Wed, July 21

Industrial baseball schedule

Continued from page H5

80	G:30	В	2-1	
18	6:30	C	5.7	
82	H:30	23	8-1	
83	8:30	C	34	
1.0.4.501	Sun, July 25 M.U.			
	Mon, July 24			
84	6;30	C	92	
63	6:30	B	4-6	
76	8:30	C	5-8	
		I'rd. J	uly Zi	
87	6:30	Et	6-0	
88	6:30	C	2-5	
89	A:30	C	4-7	
90	8:30	C	23	
9000-1-11	Num.	/Mon	Aug. 1	-2
	Holiday			
	Wed. Aug. 4			
21	6:30	B	6-2	
92	6:30	C	7-9	
123	8:30	II.	14	
94	8:30	C	3.5	
	Sun, Aug. AM.U.			
	Mon. Aug. F			
95	6:30	C	2-5	
30	6:30	B	7-1	
¥7	8:30	C	6-9	
	15	rd. A	ug. 11	
50	6:30	B	7-3	
100			27.027	

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 AFFF (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 physic-

ally fit. In fact, PARTICIPaction recently received a mysterious telephone call from AFFF the speaks with his mouth full of Black Forest Cake) taunting us with his evil plans for April Fool's Day 1982.

AFFF: (Muttled, 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!

AFFF: 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 llar?

AFFF: Here's a good one: I'll tell everybody that midle-aged people should never even try to exercise! Heel 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

AFFF: Right you are - but why should Canadians feel good? How about this falsehood: the harder you work,

the sooner you die! PARTICIPaction: Not so! AFFF: No, but it'll keep folks stuck to their sofas!

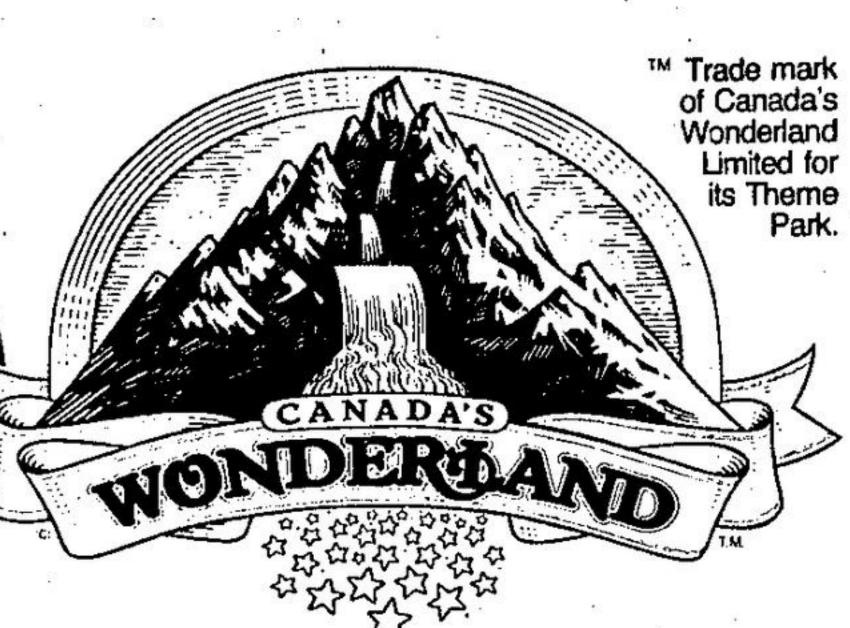


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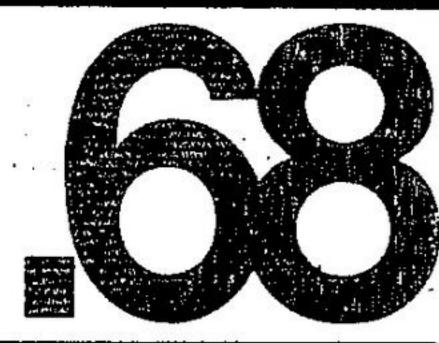
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cut from Canada grade A beef bone in roast



product of U.S.A. California grown fresh pint box



product of Ontario Canada #1 grade seedless english





Orville Redenbacher

popping corn

assorted varieties

Lancia pasta

15 oz. jar

1 kg cello bag

concentrated powder

all laundry

detergent

Clover Leaf flaked 6 1/2 oz. tin

frozen New Zealand shoulder lamb chops

Schneiders

175g pkg. sliced 5 specified varieties

cold cuts

Beatrice raspberry or strawberry, 500 g tub

yogourt

Granny's

butter tarts

10's box

fruit bottom

Loblaw

fried chicken

Limit - 2 Schneders buckets of chicken per family

frozen Blue Water Brand

haddock fish

fries or krisps

SHED BACK D

.58 lb frozen whole cut up regular or touch of honey flavour, 900 g bucket you pay 3.68

ALTERN OFF

product of U.S.A.

Granny Smith

fresh

broccoli

apples

almeria

grapes

jaffa

product of Chile

product of Israel

watermelon

BACK BOTTL

crushed, 19 fl. oz. tin Dole pineapple in own juice

chunks, sliced or

Campbell's 10 fl. oz. tin cream of mushroom soup

choice, unsweetened 48 fl. oz. tin Bright's

apple juice buttermilk or regular kg box Aunt Jemima complete

blanched peanuts

Mother Parker's

crystals

all purpose 1 to tra

400 g cello bag

Johnston

1.94/kg

.88 lb.

3.26/kg

1.48 lb.

bunch **99**

pancake mix 375 mL btle. Aunt Jemima original syrup

lyory 1 L btle. liquid dish detergent

concentrated 3.6 L jug Old Dutch liquid bleach

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

with mushroom sauce and rice 20 oz. box Green Giant рпсе frozen fillets

product of U.S.A. orchid corsages

product of Ontario azaleas

product of Ontario hydrangea

product of Ontario roses ®

artichokes

sweet pickled vac pac pork	4.17/kg
cottage rolls	1.89 lb.
frozen New Zealand vac pac	7.67/kg
lamb chops	3.48 lb.

freshty ground 5.03/kg lean 2.28 lb. ground beef

Loblaws side bacon 7.23_{/kg} Lottlews cooked smoked tronsless

mini 3.28 b. dinner hams 6 varieties 500 g pkg Shopsys

salads

product of U.S.A. tomatoes tray product of .64/kg U.S.A. .29 lb.

grind coffee McCain, Itoven, Rorentine mixed vegetables frozen, 12s, 9 oz. box Galnsborough tart shells frozen, 24 6 oz. box Mrs. Smith's apple ple Attana 3 envelopes 934 oz. pouch apple

peanut butter or double chocolate, 460 g box **Duncan Hines** cookle mixes

liquid

cleanser

Rowntree Kit Kat, Coffee Crisp or Aero, 93 p family size candy bar Manning 350 g pkg. arrowroot biscuits

Farm House cream pies Pozeri, apple or rhuberb strawberry, 28 oz box Sara Lee hi-ples

Lynci 600 mL please bile deodorizing cleaner Vim 500 mL bile.

paper towels Listerine 600 mL, bite. antiseptic mouthwash mildew stain

orange or

Mir 500 mL bite.

liquid dish

detergent

tollet soap

Camay

2 ply, 2 roll pkg.

Viva

white or pink, 140 g bath bar

remover Minute Med Fazers, Florida, uneweek ened, concentrated, 12 6 th oat fire

grapefruit juice

.99

.68

Five Alive trazen annoentraled, 18 67 ft az. En 1.47 fruit beverage .29 frozen dinners

Sara Lee frozen cake

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.