

# Swim stars third

The big holiday is just ahead - Shop now and save at A&P's great...

# PRE-HOLIDAY

The Acton Swimming Stars competed in the South Western Ontario Recreational Swimming Association Final Meet at Victoria Road Pool recently against teams from Kincardine, Walkerton, Fergus, Arthur, Elmira, Harriston and Mount Forest.

Acton's small (22 swimmers) but mighty team finished third overall, despite other teams having 50 or more competitors.

The following swimmers were given honorable mention, winning first overall in their age category:

11-12 boys  
Jason Ockenden: 1st, 100 I.M. 1st 50 free. 1st 25 fly.

8 and under girls  
Sarah Fleet: 2nd 25 free. 1st 25 back. 3rd 25 fly.

9-10 girls  
Julie Ockenden: 3rd 50 free. 1st 25 back. 1st 25 fly.

13 and 14 girls  
Carolyn Sewell: 1st 100 I.M. 1st 50 free. 2nd 50 fly.

The following are the results of the final meet.

### GIRLS RESULTS

200 Medley Relay  
3rd place, Tammie Hammond, Sharon McBride, Denise Looyenga, Elizabeth Roebuck.

11 and 12 100 I.M.  
7th place, Tammie Hammond.

13 and 14 100 I.M.  
5th place, Marla Brillinger. 1st place, Carolyn Sewell.

Open 100 I.M.  
3rd place, Melanie Johnston.

8 and under 25 free  
2nd place, Sarah Fleet.

13 and 14 50 free  
1st place, Carolyn Sewell. 6th place, Andrea Johnston.

9 and 10 50 free  
3rd place, Julie Ockenden.

Girls Open 100 free  
2nd place, Melanie Johnston. 7th place, Denise Looyenga.

8 and under 25 back  
1st place, Sarah Fleet.

9 and 10 25 Back  
1st place, Julie Ockenden. 11th place, Cynthia Eccles.

13 and 14 50 Back  
2nd place, Marla Brillinger.

13 and 14 100 Back  
4th place, Denise Looyenga.

8 and under 25 Breast  
2nd place, Jennifer Eccles.

9 and 10 25 Breast  
3rd place, Brenda Walsh. 6th place, Cynthia Eccles.

13 and 14 50 Breast  
2nd place, Marla Brillinger. 5th place, Andrea Johnston.

Open 100 Breast  
4th place, Denise Looyenga.

8 and under 25 Fly  
3rd place, Sarah Fleet. 4th place, Jennifer Eccles.

9 and 10 25 Fly  
1st place, Julie Ockenden.

11 and 12 50 Fly  
9th place, Tammie Hammond.

13 and 14 50 Fly  
2nd place, Carolyn Sewell. 3rd place, Andrea Johnston.

Open 50 Fly  
4th place, Melanie Johnston.

19 and under 100 Free Relay  
2nd place, Cynthia Eccles, Laura Anderson, Brenda Walsh, Julie Ockenden.

Girls Open 200 Free Relay  
1st place, Melanie Johnston, Andrea Johnston, Mark Brillinger, Carolyn Sewell.

### BOYS RESULTS

200 Medley Relay  
3rd place, Jason Ockenden, Brian Patterson, Kenny Bowers, Jason Henderson.

11 and 12 100 I.M.  
1st, Jason Ockenden. 5th Jason Henderson.

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JANE PARKER, SLICED  
**100% Whole Wheat Bread**  
675 g LOAF

**.59**

OUR REGULAR PRICE .95  
(made with 100% pure vegetable shortening)



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MOTHER PARKERS  
**Instant Coffee**  
10 OZ JAR

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OUR REGULAR PRICE 6.69



**SAVE 1.20**

Robin Hood  
ALL PURPOSE FLOUR  
10 kg 22 lb

(10 kg bag-6.99 Our reg price 10.79-SAVE 3.80)  
ALL PURPOSE OR VELVET

**Robin Hood Flour**  
2.5 KG BAG

**1.99**

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**SAVE .60**

BRIGHT'S, FANCY  
**Tomato Juice**  
48 FL OZ TIN

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OUR REGULAR PRICE 1.59

PROD. OF CALIFORNIA, IN SHELL

**THE FARM**  
For Freshness & Savings

**Super Buy!**

**Jumbo Walnuts**

OUR REGULAR PRICE 3.28/kg-1.49 lb

**2.18 / kg / .99 / lb**

**SAVE .70**

CUSTOM ROAST FINE, EXTRA FINE OR REGULAR GRIND  
**Nabob Coffee**  
369 g BAG

**2.99**

OUR REGULAR PRICE 3.69  
(Regular or Fine Decaffeinated-3.99)

PROD. OF U.S.A., THANKSGIVING FAVOURITE

**Fresh Cranberries** 12 oz pkg **.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO  
**20 Lb Potatoes** bag **3.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO  
**Green Cabbage** each **.78**

CANADA NO. 1 GRADE, PROD. OF ONTARIO, SNOW WHITE  
**Fresh Cauliflower** each **.99**

CANADA EXTRA FANCY, PROD. OF WASHINGTON  
**Delicious Apples** 2 1/2 lb kg **.98**

CANADA NO. 1 GRADE, PROD. OF ONTARIO  
**Seedless Cucumbers** each **.98**

PROD. OF CALIFORNIA  
**White Grapefruit** 5/1.99

CANADA NO. 1 GRADE, PROD. OF CALIFORNIA  
**Black or Red Grapes** 1 1/4 lb kg **.79**

CANADA NO. 1 GRADE, PROD. OF ONTARIO  
**Prune Plums** 1 1/2 lb kg **.69**

PROD. OF ONTARIO  
**Fresh Spinach** 10 oz pkg **.98**

PROD. OF CALIFORNIA  
**Fresh Strawberries** pint **1.49**

PROD. OF ONTARIO  
**Pepper Squash** 3/1.00

CANADA NO. 1 GRADE, PROD. OF U.S.A.  
**Spanish Type Onions** pkg of 2 **1.39**

PROD. OF CALIFORNIA  
**Valencia Oranges** 18/1.99

CANADA NO. 1 GRADE, PROD. OF ONTARIO

**Bosc Pears** 4 litre basket **2.99**

PROD. OF CALIFORNIA  
**Mini Raisins** pkg of 14 1/2 oz pkgs **1.49**

PROD. OF U.S.A., FRESH ROASTED, IN SHELL  
**Peanuts** 1 kg pkg **2.99**

PROD. OF ONTARIO  
**Bean Sprouts** 1 1/2 lbs for **1.00**

PROD. OF ONTARIO, HILLVIEW  
**Potting Soil** 20 litre bag **1.99**

PROD. OF CALIFORNIA, EXTRA LARGE SIZE  
**Honeydew Melons** each **1.99**

PROD. OF U.S.A., EX LARGE FLOOR PLANTS, BENJAMIN BONITA 10 inch pot **19.99**

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More Great Pre-Holiday Values!

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

OUR REGULAR PRICE 2.19

JANE PARKER  
**Pumpkin Pie** 624 g SIZE **1.79** (SAVE .40)

MINCE PIE-1.99

JANE PARKER, GLAZED  
**Homestyle Donuts** pkg of 1.49

JANE PARKER, ORANGE OR CHOCOLATE  
**Chiffon Cake** 366 g cake 1.49

JANE PARKER  
**English Muffins** pkg of 5 .89

JANE PARKER, SLICED, PUMPERNICKEL 450 g OR  
**Bran Bread** 675 g loaf .79

JANE PARKER, SNOWFLAKE OR  
**Twin Rolls** pkg of 12 .99

JANE PARKER  
**Apple Pie** 624 g size 1.49

SOLE D'ORO  
**Tomato Paste** 5.5 FL OZ TIN **3/1.00** (SUPER BUY!)

DECAFFEINATED  
**8 O'Clock Coffee** 1 lb bag 3.49

SANDWICH CREAM OR ASST-OUR REG PRICE 2.99  
**A&P Cookies** 900 g box 2.49

A&P-OUR REG PRICE .63  
**Long Grain Rice** 1 lb pkg .39

MOIST PLUS, ASST VARIETIES (INCL ICING 210 g)  
**Monarch Cake Mixes** 260 g pkg .59

BAKERS  
**Chocolate Chips** 350 g pkg 1.99

LAYS OR RUFFLES, ASST VARIETIES  
**Potato Chips** 200 g pkg 1.39

REG OR SUGAR FREE PURE SPRING GINGER ALE, HIRES ROOT BEER OR 750 mL BTL

**Orange Crush** (SAVE .36) **.39**

OUR REG PRICE .75 PLUS .30 PER BTL DEP

ASST FLAVOURS-OUR REG PRICE .55 EACH  
**Jell-O Powders** 3 oz pkgs **1.00**

BURNS-TURKEY OR CHICKEN 1.69  
**Tenderflaked Ham** 6.5 oz tin **1.39**

MILUPA, ASST VAR INCL OATMEAL  
**Infant Food** 200 g pkg **2.59**

A&P SINGLES, PROCESS-OUR REG PRICE 3.49  
**Cheese Slices** 500 g pkg **2.99**

SILVERWOOD, 1% PARTLY SKIMMED  
**Cottage Cheese** 500 g cin **1.49**

SWISS SPUN-OUR REG PRICE 2.05  
**Delisle Yogourt** sleeve pk of 4 125 g tubs **1.59**

FROZEN, CONC, GRAPEFRUIT OR 6 FL OZ TIN

**Old South Orange Juice** (SAVE .24) **.59**

OUR REGULAR PRICE .83

ARCTIC GARDENS, ASST VARIETIES  
**Frozen Vegetables** 500 g pkg **1.59**

FROZEN, BOSTON BLUE  
**Fish Fillets** 2.18/kg / lb **.99**

CARNATION, FROZEN  
**Hash Browns** 1.5 kg **1.19**

A&P FROZEN-DELUXE 22.5 OZ 2.79  
**Pepperoni Pizza** 21 oz **2.59**

SILVERWOOD, SILVER LABEL, ASST FLAVOURS  
**Ice Cream** Crema de la Crema 1 litre tub **1.59**

GREEN GIANT, BAKE & SERVE  
**Frozen Lasagna** 19 oz pkg **1.99**

## Falcons rally

Continued from page B1  
goal was an example of great teamwork as the ball was played out of defence by Stone and Clare, onto Oram who found the ever eager Fattore up front. Fattore headed the ball on for Dunleavy who got the prize, the winning goal.  
Pete Jones pulled off a brave save as the seconds ticked away, to make the win safe for the Junior Falcons.

**SAVE 2.00**

VEGETABLE  
**Bravo Oil**  
3 LITRE PLST CONT

**2.99**

OUR REGULAR PRICE 4.99

**SAVE .50**

ASSORTED VARIETIES  
**Lancia Pastas**  
900 g CELLO PKG

**.99**

OUR REGULAR PRICE 1.49  
Bravo Plain Spaghetti Sauce 28 fl oz tin-1.09

**SAVE .80**

DETERGENT  
**Sunlight Liquid**  
1 LITRE PLST BTL

**1.99**

OUR REGULAR PRICE 2.79

**SAVE .70**

KRAFT, SMOOTH OR CRUNCHY  
**Peanut Butter**  
500 g JAR

**1.79**

OUR REGULAR PRICE 2.49