



WIN whatever you want from



See store for details

Prices in effect to Sat. October 16/93

Individually Frozen Skinless Boneless Chicken Breast Portions Tender, juicy and wholesome. 15⁹⁹ 1.36 kg / 3 lb. box	Oven Ready Lasagna Ground beef, cottage cheese, tomato sauce between layers of noodles and topped with mozzarella. 6 - 8 servings. 9⁹⁹ 1.81 kg / 4 lb. tray	Heat n' Serve Garlic Bread As served in the finest restaurants. 285 g 99¢ each			
Oven Ready Chicken Strips Sold strips of chicken breast tenders, with a crispy crumb coating. 15⁹⁹ 1.36 kg / 3 lb. box	Boneless Rib Eye Steaks Deluxe trim and aged to perfection. 6x5oz. steaks 1.02 kg / 2.2 lb. box 16⁹⁹	Thaw n' Serve Shrimp Ring 20 - 25 shrimps 170 g / 6 oz. ring 5⁹⁹	Microwave or Oven Heat Pepperoni or Deluxe Pizzas Cheese & pepperoni or cheese, pepperoni, mushrooms and peppers. 16x5" pizzas. 10⁴⁹ case	Thaw n' Serve Pumpkin Pie All natural ingredients. 8" - 20 oz. pie. 1⁹⁹ each	Thaw n' Serve Butter Tart Bars Traditional butter tart flavour. Home baked quality. 8"x12" tray. 9⁹⁹ 1.4 kg / 3.12 lb tray
Microwave or Oven Ready Veal Cutlettes à la Suisse Breaded chopped veal filled with processed Swiss cheese and smoked ham. 8x5 oz. servings 9⁹⁹ 1.13 kg / 2.5 lb. box	Boneless - Skinless Teriyaki Flavoured Chicken Breast Portions Boneless chicken breasts marinated in teriyaki sauce. 16⁹⁹ 1.36 kg / 3 lb. box	Boneless - Skinless Lemon and Herb Chicken Breast Portions Boneless chicken breasts seasoned with lemon & herb. 16⁹⁹ 1.36 kg / 3 lb. box	Oven Ready Bite Size Chicken Kiev or Chicken Cordon Swiss 20 - 25 pieces 1 lb. bag 5⁹⁹	Canada Grade A Winter Mix Vegetables Combination of broccoli and cauliflower. 1 kg / 2.2 lb. bag 1⁹⁹	Deluxe Trim Pork Back Ribs ABBQ favourite 14⁹⁹ 1.36 kg / 3 lb. box

So Good To Come Home To.

Hours:
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Dealing with illiteracy

From the North Halton Literacy Guild

"On an average day, high school drop-outs cost the economy \$8,219,178 in unemployment insurance and social welfare benefits." *

Do you ever think about who these people are and wonder what they can do to solve the problems they face after dropping out of high school?

Some of the students at the North Halton Literacy Guild are doing something to solve the problems these problems. Here are their stories:

JULIE

"Julie" feels she has always had difficulty learning. As a child she had hearing problems which were ignored and even though she tried very hard to keep up with the class, did very poorly in school, became discouraged and dropped out at the end of Grade 6.

Until two years ago when she was laid off, "Julie" had a variety of low-paying jobs. At that point, she realized that if she wanted to find other employment, she needed to upgrade her basic math, spelling and reading skills. This is when she came to the Literacy Guild.

"Julie" was matched with a tutor on a one-to-one basis and has improved immensely. She now reads books, is writing a daily journal and learning WordPerfect. Her self-esteem has risen dramatically and she enrolled in Grade 10 English and Math courses this fall.

She hopes her efforts to learn will lead to a good job. Her goal is to get off welfare.

JIM

"Jim" says there were a lot of job opportunities he was

afraid to try for because they involved reading and writing. He couldn't even fill in an application form.

He phoned the Guild, in desperation, when he saw that his inability to read and write was keeping him from good jobs. He felt frustrated, ashamed and embarrassed and at the age of 25 decided to get help in reading and writing.

A year ago, he was matched with a tutor and now he is proud of the fact he can read to his young son. With the help of his tutor, he is taking English and Math courses through the Independent Learning Centre.

"Jim" tells us he was very nervous when he first came to the Guild for help. He was afraid that other people would think he was stupid. Just the opposite. Family and friends praise him for his efforts to improve his reading.

There is a happy ending. "Jim" is now working at a job he likes and realizes that coming to the Guild for help was the best thing he could have done.

These are the stories of two local people who are dealing with their own literacy problems.

"On an average day, four million Canadians deal with their own functional illiteracy." *

North Halton Literacy Guild is a non-profit, registered charity, offering one-on-one tutoring to adults who want to improve their reading and writing skills. For more information, please call us at 873-2200.

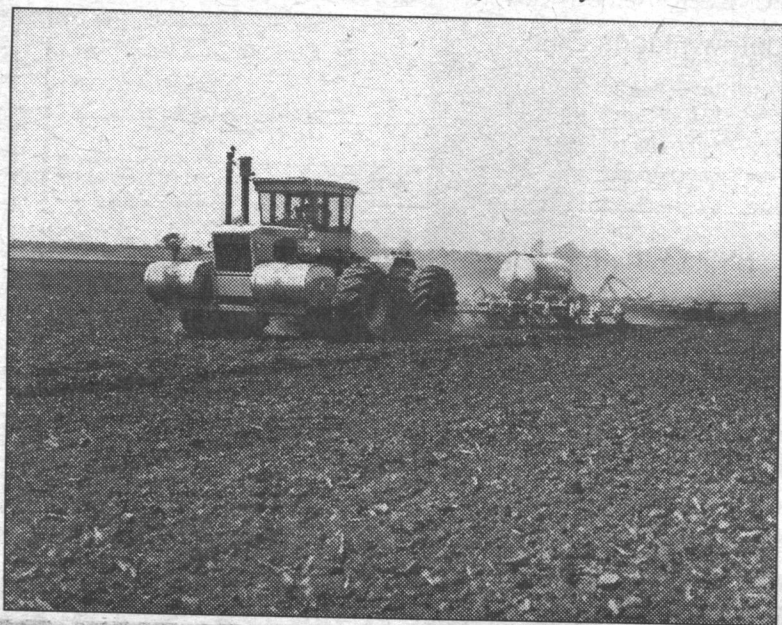
* World Literacy of Canada - 1992

PLUG IN

CAN YOU SPOT THE CABLES BURIED UNDER THIS FIELD?

Are there underground cables running along the fence? Or somewhere near the barn? Maybe they stretch right across the field. The fact is, you can't tell where they are, either in this picture or in real life.

That's why it's so important to call before you dig. Striking a buried cable could cut off power to you and your whole neighbourhood. In the worst case, hitting a cable could be fatal. So please, before you dig, call us. We know exactly where the hydro cables are buried. And we'll tell you quickly so you can get on with your job safely.



ENERGY HINTS

The Hidden Drafts

Finding Them
 In most homes, air escaping from the home is the greatest source of heat loss. A quick and simple way of finding invisible drafts is to take a piece of cellophane or plastic wrap and hang it from a coat hanger with a clothes pin. On a cold, windy day, pass this in front of areas where you suspect drafts. The cellophane will flutter when it meets a draft.



Sealing Them
 Go to your building supply store, hardware store, or local utility and ask for advice on the best products to use to seal. Remember, you want to seal the drafts from the inside.

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