

### Good Month For Zeta Phi

BY LESLIE ANN CIGLEN  
Kleinburg provided a beautiful setting for the Zeta Phi sisters and their families on Sunday, March 31. The visit was planned by Sue Minchin and Norma Tripp whose program topic was "The Connoisseur". The grounds, the gallery with its numerous paintings and art objects, and the family fellowship were all thoroughly enjoyed.

One of the early problems facing young parents is discipline. Program planners Lynda Tyrrell and Sigrid Robson, at a meeting on April 2, added a different twist by looking at discipline through the eyes of the children as well as adults.

The program title "Good" was explained in the opposite context by a film entitled "Cause Its Naughty". The narrator of this English film spoke to children aged four to eight years. The children were asked to listen to a story about other children who are involved in various acts of lying and breakage. The children were to choose which act was the most naughty and tell why they thought so.

The second part of the program was a questionnaire involving people's ideas on morality. The girls were asked who they felt was most guilty in a shoplifting accusation. After dividing into groups for discussion, they found it very difficult to place the blame on any one person involved.

Conversation continued over coffee and dessert provided by hostess Gail Webb and co-hostess Vivian Petermann and Norma Marshall.

April 16, the chapter was entertained by a Brampton chapter, Epsilon Omega at the home of Mrs. Chris Martin. All who attended were dressed to represent the title of a song, and many fulfilled moments were spent attempting to guess the various themes.

Prizes, games and punch were followed by a delicious hot buffet and a guitar-shaped cake in keeping with the theme of the evening.

The topic of discussion on April 23 is one that concerns everyone and primarily wives and mothers who are usually responsible for meeting the nutritional needs of their family.

Program planners Eleanor Cawley and Gail Well, both registered nurses chose to interpret the title "The True" as the truth about food. To help provide additional information they invited as their guest speaker, Mrs. Denise Malcolmson, who has studied nutrition at the University of Guelph.

She stressed that a balanced diet was assured by following the Canada Food Guide, but within this structure meals can be more nutritious by adding ingredients such as wheat germ and non-instant powdered milk to our recipes and by choosing the proper method of cooking various foods in order to retain as many vitamins as possible. Sheets were distributed which categorized the various vitamins, what food they were found in and what were the deficiency signs. In addition a book containing nutritious recipes for meals was available.

The hostess Anne Powell and co-hostesses Diane Ails and Ann Kennedy included in their desserts, a cake to honor the executive for a past job well done.

### Birthday For Zeta Alpha May 21

The April 10 meeting of Zeta Alpha chapter of Beta Sigma Phi, was held at the home of Ruth Woodward.

After a short business meeting, the girls entertained Eta Chi, a new Bramalea chapter. A hot lunch dinner was served, after which games of court whist were played.

April 18 Zeta Alpha, as guests of Brampton's Delta Xi chapter attended a demonstration in water colors by artist, Jack Reid. Prior to the show, the girls browsed through the Gustafson Art Gallery where some of Mr. Reid's works were also displayed.

Refreshments were served at the gallery and everyone enjoyed themselves.

April 23 a meeting was held at the home of Joan Perkins. Installation of the new executive was made.

After the business meeting, Carol Pennylegion presented her program, "The Good."

During coffee, Mr. Morris of the Georgetown and District Memorial Hospital, accepted a cheque in the amount of \$135. This money was made at a recent bring and buy sale. Mr. Morris thanked the girls, talked about the hospital, and answered questions from the group. Co-hostesses for the evening were Ann Devereux and Jeri Stoddart.

The girls attended the Founder's Day dinner and dance at the Brampton Golf and Country Club April 28.

May 7, the meeting was held at the home of Ann Devereux. Invited guests for the evening were Sharon Thorn and Carol Ann Williams.

Plans were finalized for the chapter's birthday party to be held May 21.

Joan Perkins presented her program on "The True" and refreshments were served by the hostess and co-hostesses Jeri Stoddart and Joan Perkins.

## 8 O'CLOCK COFFEE

100% BRAZILIAN 1-lb. 85¢ SAVE 20¢

3-lb. \$2.47 Save 62¢

With Coupon Below

Action Priced!

PEPSI-COLA

REGULAR OR DIET



CASE OF 24  
10-FL-OZ  
ZIP TOP TINS

\$2.99



WEO

WHERE ECONOMY ORIGINATES

# No finer meat sold anywhere!

Priced 7¢ a lb Lower Than A Year Ago!

CANADA GRADE "A", EVISCERATED, FROZEN, VAC PAC, YOUNG

TURKEYS

6 to 12-lbs  
Average lb

57¢

Priced 4¢ lb lower than a year ago!

Smoked, Cooked, Ready-To-Serve

HAMS

Shank Portion lb

69¢

Shank Half No Centre Slices Removed or Butt Portion lb 79¢  
Centre Cuts or Steaks PRICED 10¢ LB LOWER THAN A YEAR AGO! lb \$1.08

FRESH for FLAVOUR!

CANADA NO. 1 GRADE, FLORIDA, FIRM, RIPE

TOMATOES

14-OZ CELLO PKG

49¢

FLORIDA, FRESH, TENDER

Green Beans

lb 39¢

SOUTH AFRICAN BARINKA

Grapes

lb 79¢

GREAT ON A GRILL!

Blade Steaks

lb \$1.08

GREAT ON A GRILL!

Cross Rib Steaks

lb \$1.28

9¢ A LB LOWER THAN A YEAR AGO!

TOWN CLUB, SWEET PICKLED, BONELESS

Cottage Rolls

Vac Pac 89¢/lb

TOWN CLUB, SMOKED, COOKED, PICNIC STYLE

Pork Shoulders

lb 74¢

SHOPPY, COLE SLAW OR

Potato Salad

24-oz carton 68¢

BURNS, STORE PACK

Beef & Pork Sausages

lb 78¢

SUPER-RIGHT, SUICED 9¢ A LB LOWER THAN A YEAR AGO!

Side Bacon

1-lb Vac Pac 89¢

SUPER-RIGHT, CANADA GRADE "A" BEEF

Boneless Blade or \$1.28

Short Rib Roast lb

1.28

GOLDEN SKILLET, FROZEN, COOKED

Chicken Legs or Breasts

lb \$1.28

TOWN CLUB, STORE PACK

Frozen Beef Steakettes

lb 88¢

RUPERT, BOSTON

Frozen Bluefish Fillets

16-oz pkg 95¢

RUPERT, HOMESTYLE

Frozen Fish Cakes

12-oz pkg 59¢

Essex Week at A&P WEO!

GREAT ON A GRILL!

SX Wieners

1-lb Vac Pac 78¢

HOT OR SWEET 9¢ A LB LOWER THAN A YEAR AGO!

SX Italian Sausage

lb 89¢

NIAGARA COIL 14¢ A LB LOWER THAN A YEAR AGO!

SX Polish Sausage

lb 89¢

VISKING

SX Bologna By The Piece

lb 49¢

SLICED, MACARONI & CHEESE, MOCK CHICKEN, YOUR CHOICE!

SX Cooked Meats

16-oz Vac Pac 98¢

SICED

SX Side Bacon

1-lb Vac Pac 98¢



Serve These Fine Quality Jane Parker Baked Goods and Save!

JANE PARKER

BREAD Vienna 24-oz or 3 LOAVES \$1.00  
Pumpernickel 16-oz

JANE PARKER

Lemon Meringue Pie Full 8-inch pie 69¢ (SAVE 10¢)

JANE PARKER

Cherry Pie Full 8-inch pie 79¢ (SAVE 10¢)

JANE PARKER (SPICY, RAISIN RICH)

Spanish Bar Cake 19-oz cake 59¢ (SAVE 10¢)

JANE PARKER, GOLD OR MARBLE

Crescent Pound Cake 69¢ (SAVE 6¢)

JANE PARKER, PINEAPPLE TOPPED

Sweet Rolls pkg of 8 59¢

JANE PARKER, DANISH

Lemon Whirls pkg of 6 79¢ (SAVE 10¢)

JANE PARKER, PLAIN OR SUGARED

Family Donuts pkg of 12 59¢ (SAVE 6¢)

JANE PARKER

Snowflake Rolls 3 pkgs of 12 \$1.00 (BUY 3 PKGS - SAVE 17¢)

JANE PARKER, "BROWN 'N SERVE"

French Stix 12 oz pkg of 2 loaves 39¢ (SAVE 8¢)

PLAIN OR WHEAT-PLAIN, POPPY SEED, SESAME SEED (SAVE 8¢)

Twin Rolls pkg of 12 French Rolls pkg of 10 Pkg 39¢

Action Priced!

WALKER'S

CHOCOLATE CHIP COOKIES

16-OZ PKG 59¢

DISPOSABLE, REGULAR

BabyScott Diapers pkg of 30 \$1.49

PURE

Fluffo Shortening 1-lb pkg 59¢

Action Priced!

S. D. SMITH, PURE PINEAPPLE JAM, GRAPE OR MINT JELLY, LEMON SPREAD

JAMS and JELLIES

3 9-FL-OZ JARS \$1.00

HOSTESS (PREPRICED 69¢)

Potato Chips 6.5-oz pkg 59¢

POWDER

Sunlight DETERGENT giant 42-oz box 97¢

Action Priced!

6 VARIETIES INCLUDING HOT DOG

BICK'S RELISHES 12-oz jar 39¢

A&P BRAND

CHARCOAL BRIQUETS 10-lb bag 79¢

A Great Buy for the HOME or COTTAGE



CHECK THIS LOW PRICE!

4-PIECE PLACE SETTING ONLY \$1.99

Action Priced!

WHITE OR ASSORTED COLOURS

KLEENEX TOWELS pkg of 2 rolls 69¢

SORDEN'S, PURE (FROM CONCENTRATE)

ORANGE JUICE 40-oz carton 39¢

LIBBY'S

Alpha-Getti 4 14-oz flns \$1.00

HARRY HORNES

B.B.Q. Sauce 25-oz jar 95¢

GREEN, LAVENDER, PINK, WHITE, YELLOW

Kleenex Facial Tissue Box of 200 2 ply sheets 45¢

OPEN WED., THURS., FRI.  
8:30 a.m. to 9 p.m.  
SATURDAY 8:30 a.m. to 6 p.m.  
CLOSED  
MONDAY, MAY 20th

WITH THIS COUPON

100% BRAZILIAN ACTION PRICED!

8 O'Clock Bean Coffee

1-lb bag 85¢

VALID UNTIL SATURDAY, MAY 18th, 1974.



WITH THIS COUPON

100% BRAZILIAN ACTION PRICED!

8 O'Clock Bean Coffee

3-lb bag \$2.47

VALID UNTIL SATURDAY, MAY 18th, 1974.



Action Priced!

Delsey Tissue

BLUE, GREEN, PINK, WHITE, YELLOW

PKG OF 2 ROLLS

39¢



ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, MAY 18th, 1974. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.