



BEEF DAY WINNER

Frances McLean of Georgetown, received 25 silver dollars presented by Ron Lipsitt, Charlolais breeder-director of United Breeders Inc., at a recent beef day.

Frances earned the award by showing the calf with the highest scoring carcass at the Queens Guineas show, Royal Winter Fair. Her crossbred steer scored 81.17 for cutability. The breeding unit supplies federal government carcass appraisal tags to the 4H shows in its service area where the calves are sold for beef. The calves' owners then receive the results of the carcass appraisal as a practical lesson in relating live appearance to beef quality.

Women

THE HERALD, Wednesday, May 8, 1974

Lionettes Cater To Beer Garden

The Georgetown Lionettes April meeting was held at the home of Jerry Murphy, 57 Duncan Drive.

A report was given on the "Spring Fling" dance, held by the Lionettes in April, at the Legion, proceeds going to the senior citizens of Sargent Court. Arrangements are being made to present the cheque to the senior citizens. (The dance was a big success.)

In April the Lionettes presented a banner to the Leo Club of Georgetown. The Lionettes raised the money for this banner at their regular monthly meeting and enjoyed every minute of it.

Plans were also discussed for a catering at the Lions Beer Garden to be held June 1 at the Georgetown Arena.

The Lionettes have been busy making Lionette pins to be sold at the Lions Convention in May at Sudbury. This proved to be a very successful money raising project at last year's convention in Cornwall.

It was also reported by our treasurer, Lionette Kay Ledwith that more money has been sent to the "Contact Centre" in Georgetown in their support.

A nominating committee was formed to elect the new executive for the upcoming year with Julie Harlow being the chairman.

Lunch was served and the meeting was closed with the saying of the Lionettes prayer.

9 Students Enrolled At Red Cross Course

The nine students of Valerie Cunningham and Sylvia Peppers finished their twelve week Red Cross course on Wednesday night. The course, held every year, is designed to help people who look after bed ridden relatives or friends.

Every Wednesday night, since Feb. 13, at St. John's United Church the group met for two hours where they would be taught how to recognize illness and apply simple treatments. The group also received several speakers. Mary Lou and Neil Young, who are both pharmacists, gave lectures on medications. Mrs. Sandy Symmes, a physiotherapist, talked about general care for people in bed, especially concerning the movement of people who are bed-ridden.

First aid was discussed by Thomas Massena who is a member of the St. John's association, and Mrs. Milne gave a lecture on nutritious diets and low cost nutritious meals.

The students asked questions about diseases such as cancer and epilepsy, but Mrs. Cunningham stressed that the students were not taught to diagnose diseases, merely to observe them.

Mental attitude is also important, and the students were taught to pay equal attention to mental health and physical health.

Next Wednesday the students will be presented with their diplomas. The course will be run again next January.

Poultry Food Forum On Tap For Thursday

Halton 4H clubs held their annual seed judging competition at the agricultural office in Milton. Many boys who were helping with seeding were unable to attend, but the competition was extremely close fought in all three divisions, junior (12 and under), intermediate (13-14), and senior (15 and over).

The boys judged and gave reasons on hay, silage, oats and barley classes. They then identified some weeds and wrote a short quiz.

The winners were: junior, first, Richard Stanley; second, Scott Harris; and third, Tom Wilson. Intermediate, first, David Stanley; second, Doug McPhail; and third, Glenn McClure. Senior, first, Cecil Patterson; second, Carol Somerville; and third, Stephen Stanley.

The over-all winner was Cecil Patterson. Winners will receive prizes, supplied by the Halton Soil and Crop Improvement Association, at the 4H Awards Night in the fall.

HOMEMAKING

Ten of Halton's 4H Homemaking Clubs met May 4 for an Achievement Day. The program at the Ontario School for the Deaf, Milton, marked the completion of their recent project, "The Cereal Shelf".

The club members displayed the record books and recipe files they compiled, as well as a plate of their favorite muffins. Visitors and friends attended the afternoon session. A second

Lions Club Donates Car

Lions and their ladies had a party at the home of Lion chief Terry Peer and his wife, Sheila.

On Tuesday the Lions and their wives held their auction in the Credit Valley club. This was the night when each Lion and his wife had to bring some item to be auctioned or pay a fine of \$5.

Also on the same night, the Lions turned over to the VON a new car.

The Lions now have the word to go ahead with the renovations to the swimming pool subject to the approval of the final plans.

COMMUNITY LIBRARY

Library Love Stories Popular With Residents

The Eramosa Community Library offers its members a wide variety of books including cooking, gardening and even Charles Brown in French.

Only opened for three weeks, the new library which operates through a co-operative agreement between the Wellington County Board of Education and the Eramosa Township Council is becoming very popular with area residents, 113 have become members.

"Actually, we've only been open for six days," commented Reta McPhedran, chief librarian. "People have joined from Rockwood, Eden Mills and the surrounding countryside of Eramosa and we're very pleased with the results so far."

The library is open to the public between 4 p.m. and 9 p.m. Tuesdays and Thursdays and 9 a.m. and noon on Saturdays.

Mrs. McPhedran and her assistant, Georgina Kelso, work in the library located in the Rockwood Centennial public school, on Guelph Street.

"Our circulation is growing moderately but steadily," said Mrs. Kelso. "Fiction is the most popular type of book, especially suspense and mystery stories."

LOVE STORIES

She pointed out that "plain sentimental love stories" are also very popular reading. However, library members have requested all types of new books, including more non-fiction, sports, drama and trades.

"We have more than 9,000 books in the library," added

Mrs. McPhedran. "We have a wide assortment of cook books, gardening, handicrafts, and handyman type books in stock."

She explained that money remained in the budget to purchase books of the type which many of the people have requested.

However, one area that the librarians hope will improve concerns high school students using the facilities. They said that many books not available at the library may be borrowed from the university or the

library board.

"We have 10 sets of encyclopedias, including the 1973 edition of the World Book," explained Mrs. Kelso. "We're particularly strong in Canadian history and geography with a large section on European history and the sciences."

Filmstrips, records, tapes and education cassettes are also available at the library for use in the room.

The librarians are interested in having local service groups and church clubs come to the library to use its facilities. They

ask residents to phone the library at its new number, 856-4851.

"They say that a successful library has 20 per cent of the population as members," said Mrs. McPhedran. "Eramosa and Rockwood have 3,000 residents, so when we reach 600 members, it'll mean a lot to us."

DID YOU KNOW?

"Ye Olde Cheshire Cheese", on London's Fleet Street, was a tavern said to have been frequented by Samuel Johnson.

In Tribute To Mothers

Sir: Here is a little poem I thought up for Mother's Day. Perhaps you can use it, and thereby share it with others.

God's Gifts
God gave to some great courage,
To others, power and wealth.
To many He gave wisdom
And to most of us good health.

But to all the children,
Because they are so small,
He gave them each a mother,
The grandest gift of all.

Ross Giles,
Glen Williams

YOU CAN DEPEND ON US FOR GUARANTEED QUALITY!

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

SUPER-RIGHT CANADA GRADE "A" BEEF

BLADE BONE REMOVED (10% A LB LOWER THAN A YEAR AGO)

BLADE ROAST
SHORT RIB ROAST
SHOULDER ROAST

BONE IN, POT ROAST

lb **98¢**

EXCELLENT FOR BRAISING

BLADE STEAKS lb **\$1.08**

SUPER-RIGHT, CANADA GRADE "A" BEEF BONELESS SHOULDER CUTS

Stewing Beef lb **\$1.28**

Cross Rib Roast lb **1.28**

BONELESS BLADE ROAST
BONELESS SHORT RIB ROAST

lb **\$1.28**

FRESH - 15 PIECES

BOX-O-CHICKEN

3 Leg Quarters
3 Breast Quarters
3 Wings
3 Necks
3 Giblet Packages

lb **64¢**

Frozen Meat & Seafood!

GOLDEN SKILLET

Frozen Chicken Cutlets lb **98¢**

BLUE WATER, FROZEN, THIRTY PACK

Fish Sticks 32-oz pkg **\$2.19**

ENGLISH, FROZEN (5-LB BOX \$4.99)

Flounder Fillets lb **\$1.09**

PRICED 9% A LB LOWER THAN A YEAR AGO

SUPER-RIGHT BRAND, SLICED

Side Bacon 1-lb Vac Pac **89¢**

PRICED 5% A PKG LOWER THAN A YEAR AGO

PRIDE OF CANADA, SLICED, 5 VARIETIES

Cooked Meats 6-oz Vac Pac **39¢**

BURNS, STORE PACK

Beef & Pork Sausages lb **78¢**

PRICED 4% A LB LOWER THAN A YEAR AGO

5X BRAND, NIAGARA

Bologna BY THE PIECE lb **49¢**

PRIDE OF CANADA

Wieners 1-lb vac pac **78¢**

MAPLE LEAF, SLICED

Ham Cooked 6-oz vac pac **68¢**

TOWN CLUB, SWEET PICKLED, BONELESS, VAC PAC

Cottage Rolls lb **89¢**

WHERE ECONOMY ORIGINATES

CANADA No. 1 GRADE, TEXAS, LARGE FIRM HEADS

CABBAGE EACH **29¢**

CANADA No. 1 GRADE, SMALL, ONTARIO GROWN

Potatoes 10-LB BAG **\$1.29**

IMPORTED, WASHED, READY TO COOK

Spinach 3 10-oz cello pkgs **\$1.00**

Action Priced!

DETERGENT ACTION PRICED!

IVORY LIQUID

24-FL-OZ PLASTIC BOTTLE **59¢**

IN TOMATO SAUCE ACTION PRICED!

HEINZ SPAGHETTI 19-FL-OZ TIN **3/\$1.00**

MACARONI & CHEESE ACTION PRICED!

CATELLI DINNER 7 1/2-oz PKG **4/89¢**

BARBEQUE, HAMBURG, HOT DOG, SWEET ACTION PRICED!

HEINZ RELISH 12-FL-OZ JAR **3/\$1.00**

The A&P Consultant team is available to you for advice on any food or entertaining problem.

WRITE TO US FOR OUR BOOKLETS:

- So You're Shopping For Two
- Meal Planning and Shopping Guide For The Older Person
- Shopping To Save At A&P WEO
- Lunch For The Children

IDA BURNS & ASSOCIATES INC.,
1260 Lakeshore Road East
Mississauga, Ontario.

Fresh Baked Goods

Jane Parker Bread

SLICED, 40% OR 100% WHOLE WHEAT OR CRACKED WHEAT (BUY 3 LOAVES - SAVE 11¢)

3 24-OZ LOAVES **\$1.00**

JANE PARKER (SAVE 10¢)

Dutch Apple Pie full 8-inch pie **69¢**

JANE PARKER (SAVE 10¢)

Raisin Pie full 8-inch pie **75¢**

JANE PARKER (SAVE 10¢)

English Fruit Cake 1-lb 9-oz cake **59¢**

JANE PARKER (CHOCOLATE 13-oz cake 89¢) (SAVE 6¢)

Chiffon Cake Orange 13-oz cake **63¢**

JANE PARKER, JELLY TOPPED (SAVE 6¢)

Sweet Rolls pkg of 8 **59¢**

JANE PARKER, FROSTED (SAVE 4¢)

Ball Donuts pkg of 6 **53¢**

JANE PARKER (BUY 3 PKGS - SAVE 17¢)

Twin Rolls 3 pkgs of 12 **\$1.00**

JANE PARKER, 2 WHITE OR 1 WHITE & 1 WHEAT, "BROWN 'N SERVE" (SAVE 8¢)

Bread pkg of 2, 8-oz loaves **39¢**

Action Priced!

POWDERED

PUNCH DETERGENT

KING SIZE 5-LB BOX **\$1.79**

KRAFT, WHITE OR FRUIT FLAVOURED

MARSHMALLOWS 11-oz cello pkg **3/\$1.00**

POWDERED

ALL DETERGENT 4-lb 11-oz box **\$1.79**

8 O'CLOCK, 100% BRAZILIAN

INSTANT COFFEE 10-oz jar **\$1.69**

FRESHMINT OR SPEARMINT

MACLEANS TOOTHPASTE 100 ml tube **99¢**

Action Priced!

KRAFT, SMOOTH

PEANUT BUTTER

4-lb container **\$2.39**

CANADA No. 1 GRADE, CREAMED

BILLY BEE HONEY 16-oz jar **89¢**

Action Priced!

9 FLAVOURS

A&P FRUIT DRINKS

3 48-FL-OZ TINS **\$1.00**

FROZEN, PINK, WHITE, LIMEADE

MINUTE MAID LEMONADE 12-FL-OZ TINS **3/\$1.00**

PLASTIC

Handi Wrap 200 foot roll **69¢**

POWDERED

Perflex 2 Bleach 2 1/2-lb box **\$1.09**

SEASONED, WAX

Del Monte Beans 4 14-oz tins **\$1.00**

TOMATO

Heinz Ketchup 32-FL-OZ Btl **69¢**

PREPARED

Heinz Mustard 16-FL-OZ jar **33¢**

WONDERFIT, ASSORTED COLOURS, ONE SIZE FITS ALL

Panty Hose PKG **59¢**

HAPPY MOTHER'S DAY

From All Of Us At A&P WEO!

ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, MAY 11th, 1974.