WHERE ECONOMY ORIGINATES

A&P is proud of the quality of the meat it sells.

A&P sells only top quality meats. We take care

to handle our meat so that it reaches you at the

'Meat purchased for A&P Stores is cut into large

units called primal cuts. Each of the primal cutse.g. chuck or shoulder, rib, hip, etc.-is individudly

packed with dry ice in an insulated carton. This

ensures that the meat is kept at the proper tem-

perature for aging and kept under the most sanitary conditions. While still in these cartons, the

meat is shipped to the local A&P Store where the

butcher will cut the meat according to local pref-

Everyone of our stores has a butcher who is there

to help you and who keeps a large variety of cuts

on display at all times. If the cut of meat you

want is not on display or if you wish a special

To make the best of your meat dollar, know your

meat. Using a good basic cook-book, familiarize

yourself with the variety of cuts and how to pre-

Expensive cuts of meat - steaks, chops, etc., are

usually in demand and are therefore more costly

than the less expensive cuts - pot roasts, stew

meat, etc. Remember that the less expensive cuts

are just as nutritious and can be just as tasty if

cut, be sure to ask the butcher.

they are prepared correctly.

MARY HENRY

A&P and

Meat Buying

By MARY HENRY

HOME ECONOMIST

Ida Burns & Associates Inc.,

1260 Lakeshore Road East,

peak of quality.

PORT CREDIT, Ontario

Bell Canada says Ontario's system of new regional governments will cost its customers millions of dollars until telephone areas coincide with new municipal boundaries.

In a brief to provincial and municipal officials the utility warns it may be several years before residents can obtain toll free phone service within the new municipalities.

The company makes no special mention of rate ncreases but says subscribers will ultimately have to pay the cost of the changes - estimated at \$1,600 each for 700 Burlington customers alone.

J. W. M. Smith, Bell's director of provincial government relations, says in the brief that conversion for this area now within Halton Regional Government will not be completed until 1975.

The brief notes that some provincial and municipal officials have consistently opposed Bell's applications for rate increases, while asking for new directories and new calling boundaries.

Mr. Smith says 85 percent of Bell's \$330-million capital investment in Ontario in 1973 was to serve new subscribers. Funds for boundary realignment will have to come second to new service which is Bell's priority, he adds.

Some residents in the new Durham Region will have to call long distance to deal with their municpal government.

Seniors Programs At N.Y. Libraries

Growth in contact with the community at large has been one of North York Library's major achievements. Included in this development has been the awareness of the need for senior citizens' activities throughout the Bo-

The Shut-in and Mobile Outreach Services take books, films, crafts, music and a variety of other programs to those people unable to come to the library, designed to enrich the lives of people who previously have not been able to share in these experiences.

But for the active seniors in North York, the library offers a wide variety of drop-in programs and film shows. The Willowdale Library at 5126 Yonge Street holds a film showing every Friday afternoon where the senior citizens have a cup of tea, view a film or two and chat with their neighbors and friends. A steady group of about 40 people gather in the auditorium at 2:00 pm for this "Tea, Travel and Talks" program."

Senior citizens in the Fairview area meet at their library on Thursday evenings for an informal social evening. The content alternates from films one week to card games another week from 6:30 to 8:30 pm at 5 Fairview Mall Drive.

The "Over Sixty Crowd" has been meeting in the Brookbanks Library (210 Broggonks Drive) for a number of years. Card games and convival talk begin at 1:30 pm every Friday after-

Film shows are featured weekly at Amesbury Park Library, 1565 Lawrence Avenue West at 1:30 pm and at the Black Creek Library, 2141 Jane Street on Thursdays beginning at 1:30 pm. Whatever the need may

be, the library is there to provide the facilities and, of course, there is no charge. In addition to films, card games and crafts, the senior can get acquainted with the services available at their library and find out what's happening in the community.



Color TV from Sweetheart Peter York Home T.V. 306 Bayview Avel (Plaza)

889-1646 - 884-4165

NOTICE TO CREDITORS AND OTHERS In The Estate of

Mary Bayler All persons naving claims against the Estate of Mary Bayler late of the Town of Richmond Hill, in the Regional Municipality of York, who died on or about the 5th day of September, 1973, are hereby notified to send particulars of same to the undersigned on or before the 10th day of January, 1974, after which date the Estate will be distributed, with regard only to the claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim he shall not

then have notice. DATED at Richmond Hill, this 13th day of December, 1973. Gordon Bayler, by his solicitor, Robert H. Blackburn, c/o Messrs. Lawlor, LeClaire, Stong and Nevins, Barristers and Solicitors, 55 Yonge Street North, Richmond Hill, Ontario.

ABSOLUTELY NO COMPROMISE IN QUALITY AT A & P WEO

This Week ... Make The Switch To A & P WEO!

Action Priced!

Mix & Match — Fancy Whole Kernel Corn 12-fl-oz Cream Style Corn 14-fl-oz, Honey Pod Peas 14-fl-oz

Stokely Vegetables

Action Priced!

MACARONI, ROTINI, RIGATONI

Primo Spaghetti

Action Priced!

Action Priced!

WHITE, CHOCOLATE, GOLDEN, DEVILS FOOD, HONEY SPICE, LEMON



Action Priced!

Mushroom, Vegetable Beef, Chicken Rice, Chicken Noodle

10-FL-0Z \$ 7



Action Priced! **PRODUCTS**

10-FL-OZ JAR

414

MIX and MATCH!

Fancy Green Lima Beans Choice Peas & Carrots Cream Style Corn Spaghetti

STROGANOFF 181/2-OZ

IN TOMATO SAUCE

Libby's Pan Fry

STOKELY --- NEW ORLEANS OR DARK RED

Leaver Mushrooms

Action Priced!

NAWAHAN 1512-OZ, LASAGNA 1812-OZ, NEWBURG 20-OZ,

NESTLE - RICE, TAPIOCA, CHOCOLATE, BUTTERSCOTCH

Mini Puddings pkg of 3, 5-oz tins 49¢

Kidney Beans 14-fl-oz tins 2/59¢

Heinz Beans 14-fl-oz tins 3/\$1.00

14-FL-0Z \$ 100

Action Priced! LIBBY VEGETABLES

MIX and MATCH!

CHOICE SLICED BEETS 19-FL-OZ or MIXED VEGETABLES 14-FL-OZ

ACTION PRICED!

CORAL, WHITE, YELLOW, DECORATOR ScotTOWELS 3

PRODUCTS PINK, WHITE, YELLOW VIVA Bathroom Tissue 2 rolls FACIAL TISSUE - WHITE, PINK, YELLOW box of 200, 2-ply sheets 39¢

SCOTT

PAPER

Scotties WHITE OR COLOURED pkg of 60 29¢ Scott Napkins SANITARY NAPKINS Confidets

Scott Diapers Scott Baby Pants **Towel Holders**

pkg of 30 \$1.39

Each 49¢

Each 67¢ pkg of 12 59¢ Wax Paper Refill 100-foot roll 39¢

FLORIDA, SWEET, JUICY, THIN SKIN TANGELOS

SIZE 120 A DOZEN ME

CANADA NO. 1 GRADE, ONTARIO GROWN 10-lb bag 59¢ Mini Potatoes CANADA NO. 1 GRADE, ONTARIO, YELLOW, SMALL

5-16 bag 39¢ Cooking Onions GIANT SIZE 7" POT Each \$5.95 Rubber Plants

Fresh Baked Goods

Cherry Pie Full 8-inch, 24-oz pie Each 69¢ JANE PARKER, ORANGE OR CHOCOLATE 13-oz cake **59**¢ Chiffon Cake JANE PARKER Giant 1-lb, 7-oz cake **79¢** Jelly Roll JANE PARKER pkg of 8 53¢ Cinnamon Rolls Raspberry Whirls pkg of 6 69¢ Frosted Ball Donuts pkg of 6 53¢ **English Muffins** pkg of 6 39¢ (BUY 3 PKGS - SAVE 17c) JANE PARKER pkgs of 12 3/\$1.00 Twin Rolls

Health & Beauty Aids!

6-OZ AEROSOL TIN Right Guard Powder Right Guard 6-oz aerosol tin \$1.03 SUPER STAINLESS Gillette Blades pkg of 5 57¢ (PREPRICED \$1.79) PKG OF 2 4-OZ JARS ACTION PRICED! \$1.49 Noxzema Skin Cream ACTION PRICED! SPEARMINT OR FRESH MINT FLAVOURS McLeans Toothpaste 100-ml tube 79¢

LOW EVERYDAY PRICES!

Gold Reef choice quality sliced or halves 3 14 fluid \$1.00 Peaches Libby Sauerkraut 32-fl-oz jar 39¢

Van Camp Beans 19-fl-oz tin 36¢ 10-oz jar \$2.05 Maxwell House

TOILET BOWL CLEANER (SOLID) 9-oz plastic container 95¢ Dainty Bol

71/2-oz pkg 31¢ Cream Crackers Underwood Spreads 41/2-oz tin 64¢

ASSORTED T.V. PACK CHOCOLATE BARS \$1.69 Lowney's Candy MOTHER PARKERS (PKG OF 12 1-OZ ENVS. 79¢) Instant Hot Chocolate CARTON 97¢

Heinz Baby Food 43/4-fl-oz jar 17¢

28-fl-oz bottle 98¢ Lestoil Cleaner OLD COLOURED or WHITE 8-oz stick 79c - MEDIUM 8-oz stick 75c Schneiders Cheese MILD 8-oz stick 69¢

Frozen Foods!

11-oz pkg 55¢ Eggo Waffles FROZEN, FRIED CHICKEN, MEAT LOAF, SALISBURY STEAK, TURKEY 11-oz pkg 59¢ **Banquet Dinners** ORANGE OR GRAPE, FROZEN, CONCENTRATED Honeydew Drinks 121/2-fl-oz tins 2 79¢

(PREPRICED 99c) "WE REDEEM ALL FOOD STORE COUPONS"!

ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SAT., JANUARY 12, 1974

Action Priced!

FRESH - BOX-O-

CHICKEN

• 3 LEG QUARTERS

BREAST QUARTERS

3 WINGS

GIBLET PACKAGES

Shop A&P WEO - Enjoy Great Meat!

SUPER-RIGHT BRAND, SLICED 1-lb Vac Pac \$1.18 Side Bacon SUPER-RIGHT QUALITY, SWEET PICKLED (CENTRE CUTS LB \$1.48) 16 \$1.38 Back Bacon END CUTS SUPER-RIGHT QUALITY, MEATY Pork Hocks SX BRAND, NIAGARA Bologna BY THE PIECE SUPER-RIGHT QUALITY, SKINLESS 1698¢ Beef Liver SLICED SX BRAND, FROZEN 1698¢ **Beef Steakettes** SCHNEIDERS BRAND, "RED HOTS" 1-1b Vac Pac 88¢ Wieners MAPLE LEAF, SLICED, 5 VARIETIES 6-0z Vac Pac 44¢ Cooked Meats

Beef & Pork Sausages 1688¢

BURNS BRAND, STORE PACK

Wieners ALL BEEF 1-16 Vac Pac \$1.08 16 \$1.08 Chicken Cutlets HIGHLINER, FROZEN, BOSTON BLUE 14-oz pkg 89¢ Fish Fillets HOLIDAY FARMS, FROZEN, IN GRAVY

FREEZER BUY OF THE WEEK

Roast Beef Dinner 2-lb pkg \$1.99

Whole New York Pork Shoulders Cut Into

Average Weight 12 to 14 lbs

A & P WEO FOOD STORES

105 Yonge St. N., RICHMOND HILL 8109 Bayview Ave., THORNHILL

Open Wednesday, Thursday & Friday Nights Until 9:00 P.M.

AMPLE FREE PARKING