

Gifts to shut-in members

By KAY WILSON
Herald Special
Norval Women's Institute met at Marie Murray's home Nov. 13 at 8 p.m. Vice president Noreen Van Leeuwen chaired the meeting in which arrangements were made to send gifts to the shut-in members Babs Casely, Mae Cleave and Carrie Graham. A donation will be sent to the Georgetown Good Neighbors.

Family and Consumer Affairs committee members Gisele Marchin and Lilo Dahmert showed a movie from the Consumer's Association on credit cards. A contest on the metric system was won by Laila Smith and visitor Enid McBride. Lunch was served by the hostess assisted by Dorothy McLean.

There are get well wishes to two local people: Marg Clarkson of RR2 Georgetown who has been under the doctor's care for neuralgia; and to Wilson Fraser of Huttonville who is a patient in Peel Memorial Hospital in Brampton.

Pinegrove Community Club met at the home of Alan and Jean Harrop Nov. 4. The meeting was chaired by President Keith Webb with arrangements made for the following euche and the Christmas party. He then called on Irene Goodfellow who gave a talk on diabetes. She is a diabetic. Following a euche game, lunch was served by Marguerite Hunter.

Pinegrove Community euche had six tables playing last Monday. Winners were: Irene Hunter, Marg Davidson, Claude McLaughlin, and Prairie Bessey.

Should we avoid taxes?

The November meeting of the Brampton West Women's Institute was held at the home of Charlotte McClure. Citizenship was the theme of the meeting. President Dorothy Ostrander, conducted the meeting while secretary Jane Terry recorded the minutes.

The roll call was "As a good citizen, is it right to avoid paying taxes?" Responses were: be honest, be aware of your legal exemption and be thankful that you are able to pay taxes for the standard of living we have in Canada.

Jane Terry reported on the Central Ontario and Area Institute Convention held in Toronto. Dorothy Petch is the new board director with Marjorie Sharp as the alternate.

Convenor Ina Terry introduced Barbara Horvath of the Peel Multicultural Council, who spoke about the citizens of the community who have come from many countries.

The council provides a bridge between established Canadian citizens and those who are experiencing many changes as they adjust to their new surroundings. She said 120 ethnic organizations are registered with the council.

Mrs. Horvath was thanked by Jean Williamson and presented with a gift. Lois Fraser gave the courtesies while Ina Terry, Margaret Eccles and Jean Williamson assisted the hostess with lunch.

The December public relations meeting is to be held at Peel regional police headquarters in Brampton.

Couples Club

The Couples Club of Norval United Church will conduct the service Nov. 24 at 11:15 a.m. Dorothy Phillips of Sandhill, president-elect of the Toronto Conference will be guest speaker. Special music is to be performed by the men's choir. All are welcome.

Background in the Bible

Over 30 members from several area churches including Grace United in Brampton, Norval Presbyterian, St. Andrew's in Ballinacfad, Home, and Huttonville met at Norval United on Sunday afternoon. Rev. Dr. Tom Bandy led sessions in Bible background and understanding. The sessions were organized by Rev. Walter Ridley.

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ACTION PRICES SAVE .80

ASSORTED VARIETIES
Hostess Potato Chips
200 g PKG

.99

ACTION PRICES SAVE 2.00

REGULAR OR DIET
Pepsi-Cola or 7UP
CASE OF 24-280 mL TINS

5.99
(750 mL btl. .69-Plus .30 btl deposit)

SAVE 1.76/kg SAVE .80 lb

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

Blade or Chuck Short Rib Roasts

4.17 / 1.89
/kg / lb

SAVE 4.41/kg-2.00 lb SAVE 2.20/kg-1.00 lb

8 BONE SEMI-BONELESS, CHEF STYLE
Prime Rib Roast

6.59 / 2.99
/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
Rib Eye Steaks

13.21 / 5.99
/kg / lb

FRESH, LEAN
Ground Beef

4.39 / 1.99
/kg / lb

COMBINATION PACK-CONTAINS 2 RIB EYES, 2 LOIN ENDS, 4 CENTRE CUT CHOPS
Loin Pork Chops

4.39 / 1.99
/kg / lb

MARVEL, ENRICHED
White Bread

675 g LOAF

.69

PARTLY SKIMMED
Fresh 2% Milk

4 LITRE BAG

2.49

INSTANT, SEMI-SWEET, REGULAR OR WITH MARSHMALLOW SAVE .50
Cadbury Hot Chocolate

500 g carton **2.99**

MINUTE, LARGE FLAKE OR QUICK COOKING SAVE .36
Old Mill Oats

1.35 kg pkg **1.29**

CHRISTIE'S, REGULAR
Ritz Crackers

250 g pkg **1.29**

INSTANT
Sanka Coffee

8 oz jar **5.49**

ACTION PRICES SAVE .90

1-PLY BATHROOM, ASSORTED COLOURS
White Swan Tissue

pkg of 4 rolls **1.39**

CAPRI, 1-PLY, ASSORTED COLOURS
Bathroom Tissue

pkg of 4 rolls **.99**

WHITE SWAN, 2-PLY, ASSORTED COLOURS
Facial Tissue

box of 200 sheets **.99**

MOTHER PARKERS, ECONOMY PACK
Tea Bags

pkg of 100 **1.99**

WHITE SWAN, 2-PLY, PRINTED ORANGE, GREEN OR GOLD
Decorator Towels

pkg of 2 rolls **.89**

ACTION PRICES SAVE 1.30

REGULAR, FINE OR AUTOMATIC DRIP
Maxwell House Coffee

369 g vac pac **2.99**

CONDENSED-VEGETABLE BUY 2-SAVE .47
Campbell's Soup

10 fl oz tin **2/.79**

ORANGE FLAVOUR
Tang Crystals

pkg of 3 42 g envs **1.49**

ASSORTED VARIETIES BUY 3-SAVE .77
Miss Mew Cat Food

6 oz tin **3/1.00**

A&P SAVE .20
Smoked Oysters

3.67 oz tin **.99**

POINT (CENTRE CUTS 5.93/kg-2.69 lb)
Beef Brisket End Cuts

5.49 / 2.49 /kg / lb

FRESH, MEDIUM
Ground Beef

373 / 169 /kg / lb

CUT FROM CANADA'S FINEST WHITE VEAL, SCALLOPINI OR
Veal Cutlets

15.41 / 6.99 /kg / lb

CANADA GRADE 'A', FROZEN, CORNISH
Game Hens

20 to 24 oz average 417 / 189 /kg / lb

TOWN CLUB, SWEET PICKLED
Cottage Rolls

439 / 199 /kg / lb

FROZEN, IN LIGHT TEMPURA BATTER, STICKS, FRIES
High Liner Fish

700 g pkg **2.99**

FROZEN, IN LIGHT TEMPURA BATTER HADDOCK FISH STICKS OR
High Liner Sole

350 g pkg **2.19**

MARY MILES, TRAY PACK
Pure Pork Sausage

417 / 189 /kg / lb

BLADE, CHUCK SHORT RIB OR SHOULDER
Boneless Beef Roasts

4.83 / 2.19 /kg / lb

EXCELLENT FOR BRAISING
Blade Steaks

417 / 189 /kg / lb

(BONELESS 4.39/kg-1.99 lb)
Short Beef Ribs

373 / 169 /kg / lb

RIB OR 3 TO 3 1/2 LB TENDERLOIN PORTION
Pork Loin Roasts

439 / 199 /kg / lb

FROZEN NEW ZEALAND SPRING, BONELESS
Butterflied Lamb Legs

770 / 349 /kg / lb

SWEET PICKLED
Sliced Back Bacon

549 / 249 /kg / lb

CANADIAN QUEEN, SLICED
Cooked Ham

175 g vac pac **1.59**

MARY MILES, BY THE PIECE
Bologna Chunks

351 / 159 /kg / lb

FROZEN NEW ZEALAND SPRING (SEMI BONELESS 5.49/kg-2.49 lb)
Whole Lamb Legs Short Cut

395 / 179 /kg / lb

FROZEN NEW ZEALAND SPRING (SHOULDER CHOPS 4.38/kg-1.99 lb)
Loin Lamb Chops

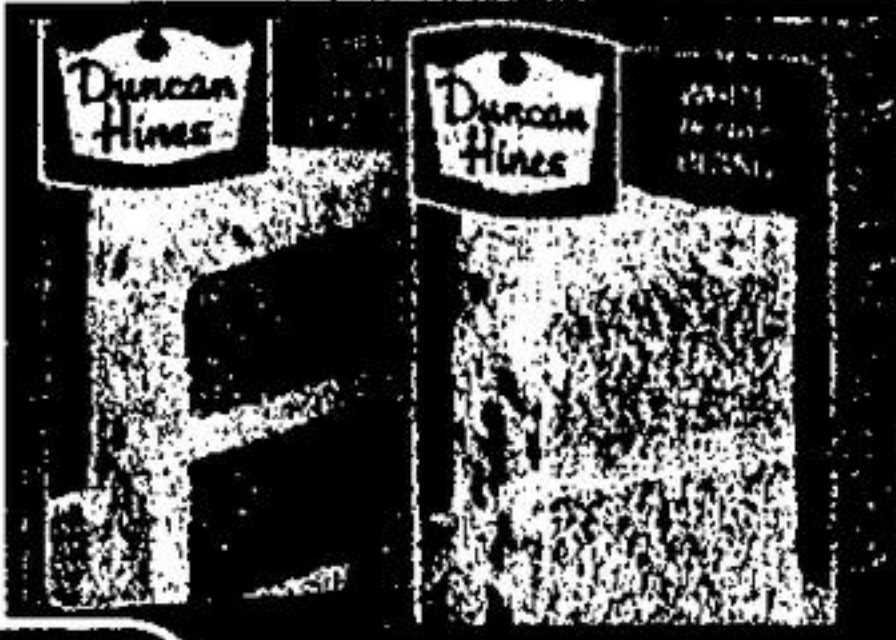
659 / 299 /kg / lb



SAVE .60

A&P FANCY
Tomato Juice

.69
48 fl oz tin
(Limit 4 per family purchase)



SAVE .50

LAYER, ASSORTED VARIETIES
Duncan Hines Cake Mixes

.99
520 g box

CANADA NO. 1, PRODUCT OF SPAIN OR U.S.A.
Green or Red Grapes

2.18 / .99
/kg / lb

PRODUCT OF U.S.A., FLORIDA IS CITRUS
White Grapefruit

8 / 1.99

PRODUCT OF U.S.A., BUTTER SMOOTH
Large Avocados

2 / .99

PRODUCT OF ONTARIO, DELICIOUS IN SALADS
Fresh Mushrooms

12 oz pkg **1.99**

CANADA FANCY, PROD. OF ONTARIO, GREAT FOR LUNCHES & SNACKS
McIntosh Apples

3 lb bag **1.59**

PROD. OF U.S.A., FRESH, DELICIOUS IN CAESAR SALAD
Romaine Lettuce

each **.99**

CANADA NO. 1, PROD. OF ONTARIO, DELICIOUS IN SOUPS & STEWS
Yellow Cooking Onions

5 lb bag **.99**

PROD. OF U.S.A., DELICIOUS IN SALADS
Fresh Radishes

6 oz pkg **3/1.00**

PROD. OF U.S.A., SWEET, DELICIOUS IN SALADS, NEW CROP
Bunch Carrots

2 / 1.49

PROD. OF U.S.A., FLORIDA, EASY TO PEEL
Sweet Tangelos

12 / 1.99

FROZEN, CHOCOLATE, STRAWBERRY, VANILLA, LEMON SAVE .80
Sara Lee Layer Cakes

369 g pkg **1.19**

FARM HOUSE, FROZEN, COCONUT, LEMON, CHOCOLATE, BANANA SAVE .70
Cream Pies

12 oz pkg **1.29**

STOUFFER'S, STEAK & MUSHROOM OR BEEF SAVE .30
Meat Pies

283 g pkg **2.59**

STOUFFER'S, FROZEN, CHEESE CANNELLONI 259 g
SALISBURY STEAK 259 g, MEATBALL STEW 283 g SAVE .40
Lean Cuisine Entrees

pkg **2.79**

ACTION PRICES SAVE .50

FROZEN, CONCENTRATED, UNSWEETENED
A&P Orange Juice

12 1/2 fl oz tin **.99**

JANE PARKER SAVE .50
Spanish Bar Cake

538 g size **1.29**

JANE PARKER, WHEAT 'N RAISIN OR SAVE .40
Raisin Bread

450 g loaf **.79**

JANE PARKER
English Muffins

pkg of **.69**

JANE PARKER, PLAIN, SUGAR OR CINNAMON SAVE .40
Cake Donuts

pkg of **.99**

ACTION PRICES SAVE 1.30

SEALTEST, ASSORTED FLAVOURS
Parlour Ice Cream

2 litre ctn **2.99**

SEALTEST, ASSORTED FLAVOURS BUY 3-SAVE 1.18
Light & Lively Yogourt

175 g tub **3/1.49**

SOFT MARGARINE SAVE .70
Blue Bonnet

1 lb tub **.99**

ALL PURPOSE SAVE 3.50
Robin Hood Flour

10 kg bag **7.99**

ASSORTED VARIETIES SAVE .68
Primo Pastas

900 g pkg **.99**

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