

Red Cross serves seniors

March being the Campaign-for-Funds month for the Red Cross, it is fitting to stress the services it offers to seniors, which this worthy organization offers.

Since many elderly are unable to obtain family or public transportation to out-of-town medical appointments, a volunteer driver can be provided. A referral from a physician or the public health is necessary.

Sickroom equipment, such as hospital beds, wheelchairs, com-

modes, crutches etc. are available on loan free of charge, for a limited time. Doctor's or other medical approval is required for wheelchairs, walkers, etc.

Senior's Fun and Fitness Classes are provided free of charge to the residents of the Durham St. senior apartments and the Bennett Centre.

For information on the above services, call the Georgetown and District Red Cross Branch Office 877-5233, Tues., Wed. and Thurs. 9 a.m. - 12 noon and 1:30 - 4 p.m. On



Mon., Fri. and after hours, call the Distress Centre 877-1211.

Emergency aid is given in time of fires, floods etc. in the form of food, shelter and some clothing. Phone 877-4593 or 877-9078.

In addition, the North Halton Homemaker service is conducted from the Milton Red Cross office. Home support services are offered in time of illness or family emergency. For information regarding this service, call Mrs. Marg Bundy - 878-5626.

Keep the date of Wed. May 14th open for the annual Bazaar at Halton Centennial Manor, Milton.

IT'S ELEMENTARY
When youth is in our arteries

And life is animation
Our miles are run without a wheeze
And little palpitation,
And we absorb our ABC's
By mental concentration.

In later years, when sight is blurred
And cheeks are rather hollowed,
The rules on vitamins are heard
And diligently followed,
And this time, tho' it sounds absurd,
The ABC's are swallowed.

William W. Pratt
Contributed by Ann Ferwerda



MARY FASCIONE

SHOP VALDI FIRST

LOW PRICES EVERY DAY

"I come to Valdi first because a lot of brand names are a lot cheaper. I stock up on coffee, juices, paper goods, canned goods and other items that cost much less than at regular stores."

- says Mary Fascione

Ridgways
72
VALDI PRICE
1.99
SUPERMARKET PRICE 3.29
SAVE 1.30
RIDGWAYS TEA BAGS 72's

Liberty
VALDI PRICE
2.99
SUPERMARKET PRICE 6.59
SAVE 3.60
LIBERTY VEGETABLE OIL 3 L

MR. PURE
VALDI PRICE
1.99
SUPERMARKET PRICE 2.29
SAVE 30¢
MR. PURE ORANGE or GRAPEFRUIT JUICE 2 L

ADMIRAL
VALDI PRICE
.99
SUPERMARKET PRICE 1.69
SAVE 70¢
ADMIRAL PINK SALMON 220 g

Gold Seal
VALDI PRICE
1.99
SUPERMARKET PRICE 2.89
SAVE 90¢
GOLD SEAL SOCKEYE SALMON 220 g

TOMATOES
VALDI PRICE
.89
SUPERMARKET PRICE 1.49
SAVE 60¢
HEINZ WHOLE TOMATOES Canada Choice 796 mL

100 Bran
VALDI PRICE
1.89
SUPERMARKET PRICE 2.29
SAVE 40¢
NABISCO 100% BRAN 575 g

Bright's
VALDI PRICE
.99
SUPERMARKET PRICE 1.89
SAVE 90¢
BRIGHT'S PURE APPLE JUICE 1.35 L

OLD Tyme
VALDI PRICE
1.99
SUPERMARKET PRICE 2.79
SAVE 80¢
OLD Tyme TABLE SYRUP 750 mL

Habitant
VALDI PRICE
.99
SUPERMARKET PRICE 1.63
SAVE 64¢
HABITANT PEA or VEGETABLE SOUP 796 mL

SUNSHINE
VALDI PRICE
.59
SUPERMARKET PRICE .99
SAVE 40¢
SUNSHINE WHITE SLICED BREAD 450 g

Classic rice
VALDI PRICE
.99
SUPERMARKET PRICE 2.19
SAVE 1.20
STOVE TOP CLASSIC RICE 800 g

PRIMO
VALDI PRICE
.99
SUPERMARKET PRICE 1.65
SAVE 66¢
PRIMO PASTA SPAGHETTI, SPAGHETTINI or ELBOW MACARONI 900 g

KRAFT
VALDI PRICE
1.29
SUPERMARKET PRICE 1.59
SAVE 30¢
KRAFT CATALINA or ZESTY ITALIAN SALAD DRESSING 250 mL

Chef Boyardee
VALDI PRICE
.99
SUPERMARKET PRICE 1.79
SAVE 80¢
CHEF BOY-AR-DEE SPAGHETTI SAUCE Plain - 796 mL

Kleenex
VALDI PRICE
.89
SUPERMARKET PRICE 1.39
SAVE 50¢
KLEENEX FACIAL TISSUE 200's x 2 ply

DECOR
VALDI PRICE
1.99
SUPERMARKET PRICE 3.99
SAVE 2.00
DECOR BATHROOM TISSUE 8 rolls x 2 ply

Reynolds
VALDI PRICE
.99
SUPERMARKET PRICE 1.53
SAVE 54¢
REYNOLD'S ALUMINUM FOIL 7.6 m x 30 cm

SNUGGLE
VALDI PRICE
2.99
SUPERMARKET PRICE 3.89
SAVE 90¢
SNUGGLE FABRIC SOFTENER 2 L

WHITE-LINE
VALDI PRICE
1.29
SUPERMARKET PRICE 1.69
SAVE 40¢
WHITE-LINE WINDSHIELD WASHER ANTI-FREEZE 4 L

MANUFACTURER'S COUPON
Save 75¢
OFF THE EVERY SINGLE DAY LOW VALDI PRICE
on the purchase of 1 container of **Ivory Liquid Dish Detergent** 1.5 L

THERE IS NOTHING LIKE

• 7 Mountainview Rd. N. Georgetown

PRICES ONLY VALID AT ADDRESS SHOWN
STORE HOURS: MON-WED 10-8; THURS-FRI 10-9; SAT 9-6

VALDI DISCOUNT FOODS

A STEINBERG CORPORATION

VALDI'S NO-HASSLES MONEY BACK GUARANTEE
If ever you're not completely satisfied Valdi will refund your money - no questions asked!

Each saving is based on the regular price of the identical or comparable item or estimated retail at a supermarket on February 3, 1988.
Valdi reserves the right to limit quantities and substitute items of comparable quality.
Valdi prices valid until March 15, 1988.