

**Self help group**

Some members of the North Halton Community have recently begun to organize a support group for anyone who suffers from an eating disorder such as Anorexia Nervosa or Bulimia. This group meets weekly in Georgetown on Wednesday evenings.

If you have such a disorder and are interested in taking part in this group, to gain some support from those who really do know what you are going through, please call Karen at 877-5857 after 5 p.m. or Pat Woole at 877-1436, or call Jackie 877-6192. Talking about it really does help, and we would really like to help.

**Single family home**

A Norval man got Credit Valley Conservation Authority permission to build a single family home on Part Lot 11, Con 11.

Mr. W. Fimmare of Green Street got approval of his project, subject to detailed site and grading plans to the satisfaction of Authority staff.

**Stop smoking clinic**

Are you smoking more and enjoying it less?

The Halton Lung Association will offer "counselling", a seven session, five week, "Paper Off" smoking cessation clinic at the John Elliott Theatre, Georgetown Public Library on Church Street.

The clinic is March 2 - April 2, the first and third Monday and every Wednesday from 7 to 8:30 p.m. The cost is \$75.

**Outreach service**

There will be a religious service for the entire community, March 31, at 8 p.m. at the Cultural Centre in Georgetown, with both Roman Catholic and Protestant participation. The speakers being Father Ken Miskiewicz of Holy Cross Parish and Pastor John Williamson of Faith Gospel Tabernacle Ministries. Mary Jane McGinn will be soloist. Refreshments will be served. Everyone is welcome. There will be no admission charge. The Halton Hills Outreach Faith

Ministry is sponsoring this event. For additional information call 877-4853.

**Starting seeds**

Come and hear Bob Mankinson of Dominion Seed House speak on "starting seeds" and "balcony gardens" tonight (Wednesday) at 8 p.m. in the Knox Presbyterian Church basement in Georgetown. The talk is sponsored by the Georgetown and District Horticultural Society. Everybody is welcome.

**SAME DAY TAX RETURNS**  
101 Guelph St. Georgetown  
877-2217

**WE BUILT A PROUD NEW FEELING**



**In Step with Today's Shopper**

**WE REDEEM ALL FOOD STORE COUPONS**

100 Sinclair Ave. Corner of Highway 7, Georgetown  
OPEN 24 HOURS: Monday 8:00 a.m. to Saturday 8:00 p.m.

Prices effective thru Saturday, February 21st, 1987. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on our current regular retail. We redeem all food store coupons. Some illustrations in this ad are for design only and do not necessarily represent items on sale.

**Wildmere Butter**

1 LB PKG

WITH COUPON **1.99**  
1 lb 454 g

**Pure Apple Juice**  
48 FL OZ GLASS JAR  
**99**  
1/2 PRICE  
Iranny Smith

FROZEN, TURKEY 298 g, FRIED CHICKEN 198 g, OR SALISBURY STEAK

**Swanson Entrees**  
156 g PKG  
**99**  
1/2 PRICE  
Chicken Frit

INSTANT (Viva or Colombia)

**Nescafe Coffee**

227 g JAR

**4.99**  
FREE PIE COUPON BELOW  
Jano Parker (Blueberry Pie -1.99-Save .80) RHUBARB-APPLE PIE, 625 g size .99

(Bonus Pack, Heinz Tomato Ketchup, 1 litre botl PLUS 250 mL FREE)

(Without coupon 6/2.99)

**Macaroni & Cheese Kraft Dinner**  
225 g pkg  
**6/1.99**  
WITH COUPON

POWDERED

WITH COUPON BELOW

**Sunlight Laundry Detergent**  
6 litre box  
**3.49**  
WITH COUPON  
(Feature price 4.24 without coupon)

CANADA NO. 1, PRODUCT OF CHILE, SWEET, JUICY

**Red Plums**

2.18 kg

**99**  
ACTION PRICE  
lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF

OUTSIDE CUT, EYE REMOVED, BONELESS

**Round Roast**

6.59 kg

**2.99**  
ACTION PRICE  
lb

**THE DELI SHOP**  
AVAILABLE AT MOST STORES

**JANE PARKER BAKERY**

**THE BAKESHOP**  
AVAILABLE AT MOST STORES

BURNS, PRIDE OF CANADA

**Waxed Bologna**  
1 lb  
44¢ / 100 g **1.99**

JANE PARKER

**Rhubarb-Apple Pie**  
625 g size  
1/2 PRICE **.99**

JANE PARKER, WHEAT'N RAISIN OR

**Raisin Bread**  
450 g loaf **.89**

A&P BAKED FRESH DAILY

**Dutch Apple Pie**  
625 g size **1.99**

WITH THIS COUPON SAVE .75  
**Sunlight Detergent**  
6 litre box **3.49**  
LIMIT: 1 per coupon. VALID FEB. 16th THRU 21st, 1987. (Feature price 4.24 without coupon) (A&P reg price 5.79) V.C.#

WITH THIS COUPON SAVE 1.00  
**Kraft Dinner**  
225 g pkg **6/1.99**  
LIMIT: 1 per coupon. VALID FEB. 16th THRU 21st, 1987. (Feature price 6/2.99 without coupon) V.C.#

WITH THIS COUPON  
**RECEIVE ONE FREE JANE PARKER RHUBARB-APPLE PIE 625 g**  
with the purchase of Nescafe Instant Coffee 227 g jar  
VALID FEBRUARY 16th THRU FEBRUARY 21st, 1987 V.C.#

WITH THIS CANADA FIRST GRADE COUPON  
**Wildmere Butter**  
1 lb pkg **1.99**  
LIMIT: 1 per coupon. (Without coupon pay A&P's regular price) VALID FEB. 16th THRU 21st, 1987. S.C.#622