

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 McNeill 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 McNeill, 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 WILSON
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 McCann 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 - Marlon McClure 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 job.

Muriel Wey thanked Meadowglen for the privilege of touring the industry, then members met at a local restaurant for lunch.

President Dorothy Ostrander presided and secretary Jane Terry recorded the minutes for a short business meeting.

A&P
and **NEW Dominion**

TEAM UP TO BRING YOU

Prices effective thru Saturday, September 21st, 1985. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on our current regular retail prices. We redeem all food store coupons. Some illustrations are for design only and do not necessarily represent items on sale.

ACTION PRICES

Your sign of Savings

ACTION PRICES

REGULAR OR DIET
Pepsi-Cola or 7UP

CASE OF 24-280 mL TINS

5.99

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

SAVE 5.07/kg *The Butcher Shop* SAVE 2.30 lb

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

T-Bone or Wing Steak or Roasts

6.59 / 2.99

/kg / lb

SAVE 2.20/kg-1.00 lb SAVE 1.76/kg-.80 lb

OUTSIDE CUT, EYE REMOVED
Boneless Round Roast **5.71 / 2.59**
/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF (INSIDE CUT 6.59/kg-2.99 lb)
Round Steak Full Slice **6.15 / 2.79**
/kg / lb

SIRLOIN TIP, RUMP OR INSIDE CUT ROUND BEEF
Boneless Roasts **6.15 / 2.79**
/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF-TENDERIZED
Cube Steak **7.25 / 3.29**
/kg / lb

FRESH
Lean Ground Beef **4.17 / 1.89**
/kg / lb

FRESH, SHANKLESS, PICNIC SHOULDER
Pork Roasts **2.62 / 1.19**
/kg / lb

SHOULDER BUTT
Pork Chops **3.28 / 1.49**
/kg / lb

PICNIC SHOULDER (SHOULDER BUTT 3.06/kg-1.39 lb)
Boneless Pork Roasts **2.84 / 1.29**
/kg / lb

FRESH
Minced Pork **3.51 / 1.59**
/kg / lb

NEW ZEALAND SPRING, FROZEN, SHORT CUT
Whole Lamb Legs **3.95 / 1.79**
/kg / lb

NEW ZEALAND SPRING, FROZEN BONELESS (SEMI-BONELESS 4.99/kg-2.49 lb)
Butterflied Lamb Legs **7.70 / 3.49**
/kg / lb

NEW ZEALAND SPRING, FROZEN (SHOULDER CHOPS 4.39/kg-1.99 lb)
Loin Lamb Chops **6.59 / 2.99**
/kg / lb

CUT FROM CANADA'S FINEST WHITE VEAL
Veal Scallopini **15.41 / 6.99**
/kg / lb

SHOULDER
Veal Chops **6.59 / 2.99**
/kg / lb

RIB
Veal Chops **10.12 / 4.59**
/kg / lb

PREVIOUSLY FROZEN SLICED (CALVES LIVER 4.17/kg-1.69 lb)
Beef Liver **1.96 / .89**
/kg / lb

CANADA GRADE 'A' FROZEN, EVISCERATED 20 TO 24 OZ AVERAGE
Cornish Game Hens **4.17 / 1.89**
/kg / lb

CLIFFSIDE, TURKEY, BEEF OR CHICKEN
Meat Pies **2.39**
567 g pkg of 4 pies

BLUE WATER, FROZEN, STICKS, FRIES OR KRISPS
Boston Blue Fish **3.29**
680 g pkg

HIGH LINER CAPTAINS BREADED, FROZEN STRIPS, BURGERS OR
Chicken Nuggets **2.99**
300 g pkg

ACTION PRICES

RECONSTITUTED
Sun Pac Apple Juice

48 FL OZ BTL

.79

BEATRICE, ASSORTED FLAVOURS BUY 4-SAVE 2.07
Fruit Bottom Yogourt **4/1.49**
175 g tubs

SCHNEIDER'S PROCESS SAVE 1.00
Cheese Slices **2.99**
500 g pkg

ALL PURPOSE CAKE & PASTRY INSTANT BLENDING SAVE 1.10
Robin Hood Flour **2.49**
2.5 kg bag

DUNCAN HINES LAYER, ASST VAR ACTION PRICE
Cake Mixes **1.19**
520 g pkg

ACTION PRICES

JANE PARKER SAVE 1.00
Peach Pie **1.29**
624 g size

FRITO LAY, LAYS OR RUFFLES, ASST VAR SAVE .80
Potato Chips **.99**
200 g pkg

FAMILY SIZE ASST VAR INCL CHOCOLATE & TAPIOCA SAVE .70
Nestle Puddings **.99**
15 fl oz tin

E.D. SMITH, VEGETABLE SAVE .66
Garden Cocktail **.99**
28 fl oz btl

MCCAIN, FROZEN, CONCENTRATED SAVE .50
Orange Juice **1.49**
12 1/2 fl oz tin

ACTION PRICES

CAPRI, 1 PLY, ASSORTED COLOURS
Bathroom Tissue

.99

pkg of 4 rolls

2-PLY DECORATED, ORANGE, GREEN OR GOLD PRINTS SAVE .70
White Swan Paper Towels **.99**
pkg of 2 rolls

TODDLER 33'S, NEWBORN 48'S OR DAYTIME 48'S SAVE 1.50
Huggies Diapers **9.99**
convenience pack

REGULAR, WINTERFRESH OR GEL SAVE .50
Colgate Toothpaste **1.19**
100 mL tube

NEW FREEDOM, REG OR DEODORANT-SUM MAXI OR SAVE 1.00
Maxi Pads **3.49**
box of 30

ACTION PRICES

LAUNDRY 6 LITRE BOX
Powdered Sunlight Detergent

3.49

REGULAR, LIQUID SAVE .50
Javex Bleach **1.69**
plst jug 3.6 litre

NABISCO SAVE .40
Shreddies Cereal **1.99**
675 g pkg

BRAVO, PLAIN SAVE .70
Spaghetti Sauce **.99**
28 fl oz tin

ASSORTED FLAVOURS ACTION PRICE
Jell-O Powders **.39**
85 g pkg

ACTION PRICES

900 g PKG SAVE .40
Assorted Lancia Pastas

.99

ACTION PRICES

CANADA CHOICE
TOMATOES

.79

28 fl oz tin

CHOICE
Heinz Tomatoes

.79

28 fl oz tin

ACTION PRICES

Clover
VANILLA, CHOCOLATE OR NEAPOLITAN CLOVER CREAM OR COUNTRY BEST

2.99

large 4 litre cont

SAVE 1.00
Ice Cream

2.99

large 4 litre cont

ACTION PRICES **THE FARM** **ACTION PRICES**

PROD OF U.S.A. IDEAL FOR BAKING, IN SHELL
Jumbo Walnuts **2.18 / .99**
/kg / lb

CANADA NO. 1, PROD OF U.S.A. THE NATURAL SNACK, RED, BLACK OR GREEN
Seedless Grapes **2.18 / .99**
/kg / lb

PROD OF ONTARIO, DELICIOUS WITH CHEESE SAUCE
Fresh Broccoli **.99**
bunch

CANADA NO. 1, PROD OF ONTARIO
Concord Grapes **2.99**
4 litre basket

PROD OF ONTARIO, DELICIOUS IN SALADS
Fresh Mushrooms **1.99**
12 oz pkg

CANADA FANCY GRADE, PROD OF ONTARIO, NEW CHOP ALL PURPOSE
McIntosh Apples **1.49**
3 lb bag

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

PROD OF U.S.A., FAMILY PACK, GREAT FOR LUNCHES
Sunkist Oranges **3.99**
bag of 18

CANADA NO. 1, PROD OF ONTARIO, LARGE SIZE
Sweet Green Peppers **4 / .99**
/kg / lb

CANADA NO. 1, PROD OF ONTARIO, ALL PURPOSE
Potatoes **1.99**
20 lb bag

JANE PARKER, WHEAT 'N RAISIN OR SAVE .40
Raisin Bread **.79**
450 g loaf

JANE PARKER SAVE .20
Spanish Bar Cake **1.29**
539 g size

ORANGE PEKOE SAVE .50
Tetley Tea Bags **2.49**
box of 72

INSTANT, RICH, VIVA 6 OZ OR COLOMBIA 6 OZ ACTION PRICE
Nescafe Coffee **5.49**
6 oz jar

ACTION PRICES

HEINZ VEGETABLE OR 10 FL OZ TINS
Condensed Tomato Soup

3/1.00

HEINZ, SUNNY DELIGHT SAVE .48
Florida Citrus Punch **.99**
250 mL conts pack of 3

IN TOMATO SAUCE WITH PORK WITH MOLASSES SAVE .20
Heinz Beans **.59**
14 fl oz tin

HEINZ SAVE .50
Tomato Sauce **.99**
28 fl oz tin

ASSORTED MEATLESS VARIETIES BUY 3-SAVE .40
Heinz Junior Foods **3/1.49**
7 1/2 fl oz jars

ACTION PRICES

REGULAR, FINE OR AUTOMATIC 369 g VAC PAC
Maxwell House Coffee

3.49