



# Sale!



**SAVE 36¢**  
"In Syrup Pack"  
Crushed, Sliced or Tidbits  
**DOLE PINEAPPLE**  
19-fl-oz tin  
**69¢**  
(Our Regular Price 1.05)

**SAVE 60¢**  
Heinz, Fancy  
**TOMATO JUICE**  
48-fl-oz tin  
**79¢**  
(Our Regular Price 1.39)

Regular Evaporated  
**CARNATION MILK** 160 ml tin  
**3 for 89¢**

Uncle Ben's, Traditional, Country or Southern  
**STUFF 'N SUCH** 170 g pkg  
**89¢**

## TRUCKLOAD OF TURKEYS SALE!

One Price — All weights — No confusion at A&P!

**SAVE 30¢ lb OR up to 7.20 PER TURKEY**  
Grade "A", Frozen,  
Maple Leaf Miracle Baste, A&P Self-Basting or Swift Deep-Basted  
**BUTTERBALL TURKEYS**  
6 to 24 pound average **lb 1.29**  
(Our Regular Price 1.59 lb)  
Jane Parker, Specially Prepared loaf  
**Stuffing Bread** 24 oz loaf **87¢**

**LESS THAN 1/2 PRICE!** Maple Leaf, Ideal for Slicing & Frying or Turkey Stuffing  
**SAUSAGE MEAT** 500 g roll **99¢**  
(Our Regular Price 2.29 — SAVE 1.30)

Christies  
**WHEATSWORTH CRACKERS** 300 g pkg **99¢**

You'll do better with  
**FREEZED FOODS** from A&P!

**PRESTONE II ANTI-FREEZE** 4 litre plastic container **7.99**

Old South, Frozen, Concentrated, 100% Florida  
**GRAPEFRUIT OR ORANGE JUICE** 12.5-fl-oz tin **1.09**

NABISCO CEREAL  
**Shreddies** 675 g pkg **1.59**

J.B., FROZEN, CONCENTRATED, SWEET  
**Apple Cider** 12.5-fl-oz tin **89¢**

E. D. SMITHS  
**Pumpkin Pie Filler** 99¢

FROZEN, DELUXE 540 g OR PEPPERONI 510 g  
**Totino Pizzas** 12" pie **1.89**

RED KIDNEY OR DEEP BROWNED WITH PORK  
**Libby's Beans** 28-fl-oz tin **1.09**

FROZEN, ARCTIC GARDENS, ASSORTED VARIETIES 10-oz PKG  
**Stir Fry Vegetables** **1.19**

LONG GRAIN & WILD OR BROWN & WILD 142 g PKG  
**Uncle Ben's Rice** **1.49**

SCHNEIDERS, FROZEN, 1/4-IB PLUS  
**Beef Burgers** 500 g pkg **1.79**

POST CEREAL (HONEYCOMB 275 g PKG 1.39)  
**Sugar Crisp** 250 g pkg **1.19**

HIGH LIFER, FROZEN  
**Sole In Batter** 14-oz pkg **2.29**

8 Varieties Including Cream Style or Whole Kernel (12-fl-oz) Niblets Corn  
**GREEN GIANT VEGETABLES** 14-fl-oz tins  
**2.99¢**  
BUY 2 SAVE up to 47¢  
(Our Regular Price up to 73¢ each)

Ocean Spray, Whole Berry or Jellied  
**CRANBERRY SAUCE** 14-fl-oz tin  
**79¢**  
SAVE 36¢  
(Our Regular Price 1.15)

Spaghetti, Alpha-getti, Zoodles, In Tomato Sauce  
**LIBBY'S PASTAS** 14-fl-oz tin **59¢**



HOTTEST, ASSORTED VARIETIES  
**Potato Chips** 200 g pkg **1.19**

Collect a Complete Set  
**Hand Painted Dinnerware**  
FEATURE OF THE WEEK  
**"SALAD PLATE"** only **99¢**  
with each \$3.00 purchase

NO. 1 GRADE, LIQUID 1 kg FREEZER JAR  
**Beemaid Honey** **3.19**

MCCORMICKS, WHOLE WHEAT — SUNWHEAT, CHOCOLATE, DIGESTIVE, SHORTCAKE  
**Biscuits** 400 g tin/lb bag **1.59**

(Our Regular Price 69¢) (Plus Bottle Deposit)  
**750 ml BOTTLE COCA-COLA** **49¢**  
SAVE 20¢

Plain or Flavours  
**GAY LEA YOGURT** 500 g carton **99¢**  
SAVE 46¢  
(Our Regular Price 1.48)

**SAVE 70¢ lb** *The Butcher Shop* **SAVE UP TO 70¢ lb**  
with Supermarket prices  
Cut from Canada's Finest Grade "A" Beef  
**BONELESS BEEF ROASTS**  
Outside Cut, Eye Removed Round Roast **lb 2.59**  
(Our Regular Price 3.29 lb)  
Rump, Sirloin Tip, Inside Cut Round Roast **lb 2.79**  
(Our Reg. Price up to 3.49 lb)

FRESH, LEAN **Ground Beef** lb **1.99**  
INSIDE CUT **Round Steak** lb **2.79**  
TENDERIZED **Cube Steak** lb **3.29**  
SCHNEIDERS, REGULAR OR ALL MEAT **Wieners** 1-lb vac pac **1.99**

**GRADE "A" EVISCERATED VAC PAC — FROZEN**  
**TURKEYS** ONE PRICE, ALL WEIGHTS NO CONFUSION AT A & P **lb 1.19**  
SUPER BUY

Boneless Dinner Hams lb 2.99  
Swift Premium, Vac Pac Quarters lb 2.89  
**SUGAR PLUM HAMS** Halves **2.79**

WHOLE HAMS lb 4.19  
SCHNEIDERS, VAC PAC — OADR-FASHIONED  
**Hams** Halves lb **4.39**

SWIFT PREMIUM, SLICED  
**Bologna** 375 g vac pac **1.49**

A&P, REGULAR OR THICK SLICED 500 g VAC PAC  
**Side Bacon** **2.19**

**In stores with Deli Shop!**  
CANADA PACKERS, YOUR CHOICE, 5 VARIETIES  
**Cold Cuts** lb **1.99**

CANADA PACKERS, FINE, COARSE OR CREAM  
**Liverwurst** lb **1.89**

## Cross country results

Continued from page 1

They, in turn were followed by Heather McLaren in eighth position, Robin Dodokin in 15th, Tanya Sherrard (who is really a junior) in 20th, and Heather Reed in 22nd spot.

Behind Ferguson and Hopkins' 1-2 finish in the midjet boys victory came George Howie, sixth, Dan Gallagher, 10th, Glenn Edwards, 26th, Mike Wood, 30th, Bob Lovegrove in 32nd spot, Glen Farrow in 41st, Kevin Peaker, 68th, John Hazi, 110th, Scott Pundack, 140th, and Drew Fisher coming in 184th.

**WATTS 11th**  
First year junior Paul Watts placed a strong 11th in the junior boys event behind Branch's eighth.

They were followed by Dave Banks in 36th, Devin Baines, 52nd, Doug Gillespie, 88th, Malcolm MacLeod, and Dan Stewart, finishing 186th.

In the senior boys race, Jim McIntyre ran to a tenth place finish following teammate Smith's second.

Behind them came Dave Griffiths, 24th, Scott Harris, 26th, Glenn Britton, 36th, Dalton Newcombe, 63rd, and Brad Ferguson in 98th position.

## Golden Agers bowling

High Single Flat: Anne Nicholson 255, Una Wheeler 198, George Burt 185, Syd Marder 254.

High Single with Handicap: Una Wheeler 270, Abbey Haley 264, George Burt 230, Jim Wilson 277.

High Triple Flat: Anne Nicholson 627, Una Wheeler 537, Syd Marder 667, George Burt 668.

High Triple with Handicap: Una Wheeler 753, Abbey Haley 713, Bert Archer 706, George Burt 703.

**TEAMSTANDINGS**

747's	19
Will Bees	19
Rolling Stones	12
Blue Jays	12
Atom Bombers	12
Anne's Girls	11
Dynamiters	11
Shining Penny	9
Corner Pins	10
Go-Go's	8 1/2
Whirl Winds	6
Strikers	5
Eager Beavers	4 1/2

## Ski swap

**SKI SWAP**  
The Canadian Ski Patrol System's annual Ski Swap will be held October 8-12, at the International Centre, Airport Road in Toronto, during the hours of the Ski World Show.

The Ski Swap features new and used ski equipment - skis, boots and poles for both alpine and nordic skiing. You can register your own used equipment for sale, on October 8 and 9 at a cost of only \$1.00 per item, plus 15 per cent commission on the item as it is sold.

All proceeds from the ski swap are used to help defray operating costs of the Canadian Ski Patrol System's volunteer first aid program.

Come to the ski swap, find fantastic bargains, and help support the Canadian ski Patrol. International Centre, Airport Road, October 8-12.

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