ECONOMY CORNER

Check and Compare these items with No-Name Brand products.

32-FL-OZ JAR Salad Dressing 99¢ Aylmer Jams 24-FLOX 95¢

Lachine Peas 2-LB CTN Instant Chocolate 1.99 Liquid Detergent 49¢

Action Priced Jane Parker HAMBURG BUNS or ROLLS Our Reg. Price 53 deach







10-FL-OZ TIN

AVINGS-SHOPA

ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SAT., MAY 13th, 1978 AT THE A&P STORES LISTED IN THIS AD ONLY.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS!

THEBUTCHERSHOP

with supermarket prices.

NEW FOR YOU...TAIL-LESS PORTERHOUSE & T-BONE



TAIL 4 TO 6 INCHES LONG IS COMPLETELY REMOVED . . . GIVING YOU ONLY THE BEST OF THE PORTERHOUSE FROM

EXCESS TRIM FAT IS RE MOVED, LEAVING ONLY 1/2 INCH OR LESS FOR FULL FLAVOUR IN

YOU EXPECT MORE FROM A&P AND YOU GET IT!

Maple Leaf, Regular or All Beef

Our Reg. Price 1.29

ASP IS A POULTRY SHOP!

FRESH - 15 PIECES

3 LEG QUARTERS, 3 BREAST QUARTERS 3 WINGS, 3 NECKS, 3 GIBLET PACKAGES

FRESH — (Backs Attached) Chicken Leg or Breast Quarters

BEEF STEAKETTES MARY MILES FROZEN 2-16 pkg 1.59

PREVIOUSLY FROZEN, SLICED

Beef Liver

12-OZ VAC PAC MAPLE LEAF, SLICED, 4 VARIETIES

MAPLE LEAF, SLICED, 4 VARIETIES Bologna

168 Side Bacon 1-16 Vac Pac 1.68

Maple Leaf, Smoked, Picnic Style, Cooked 5 to 7-lbs Avg. Cooked Meats 1.18 Pork Shoulders 1.08

Maple Leaf, Sliced, Regular, Thick Sliced, Hint of Maple 16-oz Vac Pac 1.18 Side Bacon 1-lb Vac Pac 1.78

Burns Sausages 1.09 Scallops Breaded 2.69

Action Priced Chicken Of The Sea Light Chunk Tuna or Flaked TUNA 6-OZ

Action Priced Green, Lavender, Pink, White, Yellow BOX OF 200

DUTCH FOODS

Fruitdesert 150 g or NOBO NOBO 200 g pkg 69 5 SHORTBREAD VERKADE 125 g WAFERS HILLE 400 g 59¢ RUSK

AT A&P!

125 g 79¢

Milk or Spice - Flower Girl DUTCH 1.99 CHEESE

Powdered

JOHNSON & JOHNSON ACTION PRICED! 350 ml PLASTIC BTL FROZEN, BEEF, FRIED CHICKEN, TURKEY Tortillas Corn Chips 49¢ Dad's Mallow Cookies 1.09 Mother Parkers 3.69 ORANGE PEKOE ACTION PRICEDI PKG OF 60 RHODES — FROZEN, WHITE OR WHOLEWHEAT Tangerine, Wild Raspberry (Prepriced) 17-oz pkg Salada Tea Bags 1.89 Bread Dough PKG OF 1.39 Flavour Crystals 79¢

No. 1 Grade, Florida, Firm, Ripe, Finest Flavour

4 Varieties IDEAL 14-fl-oz fin VEGETABLES 4 FOR 100 NIBLETS 19-fl-oz 59 fin 19-fl-oz 19

Baby Shampoo 2.19 Swanson Dinners 99¢ Parkay Margarine 1.99 Boutique Napkins 59¢ Campbell's Soup 4 for 99¢ Hershey Chocolate 2.39 Kleenex Towels 99¢ Luncheon Meat 79¢ Alpha-Bits 4509 pkg 99¢

Wong Wing Dinners 99¢ Lancia Pastas 348 69¢ Graham Wafers 89¢

Green Giant — Whole Kernel or Cream Style

Real Value!

Real Value



175 g CTNR Fruit Bottom

COTTAGE CHEESE POTATO 225

225 g CHIPS

16-oz

Freeze Dried - Instant Coffee Action Priced! TASTERS

We pick the best produce!

TOMATOES 9 Cabbage LARGE FIRM HEAD NO. 1 GRADE, ONTARIO, YELLOW Cooking Onions

Florida, Sweet, Large Size, No. 1 Grade, Green

from all of us at A&P!

Cabbage LARGE FIRM HEADS each 59¢ 3 for 1.00

Cucumbers White Grapefruit 4 to 99¢ Chrysanthemums 13.99

GIVE FLOWERS FOR MOTHER'S DAY

Flower Hanging Baskets
Polyantha Roses

We have available: Potted Chrysanthemums Mixed Pans
African Violets
Geraniums

17 new

records set at meet

Seventeen new records were set two weeks ago Friday, when students at Penetanguishene Secondary School held their track and field day. The track and field day has been held for the past 13 years, and it serves a dual purpose: providing a day of recreation for the students, and demonstrating which students will go on to form the PSS track and field team.

The high school has picked a track and field team for inter-collegiate competition, based on the results of the field day

Midget Girls Division, new records were established by Michelle Desjardins in the high jump, Sue Frampton in the javelin and Bernadette Marchand in the 3000 meter The over-all champion in that division was Lucille Robillard with Brenda Spencer a close second.

In Junior Girls Division competition, records were broken by Jean Roi in the hurdles, Barb Fitzgerald in the 400 meter run, Roseanne Quesnelle in both the 1,500 meter run and 3000 meter runs and Deb Tinney in the shot put. Deb Tinney and Jean Roi tied for over-all champion in Junior Girls Division.

Only one record fell in the Junior Boys Division. Bryan Lethbridge took that honour with his performance in the hurdles. Terry Miksis won the over-all championship with Lethbridge second and Keith St.Amant third.

The Senior cham-Robillard who also established two new records in the 400 metre and the 800 metre with outstanding runs. Ken Tessier set a new Javelin record and Pierre Therrien and Glen Larmand tied for second place over-all.

Judo for women at YMCA

In the past, women have been easy target for burglars, robbers and rapists. These type of people look for a feminine target because they feel that a women is easily over-powered. A woman can be easily knocked to the ground or thrown to the ground. But can you image a rapist trying to attack a woman with a black belt in karate.

The YMCA in Midland is now offering a 10-week course in karate for women. The course began Wednesday May 3rd and continues every Friday and Wednesday. This is a 30 hour course with two hours instruction on Wednesdays and Fridays from 1:30 to 3:30 p.m. The instructor is Mr. Gord Gardner, a distinguished second degree black belt holder. Mr. Gardner has trained for the past four and a half years and is well qualified to instruct in the art of self defence.

If any ladies would like to feel safer when they go out - this is the course to take. For registrations contact the YMCA and fill out an application form today.

Report ordered

A pre-sentence report was ordered in the case of Maurice Desrochers 16, who pleaded guilty to stealing a pair of woman's boots from a Midland shoe store.

According to the crown brief, Mr. Desrochers entered the shoe store with another youth and a juvenile on January 24. They looked at some boots and left. Later they returned and took one size eight and one size seven

If they had been a pair they would have been worth \$90. Since they took two different sizes the total value of the theft is estimated at \$165.

Ted Symons represented Mr. Desrochers. He told the court that his client had made restitution of \$75. He asked for a presentence report before sentencing.

Wednesday, May 10, 1978, B3