## TM centre established to serve both Simcoe County and Muskoka

centre for the 4th concession line, will scheduled courses of profit educational technique will continue to everyone, are scheduled tivity, as well as to process of experience fortlessness of the TM teaching of the Tran- offer advanced courses instruction. This centre organization to spread be held throughout the once a month in Midland eliminate the stress and during TM is distinct technique. During this scendental Meditation and follow-up programs provides the only op- TM and the related in- area and interested at the YMCA. technique (TM) has been for the 250 to 300 people portunity for area tellectual understanding people need only watch established to serve the already practising TM in residents to learn TM, of the Science of Creative for announcement of a of numbers of people coming our society's waking, sleeping and experience and neveras a focal point for to be found in major cities - Lectures describing the write the centre for years as a result of its the utility of mental fourth major state consciousness occurs (as The Centre, located, on organizational activities of Canada and the world. benefits to be gained from further details. well documented ability techniques. TM cannot be scientists call "restful when one falls asleep at

The astounding growth had the effect of over- states of consciousness: no manipulation of the lecture in their town. Or practising TM in recent longstanding mistrust of dreaming being, in fact, a theless this change of the east of Highway 11 and as a permanent Centres form the basic this easy-to-learn and Introductory lectures. to expand the individual's anything other than alertness" - yet is night, for example) so 1,000 feet before the Oro facility for regularly units of a world-wide non- effortlessly practiced TM free and open to effectiveness in his ac- unique, however. The produced with the ef- the experience must be

tension from his life, has from the three major mental process, there is

research on TM confirms depicting a pattern of improved functioning and well-being in the individual and his environs.

By expanding the nervous system's ability to maintain a broader and broader spectrum of awareness TM not only enhances but defines what the growth process is. It is in this respect that TM is recognized as a major scientific discovery that will enable man to systematically develop his full potential. To say that TM is unique is not based solely on the enthusiasm of over a million meditators in the world for, with TM, the essence of the growth process has been isolated in an easy to learn and effortlessly practiced mental technique. That TM is natural, its uniqueness with regard to other mental techniques.

is the basis for the universality of its appeal.

Vasey news

by Eleanor Edwards and Janet Wilson

Mrs. Myrtle Nixon of

Clearwater Beach

Florida and Glenn Nixon of Toronto visited with Mr. and Mrs. Jack Nixon

Visitors of Mr. and Mrs. Frank Rumney during

the weekend were: Mr. and Mrs. Tom Gaggie. Toronto, Mrs. O.M.

Vasey, Mrs. Gordon

Gervais, and Mr. and

Mrs. Albert Mount, all of

Mr. and Mrs. Garv Edwards and boys spent Sunday with Mr. and

Mrs. John Wylie and

Congratulations to Mr. and Mrs. Eldon Nixon

who will be twenty-five years married on August

25. On Saturday evening. open house was held at the home of Mr. and Mrs. Charles Brown and those attending were from Garden City, Lavonia, Toronto and the

surrounding district.

Community Park.

Mrs. Roy Edwards.

The Vasey Atom Team

will host the Annual Tournament on Sunday August 29 in the Vasev

Mr. and Mrs. Blain

Edwards and boys of

Sault Ste. Marie spent the

weekend with Mr. and

Mrs. Paul Allems spent

a few days during the past

week with Mr. and Mrs. Ken Robinson, Leslie returned home after

holiday with her grand

Congratulations to Mrs.

W.J. Greenlaw at the

Georgian Manor who will

celebrate her eighty-

seventh birthday on

Mr. and Mrs. George

Fougle of Oshawa visited last Tuesday with Mr. and Mrs. Manley Edwards.

Emmaline Edwards of Toronto was home for the

A number of friends

and neighbours gathered at the home of Mr. and Mrs. Erich Wagner last

Tuesday evening when

Monika Wagner gave a

bridal shower in honour of

her sister Marilyn whose

marriage to Bill Isaac takes place in October.

Mr. and Mrs. Charles Stone visited Mr. and Mrs. Ed Herradine of

Balsam Lake on Sunday Gordon McDonald visited on Sunday with

Mr. and Mrs. Neil Sheardown at Roseneath.

Mrs. Whetham of Orr

Lake spent the weekend

with Mr. and Mrs. Orval Edwards. Mrs. Edwards and Gregory spent a few

days this week with Mr. and Mrs. Lloyd Gratrix and family in Peterboro.

Mr. and Mrs. Craig

Mrs. Vic Wilson and Janet are spending the

Hugh Riddell at Durham.

Recent visitors with Mrs. Susan Vancamp and Stan were Mr. and Mrs. Wayne Trusty and

Painter and Lyle spent the weekend in Toronto

visiting relatives.

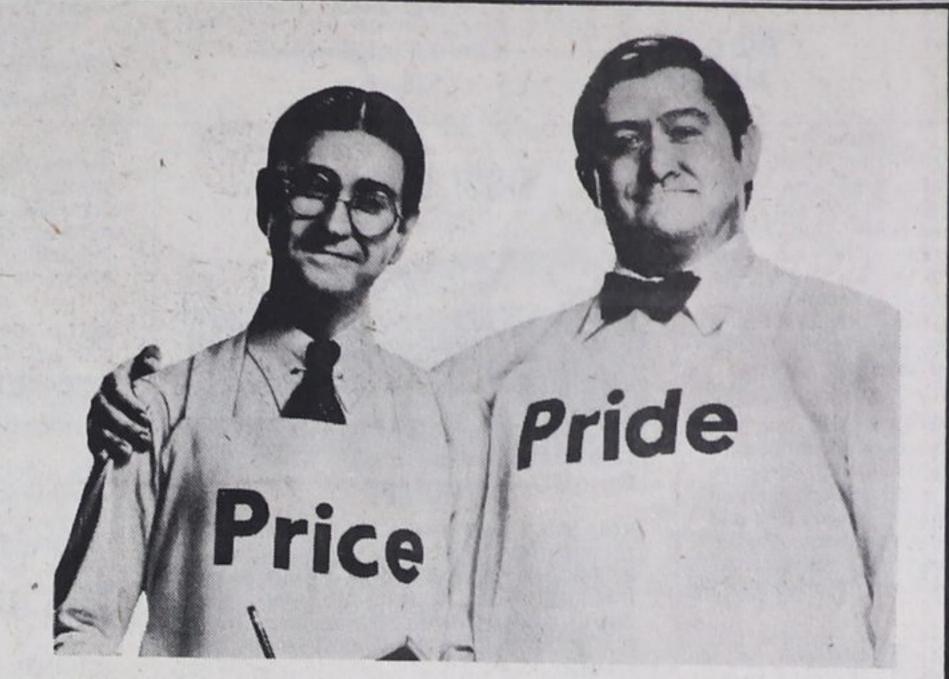
August 27.

family at Loon Lake.

Victoria Harbour.

during the past week.

Mean Savings For



WINTARIO & OLYMPIC LOTTERY TICKETS AVAILABLE AT A&P FOOD STORES!



Super-Right Quality

PORK LOIN ROASTS

**Rib Portion** Tenderloin Portion lb 3 to 31/2-lb Cut

PANTRY SHELF APPLE JUICE 48-FL-OZ

RUPERT - FROZEN

CARTON

ACTION PRICED!

DECOR, SINGLE PLY, WHITE, PINK, YELLOW

SUPER-RIGHT QUALITY, SMOKED, PORK Picnic Style

CENTRE CUT Pork Loin Chops **₱\$1.78** SWIFT PREMIUM, LAZY MAPLE OR SUGAR PLUM Sliced Side Bacon 1-lb vac pac \$1.78 SUPER-RIGHT QUALITY Sliced Beef Liver 1648¢ Sliced Side Bacon 1-lb vac pac \$1.68

**Bologna Chunks** MAPLE LEAF, SLICED, 4 VARIETIES **Cooked Meats** 

BURNS CAMPFIRE BRAND

12-oz vac pac 89¢

**Action Priced** SAVE 24c

HAMS BUTT PORTION SHANK PORTION

98¢ lb. 88¢ lb.

(PREPRICED)

EVERYBODYS ORANGE, GRAPE, FRUIT PUNCH, PINEAPPLE-GRAPEFRUIT

FRUIT DRINKS

48-FL-OZ 3 9 ¢

**Action Priced** 

WHITE, PINK, YELLOW

ACTION PRICED!

4 VARIETIES, LIQUID

8-FL-OZ BOTTLE

Save 20¢ On 1-lb Bag & 60¢ On 3-lb Bag Of A&P's Own Brand Coffee A SUPERB BLEND, RICH IN BRAZILIAN COFFEES

1659¢



8 O'CLOCK COFFEE

SAVE 20¢ & 1-lb bag

3-lb bag \$4.99—SAVE 60¢

COLA, ROOT BEER, ORANGE FLAVOUR Monarch Pop Mix 5/99¢ Snack 'N Cake Mixes 14-02 pkg 79¢

Mashed Potatoes 12-oz pkg 69¢ 4-lb jar \$2.99 **Peanut Butter** 

Handi-Wrap

Heinz Beans 2 14-fl-oz tins 79¢

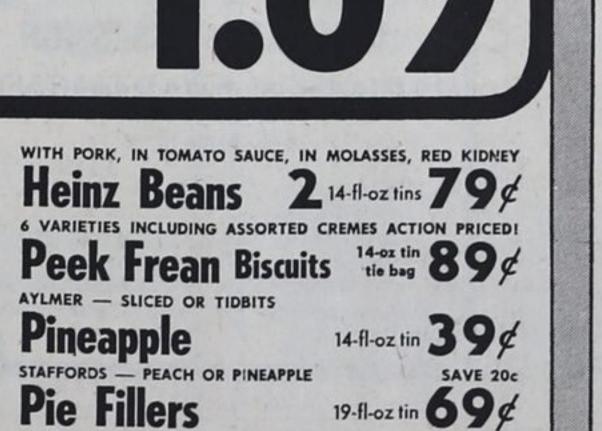
AYLMER - SLICED OR TIDBITS Pineapple 14-fl-oz tin 39¢

Pie Fillers 200-ft roll 79¢ Potato Chips 8.8-oz pkg 79¢

MAXWELL HOUSE **INSTANT** COFFEE

of 200

SCOTTIES Facial Tissue



HUGELAVENUE

MIDLAND

Michael of Toronto. Mr. and Mrs. W.A. Isaac of Midland and Mrs. Melvern Isaac attended the ninetieth birthday party for Mrs. John Moon at Forest

Home United Church on

Sunday. Wednesday, August 25, 1976, Page 11