

Shop now and **SAVE!**

Bringing Canadians fine quality foods for over half a Century



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SAVE .70

A SUPERB BLEND, RICH IN BRAZILIAN BEAN COFFEES

8 O'Clock Coffee

1 LB BAG-CUSTOM GROUND

2.69

OUR REGULAR PRICE 3.39
3 lb. bag-7.99 Our Regular Price 10.09 SAVE 2.10

SAVE .94

PROCESS CHEESE SLICES

Kraft Singles

500 g PKG OF 16 SLICES

2.69

OUR REGULAR PRICE 3.63

SAVE .64

DUNCAN HINES, DELUXE II ASST VAR

Cake Mixes

520 g PKG

.99

OUR REGULAR PRICE 1.63

Delicious in Salads or serve with Steak

PRODUCT OF ONTARIO, SNOW WHITE 8 oz PKG

Fresh Mushrooms

.88

THE FARM

NEW POTATOES

CANADA NO. 1 GRADE, PROD. OF CALIFORNIA

.73/lb / .99

SAVE 2.70

MOTHER PARKERS

Instant Coffee

3.99

OUR REGULAR PRICE 6.69

Fresh Pineapples Product of Mexico, Sweet, Juicy

each **.99**

CANADA NO. 1 GRADE, PRODUCT OF CALIFORNIA

Sweet, Juicy Red Plums **218/kg / .99 lb**

CANADA NO. 1 GRADE, PROD. OF FLORIDA, RIPE

Sweet Whole Watermelons each **3.99**

CANADA NO. 1 GRADE, PROD. OF U.S.A., LARGE SIZE

Sweet Green Peppers **3 for 1.00**

CANADA FANCY, PROD. OF SOUTH AFRICA

Granny Smith Apples **1.94/kg / .88 lb**

CANADA FANCY, PRODUCT OF B.C., SWEET, CRISP, DELICIOUS

Spartan Apples **3 lb bag 1.79**

CANADA NO. 1 GRADE, PROD. OF FLORIDA, FAMILY PACK

Tomatoes **1 1/2 lb tray 1.99**

SAVE .40

CHUNK LIGHT, IN WATER OR OIL

Star-Kist Tuna

.99

OUR REGULAR PRICE 1.59
CASE OF 48 FOR 47.39-SAVE 28.93

FROZEN, CONCENTRATED, 100% FLORIDA, ORANGE OR GRAPEFRUIT

Old South Juices **12 fl oz tin .99**

CHUNK LIGHT, IN WATER OR IN OIL

Star-Kist Tuna **6.5 oz tin .99**

ASSORTED VARIETIES OF

Heinz B.B.Q. Sauces **16 fl oz jar .99**

ASSORTED VARIETIES INCLUDING CUBITS RELISH-1 LITRE JAR-2.29

Bick's Relish **375 mL jar .89**

MAXI SIZE, REGULAR OR DEODORANT

New Freedom Pads **box of 30 2.99**

RED OR GREEN - BONUS PACK 50 mL PLUS 100% MORE "FREE"

Close-Up Toothpaste **100 mL tube .99**

RUBBERMAID

Refuse Container **each 9.95**

10W30-CASE OF 24-25.99-SAVE 12.27

Shell Motor Oil **1 litre tin 1.19**

PEPSI FREE REGULAR OR SUGAR FREE, REG & DIET

Pepsi-Cola **3 750 mL bli .99**

7 VARIETIES, PLUS .30 BOTTLE DEPOSIT

Canada Dry Beverages **2 750 mL bli .99**

REGULAR OR TROPICAL FLAVOUR

Nestea Iced Tea Mix **680 g cont 2.99**

HEINZ

White Vinegar **4 litre plastic jug 1.69**

CHRISTIE

Ritz Crackers **450 g pkg 1.69**

ROYALE, ASSORTED COLOURS

Bathroom Tissue **pkg of 4 rolls 1.69**

STRAINED MEATLESS VARIETIES OF FOODS & JUICES

Heinz Baby Foods **3 4 1/2 fl oz jars .99**

CORN OIL, REGULAR OR UNSALTED, SUNFLOWER

Fleischmann's Margarine **2 9 oz tubs 1.19**

SAVE .60

ASSORTED COLOURS

White Swan Towels

.99

OUR REGULAR PRICE 1.59

SAVE 1.24

POWDERED LAUNDRY

Tide Detergent

3.99

OUR REGULAR PRICE 5.23

SAVE UP TO 1.00

TODDLERS PLUS WITH GATHERS 40'S

Pampers Diapers

8.99

OUR REGULAR PRICE 9.99

Disposable-toddler w/gathers 43's or ex absorbent 60's-9.48

SAVE .80

LIQUID

Old Dutch Bleach

.99

OUR REGULAR PRICE 1.79

SAVE .41

2% Milk

1.98

4 LITRE BAG

use profanly, then you toss them out of the game.

Nokes swears by the old axiom that an umpire is right "99.9 per cent of the time". If, by some freak occurrence, you should miss a call, then you never, under any circumstances, admit it, he says.

As president of the local umps, Nokes handles few protested games. If a game is played under protest, he quickly obtains a report from the umpire in question and league officials, and hands down a ruling.

However, it's the fear of just that type of controversy that keeps many would-be umpires away from the game, Nokes believes. While many people are afraid of retaliation in anger over a close call, the president says he has never experienced that in all his years as an official.

"I've never had a guy hold a grudge against me for a call I made," Nokes said. "Once the game is over, I can sit down and talk with a guy I kicked out earlier."

A Bell telephone installer during the day, Nokes' work as an umpire recently helped to earn him a community service award at work.