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.

Conversion continued over coffee and dessert provided by hostess Gail Webb and cohostess 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 funfilled 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

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 Eleanour 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

She stressed that a balanced dlet 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 Alls and Ann Kennedy included in their desserts, a cake to honor the executive for a past job well

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 pot luck dinner was served, after which games of court whist were played.

April 16 Zeta Alpha, as guests of Brampton's Delta Xi chapter attended a demonstration in water colors by artist, Jack Reld. Prior to the show, the girls browsed through the Gustafsson 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 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 26.

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.

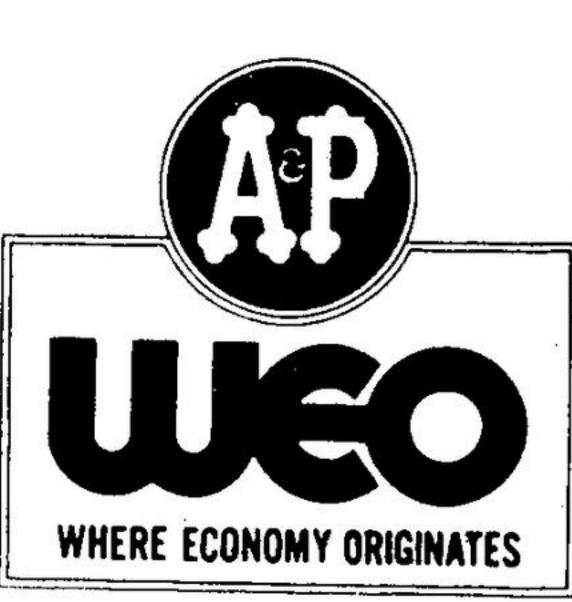
80'CLOCK COFFEE

100% BRAZILIAN 1-16. 85°

Save 62°

With Coupon Below





O No finer meat sold anywhere! O

Priced 7' a lb Lower Than A Year Ago!

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

12-lbs Average

Priced 4f lb lower than a year ago! Smoked, Cooked, Ready-To-Serve

Slices Removed or Butt Portion 579¢ Centre Cuts or Steaks PRICED IN LB LOWER THAN A YEAR AGO!

Shank

Portion

CANADA NO. 1 GRADE, FLORIDA, FIRM RIPE

TOMATOES

CELLO PKG

FLORIDA, FRESH, TENDER

Green Beans SOUTH AFRICAN BARLINKA 16 39¢

Grapes

16 79¢

GREAT ON A GRILLI Blade Steaks 16 \$1.08

GREAT ON A GRILLI Cross Rib Steaks

9c A IB LOWER THAN A YEAR AGO!

TOWN CLUB, SWEET PICKLED, BONELESS Vac Pac 89¢h Cottage Rolls TOWN CLUB, SMOXED, COOKED, PICNIC STYLE Pork Shoulders

SHOPSY, COLE SLAW OR Potato Salad 24-oz carton 68¢

BURNS, STORE PACK Beef & Pork Sausages № 78¢

SUPER-RIGHT, SUCED TO A LE LOWER THAN A YEAR AGO! Side Bacon 1-lb Vac Pac 89¢ SUPER-RIGHT, CANADA GRADE "A" BEEF

Boneless Blade or \$7 28 Short Rib Roast ACTION

B\$1.28 Chicken Legs or Breasts GREAT ON A GRILLI Frozen Beef Steakettes 16 88¢

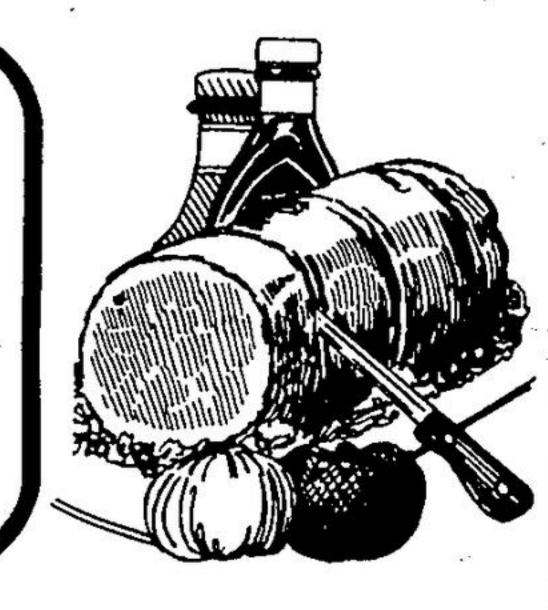
Frozen Bluefish Fillets Frozen Fish Cakes

Essex Week at A&P WEO!

SX Polish Sausage SX Bologna By The Piece 1649#

SLICED, MACARONI & CHEESE, MOCK CHICKEN, 16-oz pkg 95¢ SX Cooked Meats 16-oz Vac Pac 98 /

12-oz pkg 59¢ SX Side Bacon 1-lb Vac Pac 98¢





JANE PARKER

JANE PARKER

Cherry Pie

JANE PARKER (SPICY, RAISIN RICH)

JAME PARKER, GOLD OR MARBLE

JANE PARKER, PINEAPPLE TOPPED

Sweet Rolls

WALKER'S CHOCOLATE **COOKIES** CHIP

BabyScott Diapers pkg of 30 \$1.49

(BUY 3 LOAVES - SAVE 17c)

pkg of 6 79¢

pkg of 12 59¢

(BUY 3 PKQS - SAVE 17c)

Fluffo Shortening

Serve These Fine Quality Jane Parker Baked Goods and Save!

Vienna 24-oz or

Full 8-inch pie 79¢

15-OZ CAKE

Pumpernickel 16-oz

JANE PARKER, DANISH

100% BRAZILIAN

Lemon Whirls

JANE PARKER, PLAIN OR SUGARED

Family Donuts

JANE PARKER, "BROWN "N SERVE"

Action Priced!

E. D. SMITH, PURE PINEAPPLE JAM,

IPREPRICED 49cl Potato Chips

6.5-oz pkg 59¢

(FROM CONCENTRATE)

4 14-ff-oz tins \$1.00

(16-FL-OZ JAR 69c)

25-Il-oz jar 95¢

سحب

1-lb pkg 59¢ Sunlight DETERGENT giant 42-oz box 97¢

WHITE OR ASSORTED COLOURS

KLEENEX

BORDEN'S, PURE

JUICE

HARRY HORNES

ORANGE

Alpha-Getti

B.B.Q. Sauce

GREEN, LAVENDER, PINK, WHITE, YELLOW

Action Priced!

Action Priced!

& VARIETIES INCLUDING NOT DOG

A Great Buy for the HOME or COTTAGE



CHECK THIS LOW PRICE! 4-PIECE SETTING

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

Crescent Pound Cake

Lemon Meringue Pie Full 8-inch pie 69¢

Spanish Bar Cake 19.02 cake 59¢

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

69¢ French Stix 12 oz pkg of 2 loaves 39g PLAIN OR WHEAT-PLAIN, POPPY SEED, SESAME SEED (SAVE B) pkg of 8 59¢ Twin Rolls pkg of 12 French Rolls pkg of 10 Pkg 39#

8 O'Clock Bean Coffee

VALID UNTIL SATURDAY, MAY 18th, 1974.

Snowflake Rolls 3 pkgs of 12 \$1.00

Kleenex Facial Tissue 2 ply sheets 45 /

SAVE

8 O'Clock Bean Coffee

SAVE 62

Action Priced! BLUE, GREEN, PINK, WHITE, YELLOW PKG OF 2 ROLLS

