

### Computer diet

How Does Your Diet Rate? Do you know how much sodium you're getting in your diet? How high is your cholesterol intake? To find out the answers to these and many other questions, have your diet Computer Analyzed by a qualified Nutritionist. Lynn Gates, Community Health Nutritionist with the Halton Regional Health Department invites you to drop into the Regional

Administration Building, 1151 Bronte Road, Oakville, to find out how to "Eat Smart". This is a free public service offered for one week only to help promote National Nutrition Month. Individual consultations will take place March 23rd to March 27th between 9:00 a.m. and 3:00 p.m. To make an appointment, contact Lynn M. Gates, at 827-2151 Ext. 251.

**Milton Confusions**  
The Milton Players will be presenting Alan Ayckbourn's play

"Confusions" directed by Ken Forsythe on March 27, 28 and April 3 and 4 at the Masonic Temple on Highway 25 South. Tickets are \$22 each for dinner, theatre and dancing. They are available at the Milton Book Exchange. Call 878-4094 after 6 p.m. for reservations.

### Lung speaker

A lung specialist from London, Ontario will be speaking at the Annual Dinner meeting of the Halton Region Lung Association on April 15.

Dr. Tom Wood from St. Joseph's Hospital in London will discuss rehabilitation programs he has developed for adults suffering from lung disease. The dinner will be held at Burlington's Challenger Restaurant on Brant Street at 7:00 p.m.

### Books needed

The University Women's Club of Georgetown is looking for used books for its annual book sale, April 11 at Georgetown's Knox Presbyterian Church. Books can be dropped off at the Georgetown

or Acton library or McDonalds until April 1, or call 873-1297 or 877-2156 for pick-up.

### Merit prize

A Georgetown man was awarded a merit prize for outstanding achievement in education by the Ontario Ministry of Education's Independent Learning Centre. William Somogyi, 34, completed 10 advanced courses for his Grade 12 diploma earning above 80 per cent in eight of them. Mr. Somogyi enrolled in the independent study program for

Grade 11 and Grade 12 mathematics courses.

### Y spring programs

All the YMCA spring programs will begin the week of March 30. The Y offers preschool programs such as the Cookie Monster Club, Playschool sessions are for both Georgetown and Glen Williams for 2 1/2 - 5 year-olds, as well as Babysitters' Training and gymnastics for school-age children. For adults, there are classes in fitness and dog training.

# WE BUILT A PROUD NEW FEELING



In Step with Today's Shopper

WE ACCEPT ALL FOOD STORE COUPONS

Prices effective March 16th - 21st, 1987. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on our current regular retail. Some illustrations are for design only and do not necessarily represent items on sale.

100 Sinclair Ave. (Corner of Hwy. 7) Georgetown

Store Hours: Monday 8:00 a.m. until Saturday 8:00 p.m.

CANADA GRADE "A"

## Large Eggs

DOZEN

# .99

LIMIT: 2 PER FAMILY PURCHASE



MACARONI & CHEESE

## Kraft Dinner

225 g PKG

# 6 / 1.99

(Feature price 6 for 2.99 without coupon)



REGULAR OR DIET

## Pepsi-Cola or 7UP

CASE OF 24-250 mL TINS

750 mL BTL PLUS 40 PER BTL DEPOSIT

# 6.49 .59

(Unit cost 97c per 100 mL)

(Unit cost 79c per 100 mL)



SOFT, 100% VEGETABLE OIL

## Chefmaster Margarine

1 LB TUB

# .39



## Catelli Pastas

ASSORTED VARIETIES

900 g pkg

# .99

MORE THAN 1/3 OFF



MORE THAN 1/3 OFF

SWISS STYLE, ASSORTED FLAVOURS

## Gay Lea Swiss Yogourt

175 g tub

# 3 / 1.49



BETTY CROCKER, ASSORTED FLAVOURS

## Super-Moist Cake Mixes

510 g pkg

# .99

1/3 OFF



SAVE 1.80

INSTANT, REGULAR, DECAFFEINATED OR CONTINENTAL BLEND

## Taster's Choice Coffee

6 oz jar

# 5.99



CANADA NO. 1, PRODUCT OF CHILE, THE NATURAL SNACK

## Red Seedless Grapes

2.18/kg

# .99

JANE PARKER

## Spanish Bar Cake

500 g SIZE

1/2 PRICE

# .99

OUTSIDE CUT, EYE REMOVED

## Boneless Round Roast

6.15/kg

# 2.79

CUT FROM CANADA'S FINEST GRADE "A" BEEF

## T-Bone or Wing Steaks or Roasts

8.80/kg

# 3.99

WITH THIS COUPON



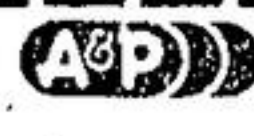
SAVE 1.00

## Pampers or Luvs Diapers

# 9.99

LIMIT: one coupon per family purchase. OFFER VALID MARCH 16TH-21ST, 1987. (Without coupon 10.99)

WITH THIS COUPON



SAVE .50

## Weight Watchers

# 2.49

LIMIT: one per coupon. OFFER VALID MARCH 16TH-21ST, 1987. (Feature price 2.99 without coupon)

WITH THIS COUPON



SAVE .50

## Salad Dressings

# .89

LIMIT: one per coupon. OFFER VALID MARCH 16TH-21ST, 1987. (Feature price 1.39 without coupon)

WITH THIS COUPON



SAVE 1.00

## Kraft Dinner

# 6 / 1.99

LIMIT: one coupon per family purchase. OFFER VALID MARCH 16TH-21ST, 1987. (Feature price 6 for 2.99 without coupon)