

# Country Farm Pork!

Pork Loin Quarters Cut into

## PORK CHOPS

- 10 Chops in a pkg
- 2 Loin End Chops
- 2 Rib Chops
- 6 Centre Cut Chops

lb **1.38**

- Fresh **GROUND PORK** lb 1.08
- A&P Brand, Sliced **SIDE BACON** 1-lb Vac Pac 1.68
- Previously Frozen, Sliced **PORK LIVER** lb 39¢
- Burns **BEEF & PORK Sausages** lb 89¢
- Burns — Hot or Sweet **SAUSAGE Italian Style** lb 89¢
- Maple Leaf **BREAKFAST Slices** 1-lb Vac Pac 1.09
- Maple Leaf — Sliced, 4 Varieties **COOKED MEATS** 12-oz Vac Pac 89¢

Pride of Canada  
**WIENERS**  
1-lb Vac Pac **79¢**

Town Club — Sweet Pickled, Boneless  
**COTTAGE ROLLS**  
Vac Pac lb **1.19**

**PORK LOIN ROASTS**  
Rib Portion lb **1.18**  
Tenderloin Portion 3 to 3½-lb Cut lb **1.28**  
Rib Half Loin

Country Style **SPARE RIBS**  
lb **1.48**

### McCall's Greatest Recipe Card Collection

recipe card case

**FREE!**

when you buy set no. 1 for \$1.00

Over 600 mouth-watering dishes. One of the finest cooking collections ever assembled. All cards are plastic coated and easy to clean.

**ON SALE THIS WEEK Set 5 only \$1**  
Plus free bonus: Divider Cards and Index Booklet.

### Frozen Meat & Seafood!

- Highliner — Frozen, Boston (5-lb box 4.19) **BLUE FISH FILLETS** lb 85¢
- Tailfeer — Frozen **TOURTIERE PIES** 16-oz pie 1.19

Action Priced  
Assorted Varieties  
**PRIMO SPAGHETTI**  
2-lb pkg **49¢**

- All Flavours, Carton of 6 — 10-fl-oz btl. Action Priced **Cott's Beverages** 89¢
- (Plus 10¢ per bit deposit)
- MILD OR MEXICAN ACTION PRICED **Mary Miles Chili** 15-fl-oz tin 39¢
- PARAMOUNT **Sockeye Salmon** 7¼-oz tin 1.29
- TOMATO ACTION PRICED **Heinz Ketchup** 32-fl-oz btl 99¢
- BEEF, IRISH, TURKEY-CHICKEN ACTION PRICED **Clark Stews** 24-fl-oz tin 89¢
- CHOICE, PEELED ROUND PALANCA **Tomatoes** 28-fl-oz tin 2 for 89¢

Action Priced  
Cola, Orange, Gingerale, Root Beer  
**CARLTON CLUB BEVERAGES**  
Case of 24 10-fl-oz tins **259**

Action Priced  
Rio  
**PIECES & STEMS MUSHROOMS**  
10-fl-oz tin **59¢**

Action Priced  
No. 1 Grade, Liquid  
**BILLY BEE HONEY**  
2-lb jar **1.49**

Action Priced  
Assorted Varieties  
**COLONIAL COOKIES**  
1-lb tin tie bag **87¢**



No. 1 Grade, Ontario, Fresh Daily  
**POTATOES** 10-lb bag **55¢**  
Canada Fancy, Ontario, Fresh Daily  
**APPLES McIntosh** 3-lb cello bag **89¢**

NO. 1 GRADE, ONTARIO, FRESH DAILY **CARROTS** 2-lb cello bag 33¢  
NO. 1 GRADE, IMPORTED, NEW CROP **CUCUMBERS** 2 for 39¢  
NO. 1 GRADE, IMPORTED, SPANISH TYPE **ONIONS** pkg of 3 79¢  
FULL OF BLOOMS **REIGER Begonia** 4-INCH POT 1.69

## Pollution Probe attacks packaging

Georgetown Pollution Probe has joined 40 other members of the Ontario Garbage Coalition to protest the waste of energy, materials, consumer dollars and disposal costs of over-packaging.

Called Boomerang, the campaign advises what people can do to combat over-packaging. "We're urging people to boomerang packaging garbage right back to its source, addressed to the company president, 'personal and confidential'," says JoAnn Opperman of Toronto Pollution Probe.

"If irritated environmentalists adopt boomerang as a habit and get it going on a mass scale, then corporations will have to respond with less packaging instead of using the excuse that consumers want all the layers," Mrs. Opperman says.

"We can't wait around for legislative bans on over-packaging and recycling is not the answer. We need a reduction in the generation of packaging and an end to disposability in this society."

Pollution Probe states that packaging material accounts for 43 percent of domestic solid waste.

"It's an assault on the environment, burdening the corporate and consumer wallets," says Mrs. Opperman. "You pay for it twice at the point of purchase and when it's disposed."

The packaging objected to are boxes around tubes, bottles and cans, cardboard backing and plastic bubbles over cosmetic, drug, household hardware and stationery supplies, plastic or paper trays and coverings in vegetables, bubble, pilfer-proof and blister packages.

Packaging has some legitimate functions, admits Probe, but has mushroomed because packages do the selling job of the storekeeper in fast, self-serve merchandising leading to obscenities such as "Leggs Pantihose" and "Pringles Potato Chips."

Overpackaging peaks with single-serving convenience items such as canned pudding and TV dinners. Mrs. Opperman says, "We don't want people to boomerang items like these. They should boycott instead." Probe advises citizens not to send glass packages in the mail. It also recommends that people switch from large, self-serve chain stores to food co-ops, farmers markets, corner hardware stores and warehouse outlets where people can leave behind most of the overpackaging.

If you would like an information sheet on packaging history, problems and solutions, write to Pollution Probe, P.O. Box 112, Port Hope, Ontario.

## Library film festival a 'success'

The Canadian Annual Film Series has been a success this year with a record crowd attending the film "Lies My Father Told Me."

"Each week we've had a good turn-out," audio-visual technician Jeannette Thompson said. "Compared to what we had last year, it's been marvellous."

For the first film "Volcano: The Life and Death of Malcolm Lowery" there were eleven people present. By the third week, 37 people attended "Lies My Father Told Me." The Canadian Film Series runs for four weeks each fall, with each evening consisting of one feature film and one short film.

Mrs. Thompson said the advantage of showing the films at the Acton branch of the public library is the meeting room at the library where films can be shown. When the series was held in Georgetown, it was necessary to rent a hall to show the films in.

The kind of people who come to see the film varies from young marrieds to retired couples. For "La Tendresse Ordinaire" a French film with English subtitles, some teenagers joined the audience.

The film librarians from each library in the region get together each year and discuss the films they would like to bring in. A certain amount depends on what films are available, but the films are not instructional in nature.

"We feel Canadian films are not given the same kind of publicity as is given to films from other countries," Mrs. Thompson said.