

Psychology, bartending, photography courses — they're all there and...

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Let's see it as it really is! Most of us waste more than half our film cutting off people's heads or wondering where the picture went when we get our pictures back from the developers. Well, here's the easy way to have a winner all the time. Photography for Beginners will acquaint you with the proper exposure times, the right shutter speeds, types of cameras and films, lighting effects; in fact all you need to know for the amateur picture taker. Theory and practice are combined in this 10 week course every Thursday night from 7-10 p.m. starting Sept. 30th. The fee for this has been set at \$35.00 - doesn't take much film to save the cost!

Know Others as well as Thysself! This is just a catchy phrase for a 60 hour post-secondary College credit course in Psychology. It is really a follow-up course on Psychology I offered last year. Running every Tuesday for 24 weeks from 7-9:30 p.m. the sessions cover motivation and needs, perception, behavior, frustration and conflict, self-control of emotion, temperament, emotional release, personality, intelligence, talent, social interaction and mental health (plus whatever else turns you on!). Starts Tuesday Oct. 5th to Dec. 7th and Jan 11th to April 12th. Examination at the end of course is optional. Instructor - Ross Spear, M.A. Fee is \$45.00 plus about \$10.00 for the text.

I am Paid to Know! This title may be somewhat controversial but there is little doubt that the more valuable you are to your employer, the higher will be the pay. This course in the Legal Secretary Refresher field is the third and final phase of this continuing series. Dealing with Estates and Commercial Law this 8 week 20 hour course will run every Monday from 7-9:30 p.m. commencing Monday Oct. 18th, at a fee of \$25.00.

Ideal for secretaries now in legal offices or for commercial graduates aspiring to enter this field.

It's Really a Science! Some persons may dispute this statement when we refer to Bartending in this manner. However, this course is essential to those persons seeking a career as a bartender, as it covers the use of alcoholic beverages along with the use of alcohol in business establishments.

This 10 week course will be instructed by Carol Ashworth at the Highland Motel, Midland, every Monday from 7-10 p.m. starting Sept. 27th. The fee of \$45.00 includes materials and a "little nip" of the various concoctions. Suitable and interesting to the amateur or the career oriented aspirant.

We'll Have to Face it! Whether we like it or not, the Metric System is here to stay. We have already seen temperature and pressure accepted in weather reports. Over the next few years, industry will be changing over. The Peninsula Campus of Georgian College is prepared to offer specially built courses to individual, industrial or commercial establishments on Metric Conversion whether you have 5 or 500 employees. Ask our representative to call on you to discuss your requirements. (526-4345)

No More Numbers for me! At one time or

another we have all painted-by-number and found it fun but not overly stimulating. Now you can progress to your own design and imagination with individual instruction by Kay Rooney as she again offers Art (Painting) to the beginner or the advanced

student. This 10 week 30 hour course using oils as the media, takes place every Thursday from 7-10 p.m. starting Sept. 30th at the Midland Civic Centre and costs only \$35.00. As Kay has many repeat students, it is suggested that registration should be made well in advance

if you intend to follow up this relaxing hobby.

Gracious Living Through Knowledge! Have you ever admired (or coveted) someone else's color schemes and designs? Very likely it was done by Kay Rooney who will again offer her talents in Interior

Decorating and Design, a 10 week 30 hour course every Tuesday night from 7-10 p.m. starting Sept. 28th at the Midland Civic Centre. Included in the course are visits to special places, guest lectures on wall and floorcoverings, colour schemes, materials and

many tips on home beautification. At a fee of \$35.00 you will enjoy for many years the results obtained from this most satisfying series of lectures and discussions. They Laughed When I sat Down to Play! Remember this nostalgic saying used years ago to

advertise piano lessons? The guitar in its many forms has now replaced the piano. By popular demand, Guitar playing for Beginners is being offered as a 30 hour 10 week course on Wednesday evenings from 7-10 p.m. opening on Sept. 29th. Conducted by

Connie Savage, the course should teach you to play many of the popular songs on the acoustic guitar (no electric guitars this time!) by the end of the course. Bring your own guitar or use the special rental rate, from Johnstone's Music Land. of

\$14.00 for the duration of the course. The fee is \$40.00. Registration limited to ages 15-80 at start of course. Maybe one Thumb is Green! An often stated excuse for a poor garden is the remark that "I don't have a green thumb!" Let Ernie Cowden convince

you that this is not a prerequisite to good gardening or houseplant culture. In the course Gardening for Fall, Ernie continues his series of year round gardening courses by pointing out in

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ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, SEPTEMBER 11TH, 1976. LOTO CANADA AND WINTARIO TICKETS AVAILABLE AT A&P FOOD STORES

MON TO SAT
9 a.m. 10 p.m.

LET'S HAVE A CORN ROAST

by Nancy McMahon, Homemaker
A&P Consumer Consultant Team

Now's the time—as Fall creeps in and the evenings take on a cool crisp feeling—What conjures up more happy memories of hungry kids than the smell of fresh corn cooking—indoors or out?

Make happy memories for your gang by planning a corn roast for this weekend.

You'll find golden corn, fresh from the fields waiting for you in our Produce Department—beautiful lean, ground beef for the accompaniment of hamburgers and fresh wieners for the ever-lovin' hot dogs in our Meat Department—over in the Baked Goods—JANE PARKER ROLLS are waiting—now, you're all set—so let's go! The old song "In the cool, cool, cool of the evening" will fit the fun as you sink your teeth into our A&P golden corn or munch on a burger! Have a happy weekend—make it start at A&P!

PRICE PLUS QUALITY MAKE THE DIFFERENCE AT A&P

SCHNEIDERS—ALL BEEF—COUNTRY MAPLE OR

MINI SIZZLERS ^{SAVE 24¢} \$1.09 lb

CENTRE CUT Pork Loin Roast or Chops lb \$1.78

SWEET PICKLED (CENTRE CUTS—LB \$1.79) Back Bacon End Cuts lb \$1.69

SWIFT OLD MILL BRAND Sausages Beef & Pork lb 89¢

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RIB PORTION

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3 to 3½-lb Cut

lb **98¢**

Action Priced!

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24-FL-OZ TIN **79¢**

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READY-CUT—SPAGHETTINI OR
PRIMO SPAGHETTI

2-LB PKG **59¢**

SAVE 47¢ ON THIS BAKERY SPECIAL!

JANE PARKER—SLICED—60% OR 100% WHOLE WHEAT OR CRACKED WHEAT

BREAD
3 ^{24-OZ LOAVES} \$1.00 _{BUY 3 LOAVES SAVE 47¢}

SAVE 30¢



JANE PARKER
RAISIN PIE

FULL 8-INCH, 22-OZ PIE **59¢**

JANE PARKER ACTION PRICED! 1-lb, 9-oz cake **ENGLISH FRUIT CAKE 89¢**

DETERGENT ACTION PRICED! 32-fl-oz bottle plastic **LUX LIQUID 99¢**

ORANGE FLAVOUR **Swing Crystals**
POLY PKG OF 4, 3½-OZ ENVS **79¢**

ACTON PRICED! TOMATO **Aylmer Catsup**
25-FL-OZ BOTTLE **59¢**

QUARTERS **Imperial Margarine**
3-LB PACKAGE **\$1.59**

KAM—CANNED **LUNCHEON MEAT** 12-oz tin **89¢**

BURNT CHOCOLATE, JERSEY MILK, ROYALE, VIRGINIA, JERSEY NUT **NEILSON CANDY** 2 family size bars **89¢**

SKIPPY **PEANUT BUTTER** 2-lb jar **\$1.69**

BUTTERS—SCOTCH—CHOCOLATE—CHOCOLATE FUDGE—VANILLA **BRIGHTS PUDDINGS** pkg of 4, 5-oz tins **79¢**

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SOUTH AFRICAN—SWEET EATING—SIZE 112

ORANGES dozen **79¢**

NO. 1 GRADE—ONTARIO GROWN—NOW AT EATING BEST **Corn-on-the-Cob** dozen **99¢**

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NO. 1 GRADE—ONTARIO NEW CROP **Small Onions** 10-lb bag **99¢**

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PRIMO—PLAIN—MEAT—MUSHROOM **SPAGHETTI SAUCE** 28 fl-oz tin **69¢**

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SWEET MIXED OR WAFER **AYLMER PICKLES** 24 fl-oz tin **79¢**

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PREPRICED HEINZ **TOMATO JUICE** GLASS 24 oz **39¢**

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