BRAND, OVEN ROASTING

Corned Beef lb \$1.59 MEQUAIDE BRAND, BEEF, CHICKEN, TOURTIERE Meat Pies 8-02 pkg 49 g OMSTEAD BRAND, FROZEN, DIAMOND Cooked Sole ь \$1.29

FRESH - 15 PIECES 3 Bresst Quarters
3 Leg Quarters
3 Wings, 3 Nocks |b |

CHISONS - FABRIC SOFTENER

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