

Tax deductions

If you're sweating over your income tax forms, you should know about the special income tax deductions for parents of handicapped dependents. Handicapped individuals are also eligible for special tax deductions.

Don't worry if you've already filed your tax return and not claimed the deduction. You can have your return adjusted by sending a letter with the details and proper forms to Revenue Canada.

NHAMR votes

Nominations are invited for North Halton Association of the Mentally Retarded's board of directors for 1987-1988.

The board normally meets one evening a month throughout the year and deals with issues in the operation of the Association.

Nominations need sponsorship of two NHAMR members and the candidate's consent to serve if elected. Board members must be 18 or older, and NHAMR

employees during the past two years are ineligible as are current employees or their spouses.

For more information, call NHAMR central office.

Special camps

For information on summer camps for handicapped youngsters and adults, contact the recreation department at 877-5185 or Mrs. Audrey Hillman of the North Halton Association for the Mentally Retarded at 877-4437.

Wills planning

Want to plan your will, but you have special concerns because of a handicapped family member? Contact the North Halton Association for the Mentally Retarded. They have a list of local law firms conversant with wills and estates planning and are prepared to work with you.

Trillium parents

Parents of children with learning disabilities can learn techniques of dealing with everyday living situa-

tions. For help in time management, saying no and not feeling guilty, and how to diffuse potential confrontations, call Mrs. Betty Wollaston, 878-8428 of the Trillium School Parenting Institute. Training is scheduled for May 21, 5 to 10 p.m. with enrolment limited to 20.

Name change?

Should the name for the North Halton Association for the Mentally Retarded be changed?

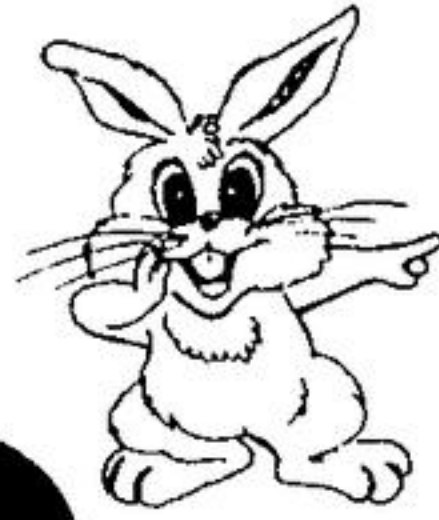
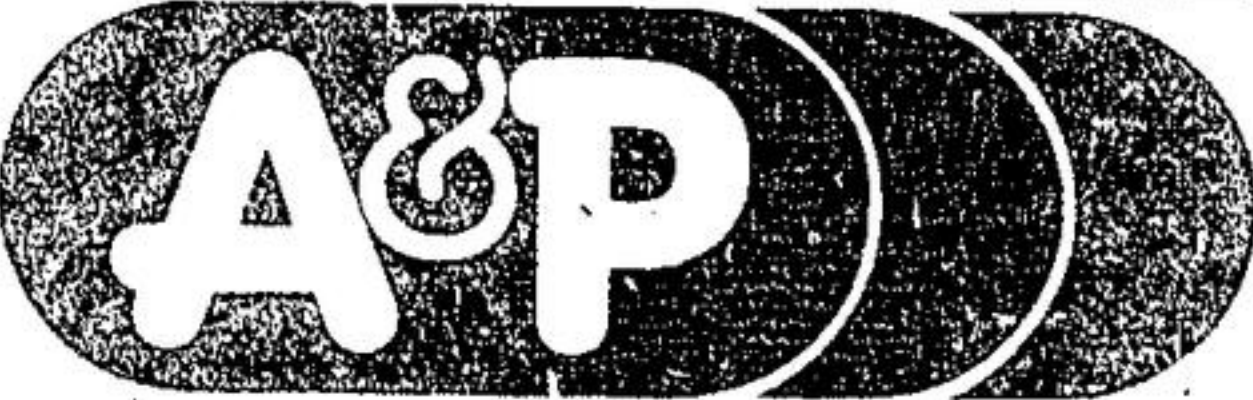
At the Association's general meeting April 28, a name change is

to be proposed by the board of directors.

The board wants the Association to be called the North Halton Association for the Developmentally Handicapped. In order to get this name change, the Association needs the support of two thirds of the members present at the April 28 meeting.

Only members in good standing are entitled to vote, although everyone's invited to attend the meeting at the Milton District High School at 396 Williams Avenue. It starts at 7:15 p.m.

Prices effective Wednesday, April 8 thru Saturday, April 11, 1987. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on our current regular prices. We redeem all food store coupons. Some illustrations are for design only and do not necessarily represent items on sale.



EASTER

Preview of Values

Scratch'n Win Cards

You could win up to \$10,000 instantly
80 Free Trips to Walt Disney World Resort
Complete details in store.

100 Sinclair Ave. (Corner of Hwy. 7) Georgetown
Store Hours: OPEN 24 HOURS: Monday 8:00 a.m. to Saturday 8:00 p.m.

REGULAR OR DIET PLUS .40 PER BTL DEPOSIT **BONUS OFFER**

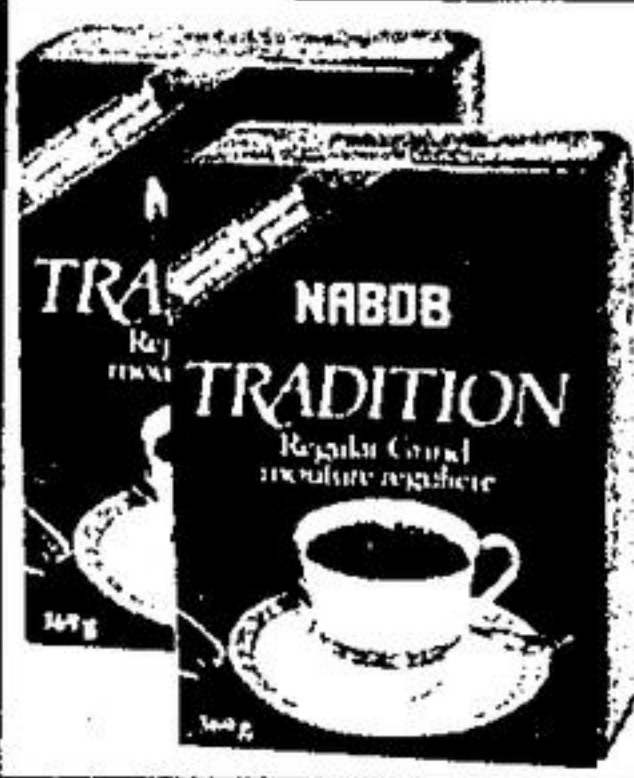
Pepsi Cola or 7UP **6/299** 750 mL btl

FREE 2 LITRE NON-RETURNABLE BTL OF DIET PEPSI-COLA WITH THE PURCHASE OF 6-750 mL BTLs OF PEPSI-COLA OR 7UP WHILE SUPPLIES LAST



DECAFFEINATED, REGULAR, FINE OR EXTRA FINE GRIND **LOWEST PRICE THIS YEAR**

Nabob Tradition or Summit Coffee 369 g vac pac **299**



Kraft Macaroni & Cheese Dinner 225 g pkg **6/199**

(Feature price 6/299 without coupon)



Heinz Tomato Ketchup 1 litre btl **199**

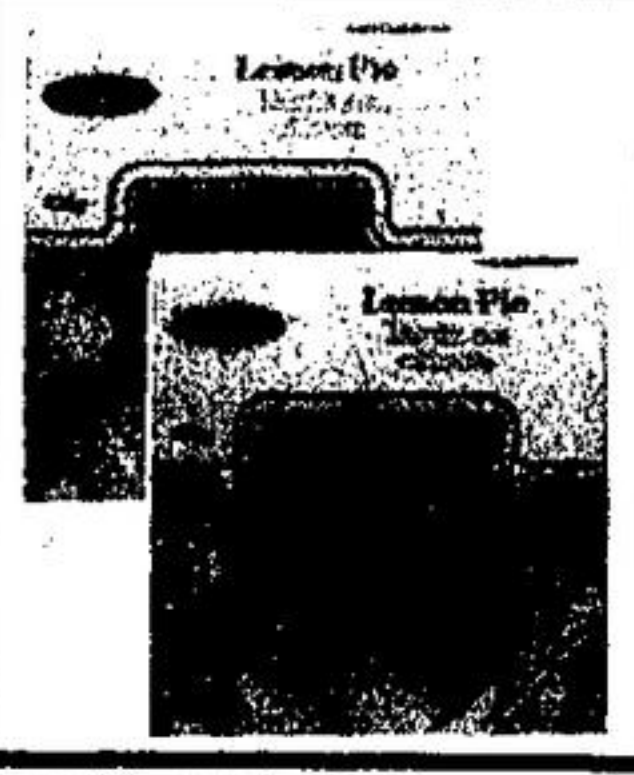


TOMATOR CLAM OR **1/2 PRICE**

E.D. Smith Garden Cocktail 28 fl oz btl **89**



Jane Parker Lemon Pie 625 g size **99**



A&P **MORE THAN 1/3 OFF**

Pure Apple Juice 48 fl oz tin **89**



RICH BLEND **MORE THAN 1/3 OFF**

Nescafe Instant Coffee 227 g jar **479**

(Viva or Colombia 170 g jar)



CANADA GRADE 'A', FROZEN, EVisCERATED, MIRACLE BASTE 6-12 LB AVERAGE

A&P or Butterball Turkeys **3.06/lb 139**

FULLY SKINLESS, SHORT SHANK, SMOKED

Whole Cooked Ham **3.28/lb 149**

CANADA NO. 1 PRODUCT OF CHILE

Black Ribier Grapes **2.18/lb .99**

PRODUCT OF U.S.A., EVERBLOOMING

Rose Bushes EACH **2.99**

WITH THIS COUPON **A&P** BUY 6 SAVE 1.00

Kraft Dinner 225 g pkg **6/199**

Limit: 1 per coupon. Offer valid April 6th thru April 11th, 1987 (Feature price 6/299 without coupon) (A&P regular price .79 each) V.C. #4513815

WITH THIS COUPON **A&P** SAVE .30

Robin Hood Flour 25 kg pkg **2.69**

Limit: 1 per coupon Offer valid April 6th thru April 11th, 1987 (Feature price 2.99 without coupon) (A&P regular price 4.18) V.C. No. 4581953H

WITH THIS COUPON **A&P** SAVE .50

Heinz Tomato Ketchup 1 litre btl **1.99**

Limit: 1 per coupon. Offer valid April 6th thru April 11th, 1987 (Feature price 2.49 without coupon) S.C. No. 824

WITH THIS COUPON **A&P** SAVE .40

ABC Detergent 6 litre box **2.99**

Limit: 1 per coupon. Offer valid April 6th thru April 11th, 1987 (Feature price 3.39 without coupon) (A&P regular price 4.29) V.C. #