

Sympathy extended

By KAY WILSON
 NORVAL - Sincere sympathy is extended to Mr. and Mrs. Wilfrid Leslie, RR 4 Georgetown, and brothers Percy of Georgetown and Lloyd of California on the death of their sister Elizabeth Leslie.
 One of a family of five and a life time resident of the area, she was in her 88th year.
 Funeral service was from the J.S. Jones Funeral Home, Georgetown on Feb. 6. Interment was in Greenwood Cemetery, Georgetown.

Euchre dessert

NORVAL - The Peel Women's Institute bursary dessert euchre to be held in the junior

farmer building, Brampton 12:30 p.m. Monday, April 1 was announced by the president Dorothy Ostrander. For tickets call 455-8107.

Noreen French and Margaret McClure assisted the hostess in serving lunch. Dorothy Ostrander gave the courtesies. Wilma Archdeakon will be hostess for the Tweddsmuir History meeting March 12 at 1:30 p.m.

Pinegrove euchre

NORVAL - Pinegrove Community euchre was held at Webbs Flowers on Monday last with nine tables.

Winners were Hillie Folkema, Marg Tost, Gord Early and Tom Givens. The lucky draw went to Grace May.

Yukon writer thanks UCW

By KAY WILSON
 NORVAL - A letter from Old Crowe in the Yukon was read for the study at the meeting of Unit 1 Norval United Church, held at the home of Mrs. Ethel Webb, Thursday Feb. 21 with Mrs. Dorothy McLean presiding.
 Mrs. Agnes Miller read an interesting letter

from a lay preacher of the Anglican Church, telling about life in the far north, in the small settlement of Old Crowe.
 Mrs. Laila Smith gave the devotional on the theme Friendship and Love. In the correspondence, a letter was read from Janet Johnson, thanking the U.C.W. for the bale of children's

warm clothing for the Indian children at the Yesno School where Janet is a teacher.
 Plans were made for Variety Night March 8 and for a shower for Kathy Laidlaw on March 5.
 Mrs. Dorothy McLean was appointed as Unit 1 representative on the church executive.

Stewarttown news

By JUNE ROSS
 STEWARTTOWN - St. John's Church now has two young pianists, Charles Gibbs and Steven Delroy.
 The service this Sunday March 3 will be at 7 p.m.
 The Pancake supper, put on by St. John's Guild was a success again this year. The next Guild meeting will be March 6.
 Visitors in the area this past weekend were Al and Myrtle Chamberlain or Campbellford.

'Junk' treasures

NORVAL - Betty Johnson was the hostess for the February meeting of the Brampton West Women's Institute.

The topic was family and consumer affairs. The roll call was "one person's junk is another person's treasure". It brought forth interesting and humorous responses.

The members saw the film "liquid logic" which showed Tetra Pak packaging as a clean, affordable and attractive packaging for liquids.

Tetra Pak is gaining in popularity to replace cans and glass as containers.

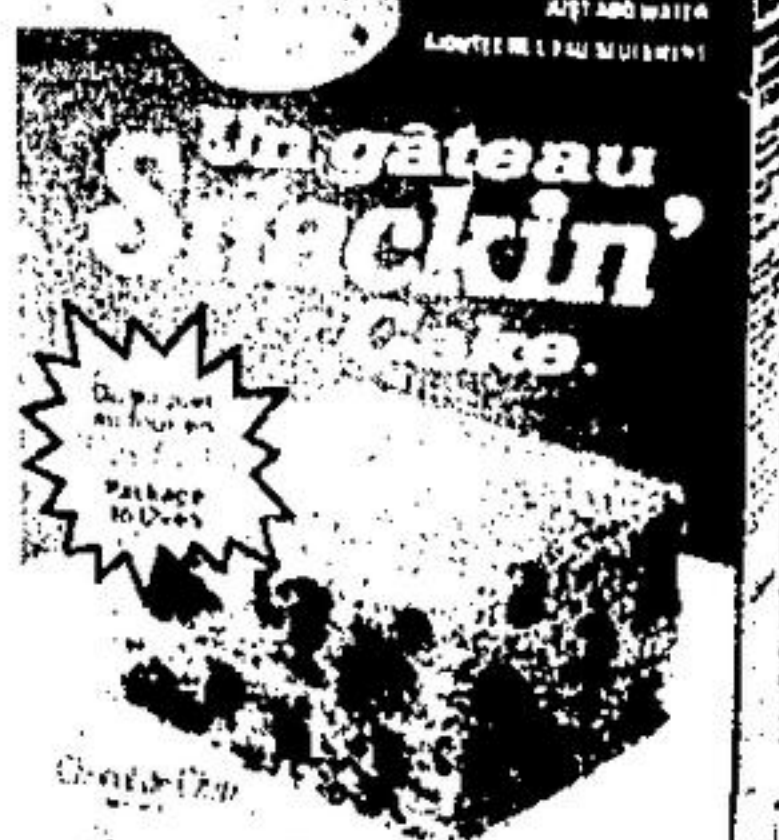
In a consumers report, Betty Johnson stressed that those with allergies should have a well balanced diet which includes the important food which contain sufficient calories.

It is well to check the number of calories in packaging meals. Otherwise malnutrition could result.

Noreen French told members that our diet of highly refined carbohydrates, contributes to many of our health problems. Fibre in the diet is necessary to our well being. Whole wheat bread, high fibre cereals, bran and whole wheat flour are good sources.

Savings! **A&P**

SAVINGS SHOWN IN THIS AD BASED ON CURRENT REGULAR RETAILS WE REDEEM ALL FOOD STORE COUPONS



SAVE .76


BETTY CROCKER, ASSORTED VARIETIES OF MIXES STR 'N FROST 310 g OR

Snackin' Cake

400 g PKG

.99

(Betty Crocker Frostings 170 g box 1.39-SAVE .30)



SAVE .50

A&P, FANCY

Tomato Juice

48 FL OZ TIN

.79



SAVE 5.73/kg-2.60 lb

OLDE-FASHIONED, HALVES, READY-TO-SERVE

Schneider's Hams

6⁵⁹ / 2⁹⁹

/kg / lb

(Limit 1 per \$10.00 purchase, excluding this item. Maximum 3 per family purchase.)

The Butcher Shop

COMBINATION PACK-CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS

SAVE .88/kg .40 lb

Loin Pork Chops

4¹⁷ / 1⁸⁹

/kg / lb

SAVE 3.31/kg-1.50 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF 6-BONE REGULAR CUT

Prime Rib Roast

7⁷⁰ / 3⁴⁹

/kg / lb

SAVE 1.32/kg-.60 lb

BLADE, CHUCK SHORT RIB OR SHOULDER-BEEF

Boneless Roasts

5⁰⁵ / 2²⁹

/kg / lb

SAVE 1.54/kg-.70 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF SEMI-BONELESS, BLADE OR CHUCK

Short Rib Roasts

4³⁹ / 1⁹⁹

/kg / lb

ROAST OR CHOPS

Pork Loin Centre Cut **5.71 / 2.59**

/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF

Rib Steaks **8.13 / 3.69**

/kg / lb

EXCELLENT FOR BRAISING

Blade Steaks **4.39 / 1.99**

/kg / lb

SAVE .60

CHUNK LIGHT, IN WATER OR OIL & BROTH

Bye The Sea Tuna **.99**

6.5 oz tin

McCain, FROZEN, CONCENTRATED

Orange Juice **1.49**

12 1/2 fl oz tin

GAY LEA, 4% OR 2% PARTLY SKIMMED

Cottage Cheese **1.79**

500 g ctn

PLASTIC WRAP

Stretch 'N Seal **1.09**

15 m roll

PURE CORN

Mazola Oil **6.99**

3 litre cont

SAVE .70

SOFT MARGARINE

Blue Bonnet **.99**

1 lb tub

HOLY CROSS ROMAN CATHOLIC CHURCH

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ASST. PASTOR
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FULLY SKINLESS, SMOKED, COOKED

Swift Whole Hams **3⁷³ / 1⁶⁹**

/kg / lb

SWIFT, SMOKED, SKINLESS (SHANK OR BUTT HALF 4 1/2 kg-1.89 lb)

Ham Quarters **4³⁹ / 1⁹⁹**

/kg / lb

FRESH

Ground Pork **3²⁸ / 1⁴⁹**

/kg / lb

GRADE 'A', FROZEN, Eviscerated, 5 TO 6 LB AVERAGE

Stewing Hens **2⁶² / 1¹⁹**

/kg / lb

SLICED, PREMIUM, SUGAR PLUM OR LAZY MAPLE

Swift Side Bacon **2.79**

500 g vac pac

PREMIUM

Swift Wieners **1.39**

450 g vac pac

SWIFT PREMIUM

Sliced Bologna **1.49**

375 g vac pac

SWIFT OLD MILL

Breakfast Sausage **3²⁸ / 1⁴⁹**

/kg / lb

SWIFT, REGULAR OR ALL BEEF

Firebrand Wieners **1.99**

450 g vac pac

SWIFT PREMIUM, SLICED 8 VAR INCL MAC & CHEESE

Cooked Meats **.99**

175 g vac pac

SWIFT PREMIUM, SLICED

Cooked Ham **1.69**

175 g vac pac

MARY MILES

Bologna by the Piece **3⁵¹ / 1⁵⁹**

/kg / lb

CANADIAN QUEEN, SLICED, CHICKEN, BOLOGNA, MAC & CHEESE

Cooked Meats **1.89**

375 g vac pac

CANADIAN QUEEN, HOT OR SWEET

Sausage **4¹⁷ / 1⁸⁹**

/kg / lb

Italian Style

CLIFFSIDE, BEEF, CHICKEN & TURKEY

Meat Pies **2.39**

567 g pkg of 4

TOWN CLUB, SWEET PICKLED

Cottage Rolls **4³⁹ / 1⁹⁹**

/kg / lb

FRESH, MEDIUM

Ground Beef **3⁷³ / 1⁶⁹**

/kg / lb

FROZEN, NEW ZEALAND, SHORT CUT (SEMI-BONELESS 5.49kg-2.49 lb)

Lamb Legs **4³⁹ / 1⁹⁹**

/kg / lb

A&P, REGULAR OR THICK SLICED

Side Bacon **2.49**

500 g vac pac

SWEET PICKLED, BY THE PIECE (CENTRE CUTS 4.39kg-2.19 lb)

Back Bacon **4³⁹ / 1⁹⁹**

/kg / lb

TOWN CLUB, SWEET PICKLED, VAC PAC

Cottage Rolls **4³⁹ / 1⁹⁹**

/kg / lb

FROZEN FISH

FROZEN, HADDOCK FISH & CHIPS 16 OZ. BOSTON BLUE FISH STICKS OR IN BATTER

High Liner Fish **1.99**

350 g pkg

BLUE WATER, FROZEN, IN LIGHT TEMPURA BATTER (BLUE FISH 1.99)

Sole or Haddock **2.39**

350 g pkg

KRAFT, PROCESS, CHEESE

Velveeta Slices **2.99**

500 g pkg

ASSORTED VARIETIES, READY-TO-SERVE

Habitant Soups **1.09**

28 fl oz tin

BROOKE BOND, ORANGE PEKOE

P.G. Tips Tea Bags **3.69**

pkg of 100

ASSORTED VARIETIES

Weston Cookies **2.29**

400 g tin tin bag

BREAKFESTIVAL

SAVE .40

ORANGE FLAVOUR POLY PKG OF 4-92g ENVS

Tang Crystals **1.59**

SAVE .50

POST FRUIT & FIBRE CEREALS 450 g PKG 1.99-SAVE .50

Post Bran Flakes **.99**

400 g pkg

The Bakeshop

BAKED FRESH DAILY-OLD FASHIONED

Raisin Pie **1.69**

624 g size

BAKED FRESH DAILY

French Bread **.79**

16 oz loaf

BAKED FRESH DAILY

Cheese Cake **1.19**

3 1/2 oz portion each

Water Softener

Crystal Salt **3.99**

20 kg

Fresh Fish

FRESH

Cod Fillets **7⁷⁰ / 3⁴⁹**

/kg / lb

FRESH

Sole Fillets **11⁸⁸ / 5³⁹**

/kg / lb

A&P **SAVE .50**

REGULAR, FILTER OR AUTOMATIC GRIND COFFEE

Maxwell House **2.99**

389 g vac pac bag

Limit one per coupon. VALID UNTIL MARCH 2nd, 1985 (Feature price 3.49 without coupon)

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