

ON SALE SAT. MAY 29 TO FRI. JUNE 4, 1999

# bulk barn

*Guaranteed for Quality!*

up to **1/2 PRICE**  
SPECIALS

**Gourmet Coffee Beans** 8.10 kg  
fresh roasted, selected varieties  
**3.67** lb

roasted, salted or unsalted  
**Whole Cashews** 9.97 kg  
**4.52** lb

plain or bbq  
**Corn Chips** 2.60 kg  
**1.18** lb

**All Vegetable Fusilli Pasta** 2.19 kg  
**.99** lb

Canada's largest bulk food retailer and more

roasted, salted or unsalted  
**Virginia Peanuts** 2.59 kg  
**1.17** lb

**Super Unsweetened Granola** 1.99 kg  
selected varieties  
**.90** lb

**Drink Crystals** 1.99 kg  
**.90** lb

**Macaroni & Cheese Sauce Mix** 3.66 kg  
**1.66** lb

seasoned or unseasoned  
**Dry Roasted Peanuts** 3.60 kg  
**1.63** lb

**Cherry Blasters** 5.20 kg  
**2.36** lb

**Chocolate Hazelnut Spread** 5.60 kg  
**2.54** lb

**Chocolate Covered Peanuts or Raisins** 5.25 kg  
**2.38** lb

**Caramel Corn** 2.90 kg  
**1.32** lb

**Peanut Butter or Maple Leaf Creme Cookies** 4.10 kg  
**1.86** lb

original or vanilla, 946 ml  
**Enriched Vitasoy Beverage** 1.99 ea

**Pine & Cedar Bedding & Litter** small animal 2,000 c.i.  
**1.92** ea

**Vegetarian Chicken Soup Base** 4.90 kg  
**2.22** lb

**Macaroni Elbows** 2.30 kg  
**1.04** lb

**Crystallized Ginger Slices** 16.80 kg  
**7.62** lb

**Onion or Garlic Salt** 2.60 kg  
**1.18** lb

**Minute Rice** 3.16 kg  
**1.43** lb

**Tear Jerkers** 6.55 kg  
**2.97** lb

**Dried Mixed Fruit with Prunes** 9.68 kg  
**4.39** lb

loose pack  
**Pitted Dates** 2.80 kg  
**1.27** lb

regular or bbq  
**Coat'N Bake** 3.10 kg  
**1.41** lb

dry roasted, salted  
**Crunchy Canadian Chick Peas** 8.80 kg  
**3.99** lb

loose  
**Chinese Green Tea** 19.20 kg  
**8.71** lb

fine, medium or broad  
**Egg Noodles Primo** 3.50 kg  
**1.59** lb

**Mixed Budgie Seeds** 1.40 kg  
**.64** lb

## Vitamin & Herbal Supplement Specials

- Swiss Herbal Super B Compound with Vitamin C, 500 mg, 90 tabs ..... 7.11 ea
- Swiss Herbal Vitamin E, 400 I.U., 90 caps ..... 10.23 ea
- Swiss Herbal Zinc Citrate, 50 mg, 90 caps ..... 3.99 ea

- Swiss Herbal Organic Alfalfa Leaf, 650 mg, 90 tabs ..... 2.63 ea
- Herbal Select Joint Ease Plus, 500 mg, 60 caps ..... 8.63 ea
- Herbal Select Dong Quai, 450 mg, 60 caps ..... 7.43 ea

ON WEDNESDAY SENIORS SAVE 10% ON THEIR TOTAL SHOPPING BILL, EXCLUDING SPECIALS.

While supplies last. On advertised items we reserve the right to limit quantities. No dealers please. 1/2 price refers to Bulk Barn everyday low prices.

SPECIALS AVAILABLE ONLY AT

**Milton Mall** 55 Ontario St. S. (905) 693-9207

WATCH FOR OUR WEEKLY SPECIALS

**Bulk Barn Head Office** (905) 886-6756



## Legion ladies attend convention

The May meeting was held with 29 members present with Helen Fowler winning the 50/50 draw. We had 11 members attend the Zone Convention which was held in Streetsville.

Congratulations to our bowlers who came in fourth and fifth place at the provincial bowling. We would like to thank Jean McPhail and Helen Otterbein for helping out at the euchres on Thursday, during Eva's absence.

Elections were held with the following comrades holding office:

President, Lucy Synnott; past president, Fern Shultis; first vice, Helen Van Opstal; second vice, Marg Dunn; secretary, Peggy Harris; treasurer, Joyce Buchanan; Sgt-at-Arms, Helen Fowler; sports, Pat Peterson; sick and social, Lily Higgins, standard bearer, Delia Kentner; membership, Betty Cole; property convener, Gloria Dunne and Fern Shultis.

A special thank you to George O'Donnell and Carl Fisker for managing our elections. Remember ladies, Decoration Day is Sunday, June 6.

I would like to take this time to let Eva Cutting know our thoughts are with you and we are hoping you will soon be well and back with us.

During Eva's time off we need members to help with cooking, if you would like to volunteer for this please call Lucy or Joyce. Fern also needs help for serving.

June 3 at 6:30 p.m. will be our potluck dinner followed by our general meeting please come out and enjoy some comradeship.

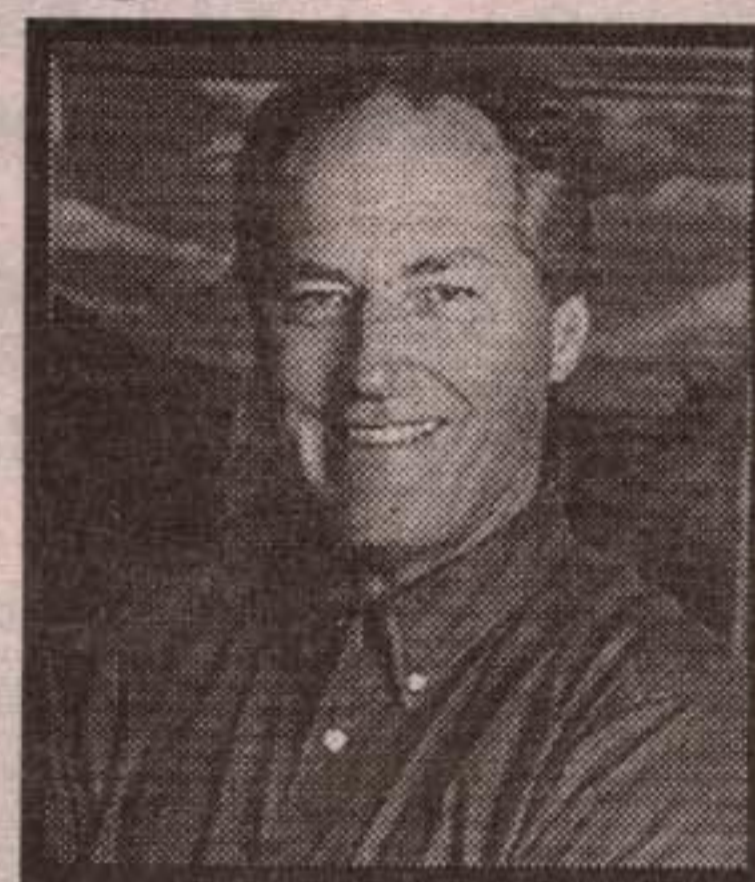
—By Peggy Harris, Acton legion

## LET'S KEEP ONTARIO ON THE RIGHT TRACK



Gary Carr, Oakville

1131 Nottinghill Gate, Oakville (905) 827-4153



Ted Chudleigh, Halton

221 Main Street East, Milton (905) 693-9632  
5575 N. Service Rd., (Just off Burloak Dr.) (905) 319-0781

Mike Harris provides the Strong Leadership we need to build a Strong Ontario.

Check out the Blueprint for details.

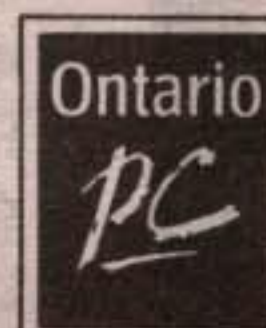
20% cuts to Provincial income and property tax rates

20% more funding for better Health care

825,000 more new jobs for Ontario

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## Strong Leadership for a Strong Ontario



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