Legion ladies

By MID BRUNSKI Herald Special Attention! I made a mistake last week in reporting the time the bus was to leave from the Branch for Erin Friday the 20th. The bus leaves at 7:00 sharp. Don't forget the first fall meeting Thursday the

19th. We had a very good attendance at our birthday dinner Saturday and the air cadets did a splendid, job of serving the ladies.

The awards committee consisting of Hazel Dumper, Jean Reid, Mid Brunski and Liz McNeilly had a challenging job to select the members to receive the following certificate of merits and special awards pins.

Past Officers Medals were presented by our zone commander to Liz McNeilly, our immediate past president, past 2nd vice Yvonne Graham and past treasurer Barb Reyce, assisted by our president Flo Carswell.

The Years of Service Pins were presented by Rose Green our zone commander to 45 years, Dolly Carter, 40 years Dot Day and Edie Bowman, 35 years Jessie Johnson, 30 years Gretta Stoddart and Ruby Bailey, 25 years Marg Arnold, Joyce Markham, Barb Geefert, and Gladys Baker.

Certificate of Merit presented by Flo Carswell to Winnie Smith, Dolly Carter, Mae Tost, Floss Tracey, Marg Martin, Maude Norrie and Cherrie Matthews.

Also presented by our president the Special Awards Pin to Lottie Bottoms, Mae Lawr, Helen Cumpsty, Trudy Paul, Vi King, Nellie Bell, Mary Franks, Marj Tutty and Cathy Watson.

It was quite an impressive showing and proved in a small way the appreciation for the years of work, service and contributions given by our members to our service.

For the ladies not able to be present your awards will be given to you at our meeting.

Plowing match

By KAY WILSUN Herald Correspondent NORVAL - Among the many activities of the past weekend was the Halton Plowing Match on Milton's Bronte Street, below the Milton District Hospital.

Debbie Deenik of RR2 Norval tired her hand with the tractor and plow, as did many other contestants. .

At the evening banquet in Palermo United Church, Debbie gave the speech she will be giving Oct. 20 at the International Plowing Match. She was presented with a corsage and cheque.

Four other young people receiving scholarships were Robert Alton, Charles Bird, Doug Mc-Cann and Greg Stenman.

These \$500 scholarships were proceeds realized from the International Plowing Match held in Halton in 1974.

This is the final year of the scholarships as the funds have now, been depleted.

Mushroom touring

By KAY WILSON Herald Correspondent NORVAL - Marion Mc-Clure convened the September Agriculture and Canadian Industry's meeting of the Brampton West Women's Institute.

The meeting started off with a tour of Meadowglen Mushrooms Ltd. of Glen Williams.

Meadowglen has 48 acres in the Glen and 131 acres in Acton. It is the second largest producer of mushrooms in Canada. Six to seven million pounds of it are marketed in Canada.

The specially prepared spores are placed in a bacteria free mixture and grown in the dark, with a strictly controlled

temperature. Between day 17 and 21, the mushrooms are picked. The mushroom pickers use a light from a lamp similar to a miner's lamp to do their

Muriel Wey thanked Meadowglen for the privilege of touring the industry, then members met at a local restau-

rant for lunch. President Dorothy Ostrander presided and secretary Jane Terry recorded the minutes for a short business meet-

TEAM UP TO **BRING** YOU





REGULAR OR DIET

Pepsi-Cola or 7UP

CASE OF 24-280 mL TINS

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

Potato	T VAR SAVE .80
Chips	200 g 33
FAMILY SIZE ASST VAR INCL CHOCOLATE & T	
Nestle Puddings	15 II oz . 99
E.D. SMITH, VEGETABLE	SAVE .66
Garden Cocktail	28 II oz . 99
McCAIN, FROZEN, CONCENTRATED	4 1 4
Orange Juice	12'2 fl 02 7 . 49



2-PLY DECORATED, ORANGE, GREEN OR GOLD PRINTS White Swan Paper Towels Physical 2

TODOLER 13'S, NEWBORN 66'S OR DAYTIME 48'S **SAVE 1.50** Huggies Diapers pack 9.99 REGULAR, WINTERFRESH OR GEL **Colgate Toothpaste** NEW FREEDOM, REG OR DEODORANT-SLIM MAXI OR **Maxi Pads**

LAUNDRY 6 LITRE BOX Powdered Sunlight

REGULAR, LIQUID

Detergent

SAVE .50 Javex Bleach

675 g 1.99 NABISCO **Shreddies Cereal** BRAVO, PLAIN SAVE .70 .99 28 II,oz

Spaghetti Sauce **ASSORTED FLAVOURS ACTION PRICE Jell-O Powders**



SAVE 5.07/kg

SAVE 2.30 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF BONELESS SIRLOIN STEAK OR

T-Bone or Wing Steak or

SAVE 2.20/kg-1.00 lb

OUTSIDE CUT, EYE REMOVED Boneless Round Roast

SIRLOIN TIP. RUMP OR INSIDE CUT ROUND BEEF

Boneless C15 Roasts

FRESH Lean Ground Beef FRESH, SHANKLESS, PICNIC SHOULDER 262/119 Ib **Pork Roasts** SHOULDER BUTT **Pork Chops** Boneless Pork Roasts 284/129 **Boneless Pork Roasts**

Minced Pork NEW ZEALAND SPRING, FROZEN, SHORT CUT Whole Lamb Legs NEW ZEALAND SPRING FROZEN BONELESS (SEMI-BONELESS 5 49:10 2 49 ID) **Butterflied Lamb Legs**

NEW ZEALAND SPRING. FROZEN (SHOULDER CHOPS # 39/40-1.99 lb) oin Lamb **C59/799** Chops

TOMATOES

11 11

SAVE .60

Heinz Tomatoes

1.1.

THE THE PARTY

SAVE 1.76/kg-.80 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF (INSIDE CUT 6.59/kg-2.99 (b) Round Steak Slice

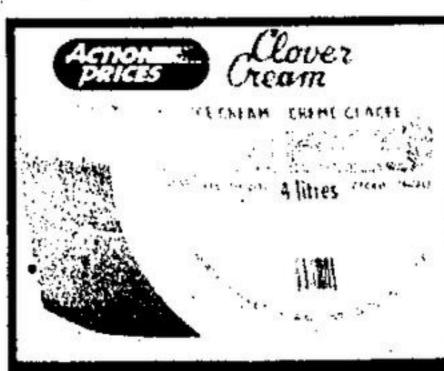
CUT FROM CANADA'S FINEST GRADE 'A' BEEF-TENDERIZED Cube

Steak CUT FROM CANADA'S FINEST WHITE VEAL 1541/699 Veal Scallopini SHOULDER

659/299 lb **Veal Chops** 1012/459 **Veal Chops** PREVIOUSLY FROZEN SLICED (CALVES LIVER 4.17/hg-1.89 lbj **Beef Liver** CANADA GRADE 'A' FROZEN EVISCERATED. 20 10 24 DZ AVERAGE Cornish Game Hens

CLIFFSIDE, TURKEY, BEEF OR CHICKEN 567 g pkg 2.39 **Meat Pies** BLUE WATER, FROZEN, STICKS, FRIES OR KRISPS **Boston Blue Fish**

HIGH LINER CAPTAINS BREADED, FROZEN STRIPS, BURGERS OR Chicken Nuggets



SAVE 1.00

VANILLA, CHOCOLATE OR NEAPOLITAN CLOVER CREAM OR COUNTRY BEST

ice Cream

PROD OF US A IDEAL FOR BAKING, IN SHELL **Jumbo Walnuts**

PROD OF ONTARIO DELICIOUS WITH CHEESE SAUCE Fresh Broccoli

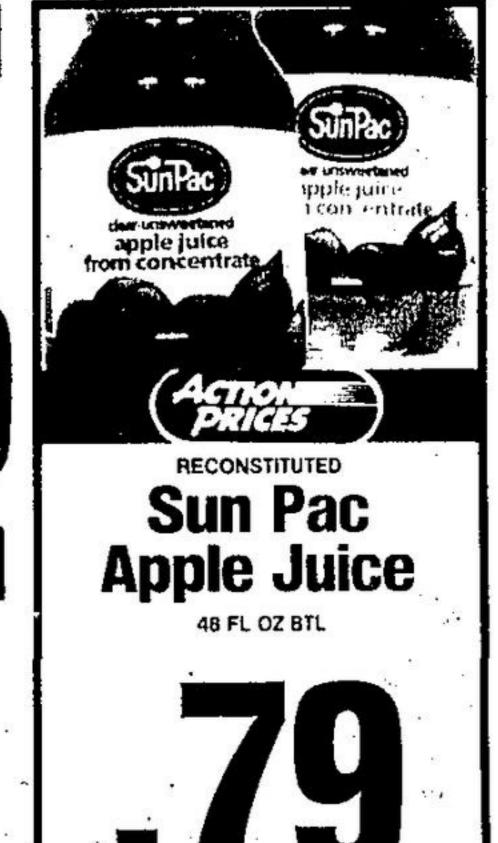
CANADA NO 1. PROD OF ONTARIO Concord Grapes PROD. OF ONTARIO, DELICIOUS IN SALADS

Fresh Mushrooms 13 or 1.99 CANADA FANCY GRADE PROD OF ONTARIO NEW CHOP ALL PUPPUSE McIntosh Apples

CANADA NO. 1, PROD OF U.S.A..
THE NATURAL SNACK, RED. BLACK OR GREEN Seedless Grapes

CANADA NO 1. PROD OF ONTARIO LARGE SNOW WHITE Fresh Cauliflower PROD OF USA., FAMILY PACK, GREAT FOR LUNCHES

bag of 3.99 Sunkist Oranges CANADA NO 1, PROD OF ONTARIO, LARGE SIZE Sweet Green Peppers 4/.99 CANADA NO. 1, PROD. OF ONTARIO, ALL PURPOSE **Potatoes**



BEATRICE, ASSORTED FLAVOURS **Fruit Bottom**

BUY 4-SAVE 2.07

SAVE 1.00

SCHNEIDER'S PROCESS Cheese Slices

Yogourt

ALL PURPOSE, CAKE & PASTRY INSTANT BLENOING WHOLE WHEAT **Robin Hood Flour**

SAVE 1.10 ACTION PRICE DUNCAN HINES LAYER. ASST VAR Cake Mixes

> JANE PARKER **Peach Pie**

SAVE 1.00

JANE PARKER, WHEAT 'N RAISIN OR Raisin

Bread JANE PARKER

Spanish Bar Cake ORANGE PEKOE **Tetley Tea Bags**

INSTANY, RICH, VIVA & OZ OR COLOMBIA & OZ **Nescate Coffee**

HEINZ VEGETABLE OR 10 FL OZ TINS **Condensed** Tomato Soup

HEINZ, SUNNY DELIGHT

Florida Citrus Punch

14 fl oz .59

SAVE .20

SAVE .50

BUY 3-SAVE 40

IN TOMATO SAUCE. WITH PORK WITH MOLASSES KIDNEY BEANS **Heinz Beans** HEINZ

28 ft oz **Tomato Sauce** ASSORTED MEATLESS VARIETIES Heinz Junior Foods "11 flor



369 g VAC PAC Maxwell House Coffee