

Industrial baseball schedule

Continued from page B5

Wed. July 21		
80	6:30	B 2-4
81	6:30	C 5-7
82	8:30	B 8-1
83	8:30	C 3-6
Sun. July 25 M.U.		
Mon. July 26		
84	6:30	C 9-2
85	6:30	B 4-6
86	8:30	C 5-8
Wed. July 28		
87	6:30	B 6-4
88	6:30	C 2-5
89	8:30	B 4-7
90	8:30	C 8-3
Sun./Mon. Aug. 1-2		
Holiday		
Wed. Aug. 4		
91	6:30	B 8-2
92	6:30	C 7-9
93	8:30	B 1-4
94	8:30	C 3-5
Sun. Aug. 8 M.U.		
Mon. Aug. 9		
95	6:30	C 1-5
96	6:30	B 7-1
97	8:30	C 6-9
Wed. Aug. 11		
98	6:30	B 7-3
99	6:30	C 8-2
100	8:30	B 5-1
101	8:30	C 8-4
Sun. Aug. 15 M.U.		
Mon. Aug. 16		
102	6:30	C 9-3
103	6:30	B 1-6
104	8:30	C 2-7
Wed. Aug. 17		
105	6:30	B 3-8
106	6:30	C 1-9
107	8:30	B 6-7
108	8:30	C 5-1

Fools' Fitness Fairy

PARTICIPAction realizes that many Canadians still hold incorrect ideas about physical fitness.

People think it's difficult to get fit or that saunas will make you fit or that fitness can be stored—and all kinds of other nonsense.

These wildly inaccurate notions are the work of a dangerous fanatic—the April Fool's Fitness Fairy.

Irritated that he has never received the acclaim given his "good-guy" colleague The Tooth Fairy, the AFFP (as he is known to Interpol) has devoted his shabby life to leaving fallacies under your pillow every March 31—to keep you from getting active just as the nice weather is about to arrive.

PARTICIPAction feels obligated to warn you that the April Fool's Fitness Fairy is likely to be spreading his lies again this year—keeping you from enjoying the sheer exhilaration of being physically fit.

In fact, PARTICIPAction recently received a mysterious telephone call from someone we presume was AFFP (he speaks with his mouth full of Black Forest Cake) taunting us with his evil plans for April Fool's Day 1982.

AFFP: (Muffled, with cherries) I'll be telling Canadians again how difficult it is to get fit.

PARTICIPAction: You rotter! It's easy to get fit! Just three fifteen-minute workouts a week!

AFFP: You know that and I know that! But Canadians still think they have to exhaust themselves fifteen hours a day for ten years to get into shape!

PARTICIPAction: What else can we expect from you, you locker room liar?

AFFP: Here's a good one: I'll tell everybody that middle-aged people should never even try to exercise! Hee! Hee! Hee!

PARTICIPAction: But that's not true! Everybody should exercise! Of course, if you haven't been active in a while, you should start slowly, perhaps consult your doctor on what exercises are right for you. But exercise makes you feel better at any age!

AFFP: Right you are—but why should Canadians feel good? How about this falsehood: the harder you work, the sooner you die!

PARTICIPAction: Not so! AFFP: No, but it'll keep folks stuck to their sofas!



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cut from Canada grade A beef bone in
blade steaks **3.26** kg
1.48 lb.

cut from Canada grade A beef bone in
cross rib roast **4.37** kg
1.98 lb.

Pepsi-Cola **1/2 price**
regular or diet 750 mL btl. (plus 30¢ deposit)
you pay **.37**

product of U.S.A. California grown fresh
strawberries **.68**
pint box

product of Ontario Canada #1 grade
seedless english cucumbers **.68**
each

Clover Leaf
flaked light tuna **.99**
6 1/2 oz. tin

frozen New Zealand
shoulder lamb chops **3.48** kg
1.58 lb.

frozen whole cut up regular or touch of honey flavour, 900 g bucket
Schneiders fried chicken **2.00**
Lime - 2 Schneiders buckets of chicken per family

175g pkg. sliced 5 specified varieties
Loblaws cold cuts **.88**

frozen Blue Water Brand
haddock fish fries or krisps **1.58**
227 g pkg.

Beatrice raspberry or strawberry, 500 g tub
fruit bottom yogurt **1.39**

10's box
Granny's butter tarts **1.49**

sweet pickled vac pac
pork cottage rolls **4.17** kg
1.89 lb.

frozen New Zealand vac pac
loin lamb chops **7.67** kg
3.48 lb.

freshly ground
lean ground beef **5.03** kg
2.28 lb.

select regular or thick 500 g pkg
Loblaws side bacon **2.58**

Loblaws cooked smoked bonesless
mini dinner hams **7.23** kg
3.28 lb.

chunks, sliced or crushed, 19 fl. oz. tin
Dole pineapple in own juice **.89**

Campbell's 10 fl. oz. tin
cream of mushroom soup **2/99**

choice, unsweetened 48 fl. oz. tin
Bright's apple juice **1.49**

butter milk or regular 1 kg box
Aunt Jemima complete pancake mix **1.97**

375 mL btl.
Aunt Jemima original syrup **1.29**

400 g cello bag
Johnston blanched peanuts **1.99**

product of U.S.A.
fresh broccoli bunch **.99**

product of Chile Canada fancy grade
Granny Smith apples **1.94** kg
.88 lb.

product of Chile
almeria grapes **3.26** kg
1.48 lb.

product of Israel
jaffa oranges 4 lb bag **2.29**

product of U.S.A.
tomatoes 2 lb tray **1.88**

15 oz. jar
Orville Redenbacher popping corn **1.43**

1 kg cello bag assorted varieties
Lancia pasta **1.35**

concentrated powder 3 L box
all laundry detergent **3.99**

Ivory 1 L btl.
liquid dish detergent **2.69**

concentrated 3.6 L jug
Old Dutch liquid bleach **1.29**

Glad 30" x 48", 5's pkg.
home and garden garbage bags **1.49**

Flowrite Kit Kat Coffee Crisp or Aero, 93 g family size
candy bar **.89**

Manning 350 g pkg.
arrowroot biscuits **1.59**

broken, all flavours, 19 oz. box
Farm House cream pies **1.59**

broken, apple or raspberry strawberry, 28 oz. box
Sara Lee hi-pies **2.79**

1 liter 600 mL plastic btl.
deodorizing cleaner **1.99**

with mushroom sauce and rice 20 oz. box
Green Giant frozen fillets **1.92**
1/2 price

product of U.S.A.
orchid corsages each **2.49**

product of Ontario
azaleas each **7.99**

product of Ontario
hydrangea each **7.99**

product of Ontario
cut roses bunch **2.99**

product of U.S.A.
artichokes **3/1.00**

Five Alive frozen concentrate, 16 1/2 fl. oz. in
fruit beverage **1.47**

Seven's all varieties, 11 oz. box
frozen dinners **1.29**

diverse flavours or carrot cake with cream cheese icing, 347 g box
Sara Lee frozen cake **2.29**

Prices effective until Tues. May 11, 1982 except produce and bakery effective until Sat. May 8, 1982. Georgetown only. Stores reserve the right to limit quantities.

