

### Halton Institute meeting

Nick Gould of Eden Mills was the lucky winner of a beautiful Fan quilt drawn at the Annual Meeting of the Halton District Women's Institute on May 15. The Nelson Branch of the District hosted this all-day gathering of the 12 District Branches at Lowville United Church on the Guelph Line.

Mrs. W. Lasby of Rockwood was re-elected to the office of president. Mrs. Lasby expressed her sincere appreciation to Glenda Benton for the capable and efficient work Mrs. Benton performs as secretary treasurer and thanked all branches for their contributions over the past year.

Halton District could be very proud of its accomplishments. Support for various projects in 1984-1985 totalled over \$12,000. Apart from the financial assistance given to the Erland Lee Home in Stoney Creek and the Adelaide Hoodless Foundation Fund, there were funds to scholarships awarded by the Women's Institute and financial assistance to 4-H programs, health, educational and community projects.

Women's Institutes in Ontario have raised a total of \$32,656 towards a Water and Sanitation Project. The Institute has an ongoing keen interest in providing clean water to those Third World countries where water is a scarce resource.

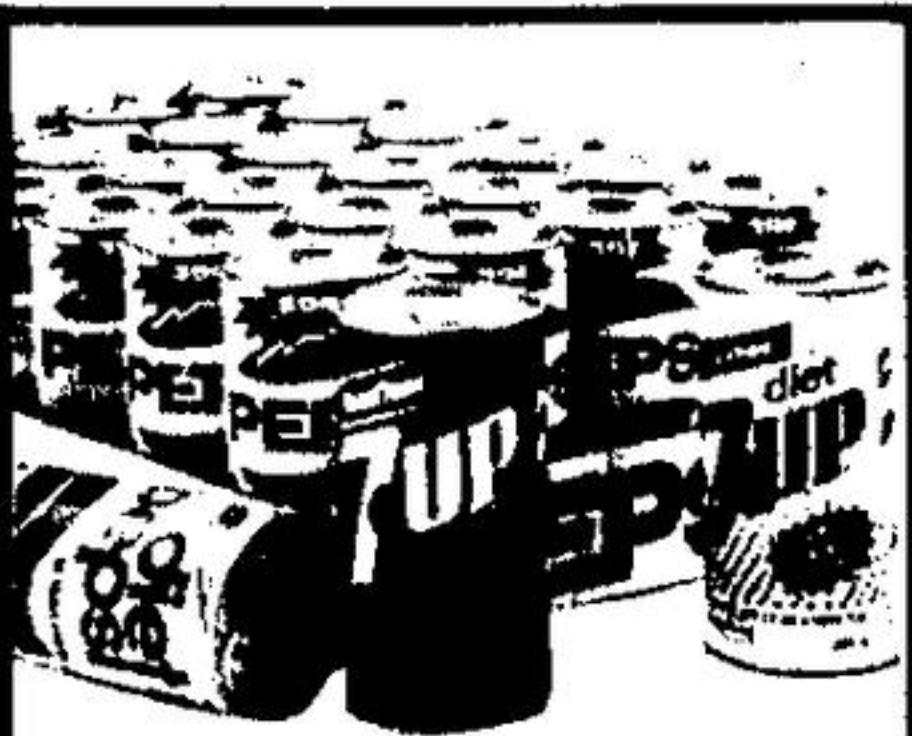
Programs held over the past year in Halton by the various branches were well attended by the public, informative and stimulating. Topics have covered wide areas from prescription drugs and their side effects, family violence and drug abuse to a citizenship presentation by Judge Sheila Copps.

Celebrating the "Year of the Youth", the theme for the 1985 Halton District Women's Institute Annual Meeting was "A Time To Grow". Through the continued strong support given to the Women's Institute by Rural Services of the Ministry of Agriculture,

You'll do better at our GREAT



Prices effective thru Saturday, June 8th, 1985.



SAVE 3.00

REGULAR OR DIET  
**Pepsi-Cola or 7UP**

CASE OF 24-280 mL TINS

**4.99**

(750 mL btl .59-Plus .30 btl deposit)

IDEAL CHOICE. ASST VAR INCL PEAS & CREAMED STYLE CORN (SINGLE 14 FL OZ TINS 51)  
**Canned Vegetables** 10<sup>57</sup>

A.B.C. OR ADMIRAL SUPER BUY!  
**Pink Salmon** 7 1/2 oz tin **1.39**

ASSORTED FLAVOURS BUY 3-SAVE .85  
**Jell-O Powders** 3 pkgs **1.00**

ASST VAR INCL RAISIN ALMOND & CHOCOLATE CHIP  
**Quaker Chewy Bars** 225 g pkg **1.69**

### Scouts love it outdoors

By LEO POSTLETHWAITE Herald Special  
Outdoors is a key word in Scouting as Cubs and Scouts from North Halton District took part in camps on May 10 and May 24.

May 10, Scouts took part in the annual explorer's hike. The hike route kept secret until the week before proved to be quite a challenge for them. The route stretched from the catacombs, at the Forks of the Credit, to Silver Creek, Hwy. 7 and Trafalgar Road with a stop at Terra Cotta Conservation Park.

The hike was quite a success thanks to Brent Collier and the 2nd Georgetown Venturers. On May 24 weekend thirty-eight Cubs from the district took part in the Cubs' third year transitional camp at Blue Springs Scout Reserve.

Although marred by rain the weekend proved to be a success with the boys taking part in such things as an atomic pile (try to keep a bucket level while going over an obstacle course), a moon walk, a blind maze, setting up a tent while blind folded, knots and lashings, and log sawing. The boys also received instruction in the proper use of the compass as they go up to Scouts next year.

Special thanks to Del Wood and his staff as well as soldiers from the 2nd Field Engineer Regiment Fort York who made a rope slide, for giving the boys this, a fine learning experience.

### Get well to Harold

By KAY WILSON Herald Correspondent  
NORVAL—Get well wishes to Harold McClure, FR2, Brampton who spent some time in Peel Memorial Hospital.

# Spring Savings Spectacular

SAVE 2.20/kg *The Butcher Shop* SAVE 1.00 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF SEMI-BONELESS

Blade or Chuck Short Rib Roasts  
**3.73 / 1.69**

SAVE 2.20/kg-1.00 lb

BLADE, CHUCK SHORT RIB OR SHOULDER  
**Boneless Beef Roasts**  
**4<sup>17</sup> / 1<sup>89</sup>**

SAVE 1.33/kg-.60 lb

SHANKLESS, PICNIC SHOULDER  
**Fresh Pork Roasts**  
**2<sup>18</sup> / .99**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF  
**Blade Steaks** **3.73 / 1.69**

SHOULDER BUTT  
**Pork Chops** **3.09 / 1.39**

FRESH "GREAT ON THE B.B.Q."  
**Medium Ground Beef** **3<sup>73</sup> / 1<sup>69</sup>**

SHOULDER  
**Veal Chops** **6<sup>59</sup> / 2<sup>99</sup>**

POINT (CENTRE CUT 6.37/kg-2.89 lb)  
**Brisket Beef** End Cuts **5<sup>49</sup> / 2<sup>49</sup>**

NEW ZEALAND SPRING, FROZEN  
**Lamb Legs** Semi-Boneless **5<sup>49</sup> / 2<sup>49</sup>**

NEW ZEALAND, SPRING, FROZEN  
**Loin Lamb Chops** **6<sup>59</sup> / 2<sup>99</sup>**

SWEET PICKLED, END CUTS  
**Back Bacon** **4<sup>39</sup> / 1<sup>99</sup>**

SWEET PICKLED (CENTRE CUTS 4.83/kg-2.19 lb)  
**Sliced Back Bacon** **5<sup>27</sup> / 2<sup>39</sup>**

PREVIOUSLY FROZEN, SKINLESS & DEVEINED, SLICED  
**Calves Liver** **4<sup>39</sup> / 1<sup>99</sup>**

MAPLE LEAF, SLICED, REGULAR, THICK OR MAPLE  
**Side Bacon** 500 g vac pac **2.59**

MAPLE LEAF, SWEET PICKLED  
**Cottage Rolls** **4<sup>17</sup> / 1<sup>89</sup>**

REGULAR, B.B.Q. OR ALL BEEF  
**Maple Leaf Wieners** 450 g vac pac **1.79**

MAPLE LEAF, SKINLESS OR  
**Golden Fry Sausage** 500 g pkg **2.29**

MAPLE LEAF  
**Sausage Rounds** 500 g pkg **2.49**

DEVON BRAND  
**Breakfast Sausage** **3<sup>28</sup> / 1<sup>49</sup>**

MAPLE LEAF, BY THE PIECE  
**Bologna Chunks** **3<sup>95</sup> / 1<sup>79</sup>**

MAPLE LEAF, SLICED, 16 VARIETIES INCLUDING MAC & CHEESE  
**Cooked Meats** 175 g vac pac **.99**

MAPLE LEAF  
**Cooked Meat** 175 g vac pac **1.89**

MAPLE LEAF, REG., BEEF OR GARLIC  
**Sliced Bologna** 500 g vac pac **1.99**

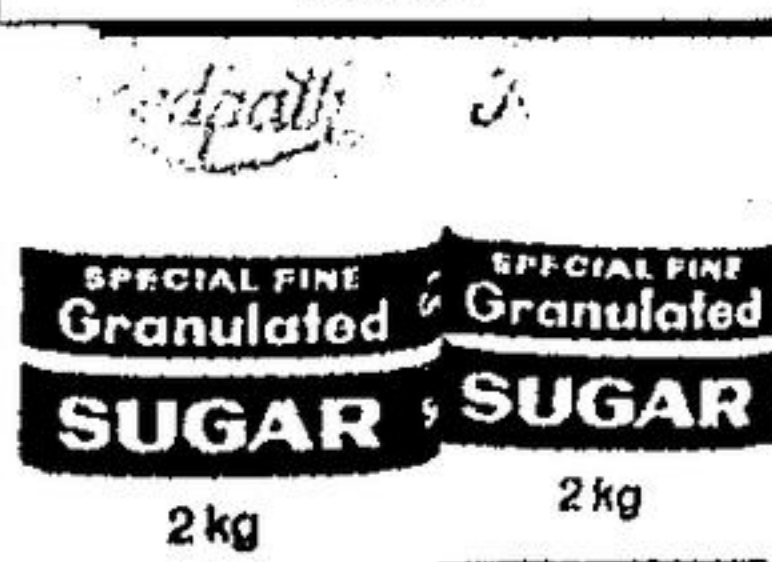
SHOPSY-COLESLOW OR  
**Potato Salad** 500 g carton **1.49**

### Frozen Seafood!

HIGHLINER, FROZEN  
**Sole Fillets** 16 oz pkg **3.79**

HIGHLINER, FROZEN  
**Fish & Chips** 750 g pkg **2.39**

Stock up for Strawberry Preserving Season!



SUPER BUY!

FINE, GRANULATED  
**White Sugar**  
4 kg BAG

**1.49**

(Limit 5 per family purchase) Make A&P your headquarters for all your preserving needs!

PROCESS, REGULAR SLICES SAVE 1.10  
**Schneider's Cheese** 500 g pkg **2.99**

SILVERWOOD ICE CREAM, BRONZE, GOLD OF SILVER LABELS, ALL FLAVOURS SAVE .90  
**Creme de la Creme** 1 litre tub **1.49**

SEALTEST, REGULAR SAVE .46  
**Cottage Cheese** 500 g ctn **1.69**

ASSORTED FLAVOURS SAVE .50  
**Astro Yogourt** 500 g ctn **1.49**

SAVE .90

JANE PARKER  
**Spanish Bar Cake**  
**.99** 539 g size

JANE PARKER, SLICED (made with 100% pure vegetable shortening) SAVE .30  
**60% Whole Wheat Bread** 675 g loaf **.69**

MARVEL, HAMBURGER BUNS OR SAVE .30  
**Wiener Rolls** pkg of 12 **.99**

ASST VAR INCL CHOCOLATE CHIP SAVE .80  
**Dare Cookies** 450 g tin **1.99**

BEATRICE SAVE 1.00  
**2% Milk** 4 litre bag **2.99**

SAVE .46

FROZEN, BEEF, CHICKEN, TURKEY 8 OZ PKG  
**Banquet Pot Pies** **.49**

FROZEN, CHOCOLATE, BANANA, LEMON OR COCONUT SUPER BUY!  
**Farm House Cream Pies** 12 oz pkg **.99**

PARTLY SKIMMED, EVAPORATED SUPER BUY!  
**Carnation 2% Milk** 385 mL tin **.69**

REGULAR FINE OR EXTRA FINE COFFEE, (DECAF 348 g VAC PAC 4.38-SAVE .50) SAVE 1.00  
**Nabob Tradition** 369 g vac pac bag **3.29**

ORANGE PEKOE SAVE 1.00  
**Red Rose Tea** pkg of 60 bags **2.49**

WITH THIS COUPON **A&P** SAVE 1.00

INSTANT COFFEE 8 OZ JAR  
**Maxwell House Coffee** **3.99**

Limit one jar per coupon. VALID UNTIL JUNE 8th, 1985. (Feature price 4.99 without coupon.) 030147871



SUPER BUY!

CAPRI, BEIGE, WHITE OR YELLOW  
**Bathroom Tissue**  
**.99** pkg of 4 rolls



SAVE .90

FROZEN, BEEF, CHICKEN, CHOPPED BEEF OR TURKEY  
**Banquet Dinners**  
**.99** 11 oz pkg

### THE FARM at A&P

CANADA NO. 1 GRADE, PRODUCT OF U.S.A.  
**Fresh Cantaloupe**  
**.99** each

PRODUCT OF U.S.A., DELICIOUS IN SALADS  
**Fresh Spinach**  
**2 / 1<sup>49</sup>** 10 oz pkg

PRODUCT OF ONTARIO  
**Fresh Mushrooms** 12 oz pkg **1.99**

PRODUCT OF U.S.A.  
**Fresh, Sweet, Ripe Strawberries** quart **1.99**

PRODUCT OF MEXICO, SWEET, JUICY  
**Fresh Mangos** each **.99**

PRODUCT OF U.S.A., DELICIOUS WITH CHEESE SAUCE  
**Fresh Broccoli** bunch **.99**

CANADA NO. 1, PRODUCT OF U.S.A., SWEET  
**Corn On-The-Cob** 5 for **1.99**

PRODUCT OF ONTARIO, DELICIOUS IN SALADS  
**Leaf Lettuce** 2/ **.99**

CANADA NO. 1, PRODUCT OF ONTARIO, TENDER, GREEN SPEARS  
**Fresh Asparagus** 3<sup>73</sup> / 1<sup>69</sup> lb

PRODUCT OF U.S.A., FAMILY PACK  
**Valencia Oranges** bag of 18 **3.99**

PLAIN OR PRINTED, ASST COLOURS SUPER BUY!  
**Hi-Dri Paper Towels** pkg of 2 rolls **.99**

LIQUID SAVE .68  
**Javex Bleach** 3.6 litre pisl jug **1.49**

DETERGENT FOR DISHES SAVE .90  
**Sunlight Liquid** 1 litre pisl bill **1.99**

ASSORTED TYPES, SMALL PINT SIZE SUPER BUY!  
**Mason Jars** carton of 12 **3.79**

SUPER BUY!

POWDERED 6 LITRE BOX  
**Surf Laundry Detergent** **2.99**

A&P reserves the right to limit quantities to normal family requirements.

Savings shown in this ad based on A&P current regular retails.

We redeem all food store coupons.