

May is Hearing Awareness Month—Communication—Think about it!

BUYS

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WE CELEBRATE MOTHER'S WEEK**
with great buys in every department. Savings that will make your
food budget go further than ever.
YOUR MOTHER'S DAY GIFT FROM A&P!



SAVE 1.75

PLUS BOTTLE DEPOSIT
**Tab Cola, Sprite
or Coca-Cola**
6 PACK OF 750 mL BTLs

2.39

OUR REGULAR PRICE 4.14



SAVE .40

MAPLE LEAF
**Tenderflake
Lard**
1 LB PKG

.69

OUR REGULAR PRICE 1.09



SAVE 1.40

INSTANT COFFEE
**Maxwell
House**
10 OZ JAR

4.99

OUR REGULAR PRICE 6.39



SAVE 1.50

POWDERED
**ABC
Detergent**
6 LITRE BOX

2.69

OUR REGULAR PRICE 4.19

SAVE 1.32/kg—.60 lb

2 TO 3 LB AVERAGE
**Fresh Grade "A"
Chickens** Limit 4 per family purchase
OUR REGULAR PRICE 3.28/kg—1.49 lb

1.96 / kg **.89 / lb**

SAVE 1.32/kg—.60 lb

QUARTERS WITH BACKS ATTACHED
Fresh Chicken Legs

2.18 / kg **.99 / lb**

OUR REGULAR PRICE 3.50/kg—1.59 lb

SAVE 1.10/kg—.50 lb

QUARTERS WITH BACKS & WINGS ATTACHED
Fresh Chicken Breasts

2.40 / kg **1.09 / lb**

OUR REGULAR PRICE 3.50/kg—1.59 LB

SAVE 2.65/kg—1.20 lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF
Boneless Roasts

5.71 / kg **2.59 / lb**

OUR REG. PRICE 8.36/kg—3.79 lb

Outside Cut, Eye Removed, Round Roast

Fresh Lean Ground Beef **4.39 / kg** **1.99 / lb**

CUT UP, TRAY PACK
Stewing Chickens **1.74 / kg** **.79 / lb**

TENDERIZED
Cube Steak **7.47 / kg** **3.39 / lb**

NEW ZEALAND, SPRONG, WHOLE OR BUTT END 5.05kg—2.29 lb
Lamb Legs **5.49 / kg** **2.49 / lb**

TOWN CLUB, SWEET PICKLED
Cottage Rolls **4.17 / kg** **1.89 / lb**

MAPLE LEAF, READY-TO-SERVE, SMOKED, PICNIC STYLE
Pork Shoulders **3.73 / kg** **1.69 / lb**

CUT FROM CANADA'S FINEST GRADE "A" BEEF

Boneless Round Steak **6.59 / kg** **2.99 / lb**

Full Slice

Headcheese **4.39 / kg** **1.99 / lb**

MAPLE LEAF

Sausage **3.51 / kg** **1.59 / lb**

MARY MILES, HOT OR SWEET, "ITALIAN STYLE"

Sausages **3.28 / kg** **1.49 / lb**

SWIFT BROOKFIELD, PURE PORK

Side Bacon **5.00 / kg** **2.19 / lb**

TOWN CLUB OR A&P, REGULAR OR THICK SLICED

Wieners **1.10 / kg** **.59 / lb**

MAPLE LEAF, REGULAR OR ALL BEEF

Sausages **5.00 / kg** **1.99 / lb**

MAPLE LEAF, GOLDEN FRY OR SKINLESS

RUMP, INSIDE CUT ROUND OR SIRLOIN TIP

Boneless Roasts **6.15 / kg** **2.79 / lb**

SAVE 2.43/kg-1.10 LB—OUR REG. PRICE 8.58/kg-3.89 lb

MAPLE LEAF, SLICED, 6 VARIETIES (OUR REGULAR PRICE UP TO 2.49)

Cooked Meats **1.59 / kg** **.79 / lb**

SAVE UP TO .90

MAPLE LEAF

Sliced Cooked Ham **1.49 / kg** **.79 / lb**

MAPLE LEAF

English Style Bacon **1.99 / kg** **.99 / lb**

MAPLE LEAF

Cold Cuts **.44 / 100g** **1.99 / lb**

CANADA PACKERS, MAC & CHEESE, DUTCH OR CHICKEN LOAF

A&P

WITH THIS COUPON
FROZEN, CONC. WHITE OR PINK GRAPEFRUIT OR ORANGE
Minute Maid Juices **.89**

12.5 fl oz tin

Limit one per family. Valid until May 8th, 1982.
Feature price 1.09 without coupon. V.C.

CLIP THIS VALUABLE COUPON AND SAVE!

A&P ASSY FLAVOURS
Jelly Powders **3.00 / 3 oz pkg**

A&P ORANGE FLAVOR
Sunmix Crystals **1.19 / 8.5 oz pkg of 2 oz**

FARMERS, BRICK, COLBY, MOZZARELLA
Schneiders Cheese **1.69 / 250 g pkg**

CHEFMASTER, CORN OIL
Margarine **.89 / 1 lb tub**

CHAMPION CHOCOLATE CHIP, PANDA, RIO
Dare Cookies **1.29 / 400 g box**

BUY 3—SAVE .28

STRAINED MEATLESS VAR. OF FOODS & JUICES
Heinz Baby Foods **.89**

3 4.75 fl oz jar

OUR REGULAR PRICE .39 EACH



Penman's student-teacher v-ball classic

By HARALD BRANSCH
Herald Correspondent

The first annual Penman's East-Halton all-star volleyball classic proved to be excellent, top quality entertainment for 250 spectators as they witnessed a virtual draw between the coaches and the all-stars.

The first match was played with the net at women's height and resulted in a win for the coaches. The coaches' team was composed for East Halton coaches, many of which played on University teams and even on the national team.

A disorganized coaches' squad lost to the all-stars in the opener, 15-6. A switch in setters from Bill Seto to Grant Clatworthy provided a strong offensive drive from both the back and front courts and resulted in an identical score of 15-6, but in the coaches' favour.

Steady play in the deciding game was thrown in favor of the coaches' by their "back court attack." The all-stars hung in for 15-13 loss.

The net height for the second match was altered for the men's height regulations. This turned into an apparent advantage for the all-stars as they won the match, two games to one.

The coaches' opened the game with an eight to one lead before the hitting of Rod Fraser, Jeff Mallon and Jamie Ziegel could salvage the game with a respectable loss for the all-stars of 15-9.

Led by Mallon and Fraser the all-stars took advantage of the coaches' loss of momentum and took the win with another identical score of 15-9.

Keeping tension high throughout, the all-stars won the final game by a score of 16-14. The coaches couldn't score those winning points after playing catch up with the all-stars.

Jenny Smith, a GDHS senior girls' volleyball team member and all-stars was nominated the girls' MVP award. Jamie Ziegel, of T.A. Blakelock, was the boys' recipient.

Generally the match up turned out to be an entertaining event for all those in attendance and considered a success. The second annual journey is to be anticipated.

OHA changes

Out of a number of suggested rule changes submitted by the Ontario Central Junior B league, the OHA changed two rules with regards to the manner in which protests are dealt with.

Last season a team was given only 48 hours to lodge a protest, but an opposing team had no opportunity to counter protest. Central Ontario league convener Bruce Ireland said.

Now time has been allotted for the opposing team to investigate and make a counter-protest if need be, he said.

Arising out of a dispute between Milton and Oakville, a protest can now be appealed to the appeal tribunal, which wasn't the case last year, Ireland said.

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