

Victoria Square

Correspondent:
Mrs. W. Sandie
RR 2, Gormley

Lions
It was education and ladies' night at the Victoria Square District Lions Club meeting Tuesday evening of last week.

Guest speaker was Edmond Shephard (of Saunders Travel Agency) who gave a very interesting talk on, "Canada - What We Have to Offer to the Foreign Tourist".

Sympathy
Sincere sympathy is extended to Mrs. Walter Smith and family in the passing of a loving husband, father and grandfather, Walter Harley Smith, following a severe stroke.

Funeral service was held from the Marshall Funeral Home, Richmond Hill, Friday afternoon of last week, with interment in Victoria Square Cemetery.

Church News
The April meeting of the UCW was held in the Sunday School room on Wednesday evening of last week with Mrs. Harold Hill in charge.

The worship service was taken by Mrs. Ken Harmon, and Mrs. Richard Frisby. Mrs. James Bewell sang a solo, accompanied at the piano by Laurie Tyndall.

Mr. and Mrs. Fraser Gee showed colored slides of their recent trip to Hawaii which were much enjoyed.

The flowers in the church on Sunday morning were in loving memory of Mr. Walter J. Smith.

Rev. John Grant, MA, DPh DD was the guest preacher and officiating minister at the Communion service on Sunday morning. Dr. Grant is professor of Church History at Emmanuel College.

This coming Sunday there will be NO church service at Victoria Square United Church because of the anniversary services at Headford United Church.

At 1 am guest speaker will be Rev. Stanley Snowden of the Maple United Church.

At 7:30 pm a special musical program will feature the "Melodante Singers", a choir of some 25 voices.

Please note that the time for these services will be Daylight Saving Time!!

Music Recital
The Victoria Square branch of the Berachah Academy of Music will hold its recital in the United Church May 3 at 7:30 pm.

Neighborhood Notes
Birthdays greetings to Mrs. Leslie Hart, April 27; Valerie Buchanan, six years, April 28; Margaret Ann Harmon, April 28.

Wedding anniversary greetings to Mr. and Mrs. Reid Brumwell married 44 years, April 26; to Mr. and Mrs. Bert Nichols, married 33 years, April 26; to Mr. and Mrs. Ken Harmon married 30 years, April 29.

Mr. and Mrs. Jack Leitch welcomed their first granddaughter recently when a daughter was born to Mr. and Mrs. Brian Geddes (Peggy Leitch), a sister for Sean.

Mr. and Mrs. Fred McRoberts spent a weekend recently with their granddaughter and family, Mr. and Mrs. Harold Coulter and family at London.

Mr. and Mrs. Cecil Nichols spent a weekend with relatives at London recently.

60th Anniversary
The Junior Farmers of York County will be celebrating their 60th anniversary August 17 at the Markham Arena. Keep this date in mind and further particulars will be given at a later date.

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WHERE ECONOMY ORIGINATES

Give Yourself a Taste Treat with these Fine Jane Parker Baked Goods!

JANE PARKER, SLICED, ITALIAN OR OLD-FASHIONED (BUY 2 LOAVES - SAVE 9c)
Bread 24-oz loaves **2/69¢**

JANE PARKER, SLICED (BUY 2 LOAVES - SAVE 21c)
Raisin Bread 16-oz loaves **2/89¢**

JANE PARKER **Blueberry Pie** Full 8-inch pie **89¢**
(BUY 2 - SAVE 21c)
JANE PARKER **Golden Loaf Cake** 10-oz cakes **2/89¢**
(SAVE 10c)
JANE PARKER **Rhubarb-Apple Pie** Full 8-inch pie **79¢**
(SAVE 10c)
JANE PARKER **Lemon Pie** Full 8-inch pie **69¢**

(SAVE 6c) JANE PARKER, PLAIN, SUGAR, CINNAMON (SAVE 6c)
pkg of 6 **43¢** **Cake Donuts** pkg of 12 **43¢**
(SAVE 4c) JANE PARKER, SLICED
pkg of 6 **49¢** **Cheese Bread** 12-oz loaf **39¢**
(SAVE 6c) JANE PARKER
14-oz cake **59¢** **English Muffins** pkg of 6 **39¢**
(SAVE 6c) JANE PARKER, 2 White or 1 White & 1 Wheat (SAVE 8c)
16-oz cake **79¢** **Bread "Brown 'N Serve"** PKG OF 2 8-OZ LOAVES **39¢**

Cash-in on these Good Values

SUPER-RIGHT GRADE "A" BEEF
BONELESS **CROSS RIB ROAST** } **\$1.28**
BONELESS SHOULDER CUTS }
STEWING BEEF } lb
EXCELLENT FOR BRAISING
Blade Steaks lb **98¢**
SUPER-RIGHT BRAND, SLICED TOWN CLUB, SWEET PICKLED
SIDE BACON 1-lb 93¢ **COTTAGE ROLLS** 1-lb 89¢
Vac Pac Vac Pac
BURNS, STORE PACK PRIDE OF CANADA
BEEF & PORK SAUSAGES lb **78¢** **Wieners** 1-lb 78¢
Vac Pac Vac Pac

Super-Right, Grade "A" Beef
BEEF ROASTS
BLADE ROAST BLADE BONE REMOVED
SHORT RIB ROAST
SHOULDER ROAST BONE IN POT ROAST
lb **88¢**

PRIMO-SPAGHETTINI, ELBOWS, SMALL SHELLS, RIGATONI Action Priced
SPAGHETTI 2-lb pkg **59¢**
PROCESS DELUXE CHEESE ACTION PRICED!
KRAFT CHEESE SLICES 2-lb pkg **\$1.99**
APPLE, CARAMEL, CHOCOLATE, LEMON, BLUEBERRY ACTION PRICED!
ROBIN HOOD PUDDING MIX 9-oz pkgs **4/\$1.00**
E. D. SMITH ACTION PRICED!
KETCHUP 32-fl-oz bottle **59¢**

Frozen Foods!
CANADA GRADE "A", Eviscerated, Frozen, Vac Pac, Rock Cornish
Game Chickens lb **89¢**
TOWN CLUB, STORE PACK, FROZEN
Beef Steakettes lb **88¢**
PRESTIGE, FROZEN
Cod Fillets 14-oz pkg **\$1.19**
PRESTIGE, FROZEN
Haddock Fillets **\$1.43**
OMSTEAD, BATTER FRIED
Frozen Smelts lb **55¢**
GOLDEN SKILLET, FROZEN
Chicken Cutlets lb **\$1.08**
GOLDEN SKILLET, FROZEN
Chicken Wings lb **88¢**
GOLDEN SKILLET, FROZEN
Chicken Legs or Breasts lb **\$1.28**
HOLIDAY FARMS, BEEF & GRAVY, TURKEY & GRAVY, SALISBURY & GRAVY, VEAL PAMIGIAN
Wax Beans 19-fl-oz tins **2/49¢**

Don't Miss These...
Mushroom, Vegetable-Beef, Chicken Rice, Chicken Noodle Action Priced!
CLARK SOUPS 10-FL-OZ TINS **5/\$1.00**
DR. BALLARD - BEEF, CHICKEN, KIDNEY, LIVER
Miss Mew Cat Food 6-oz tins **5/\$1.00**
Pantry Shelf, Unsweetened, Reconstituted (GRAPEFRUIT JUICE 49¢)
Orange Juice 48-fl-oz tin **39¢**
CHOCOLATE, VANILLA, CHOCOLATE FUDGE, BUTTERSCOTCH, BANANA
Del Monte Puddings pkg of 4, 5-oz tins **69¢**
IN TOMATO SAUCE OR BOSTON STYLE
Ann Page Beans 14-fl-oz tins **2/59¢**
IONA BRAND, CANADA STANDARD

Action Priced!
BUDGET BATHROOM TISSUE
WHITE OR PINK
PKG OF 6 ROLLS **97¢**

Frozen Foods!
CHUN KING, FROZEN, PORK & SHRIMP ACTION PRICED!
Egg Rolls pkg of 12, 1-oz rolls **67¢**
WELCH'S, FROZEN, CONCENTRATED ACTION PRICED!
Grape Juice 12-fl-oz tins **2/\$1.00**
HAPPY HOUR, FROZEN, Pepperoni, B.B.Q., Sausage Pizza
Snack Rolls pkg of 12, 1/2-oz rolls **69¢**
FROZEN, (Peas or Niblet Corn in Butter Sauce 10-oz pkg 39¢), French Style Green Beans With Mushrooms
Green Giant Vegetables 9-oz pkg **49¢**
FROZEN, REGULAR OR BUTTERMILK
Aunt Jemima Waffles 10-oz pkg **45¢**
CHOCOLATE 13 1/2-oz or BANANA 14-oz ACTION PRICED!
Sara Lee Cakes FROZEN Each **89¢**

ANTI-PERSPIRANT, REGULAR, NATURAL UNSCENTED, OR POWDER ACTION PRICED!
Right Guard 6-oz aerosol tin **99¢**
Gillette Blades Stainless Steel pkg of 5 **57¢**
SHAVE CREAM - REGULAR, LEMON LIME, MENTHOL
Gillette Foamy 7-oz aerosol tin **73¢**
100% BRAZILIAN COFFEE - 8 O'CLOCK
Instant Coffee 10-oz jar **\$1.59**
ORANGE PEKOE
Red Rose Tea Bags pkg of 60 **97¢**
JOHNSON - JET SPRAY WINDOW CLEANER
Bon Ami 20-oz aerosol tin **79¢**
READY CUT MACARONI OR
Catelli Spaghetti 2-lb pkg **67¢**

CUTTING CALORIES
By IDA H. BURNS
A&P CONSULTANT
New Spring Fashions give us all the urge to lose weight, look trim and feel good. Nutrition Canada says we are an overweight nation, and this is serious. We cannot accomplish in a short period overcoming habits that we have built over a lifetime. So whatever you do, when you start your diet, don't "crash" diet!
The philosophy of dieting is really very simple. Eat relatively the same things, but eat less. The average person can lose weight on a 1200 calorie diet. If you are drastically overweight, you may have to drop below this recommended figure. If so, consult your doctor. Most overweight people are nibblers, so a real good tip is to nibble carrot sticks, celery, cucumbers or pieces of apple. Cut back on your carbohydrates, your fats and desserts. Make your milk, skim milk. Instead of salad dressing, use vinegar.
We have all read so much about what you should eat when dieting. Perhaps more important is what you think. Over-eating is compulsive - often the result of anxiety, loneliness, anger, etc. Try reading poetry. Visit a shut-in. Write a letter, and put others first - self second.
Tape a message on your refrigerator - "Love your Neighbour". It really helps!

Action Priced!
DISPOSABLE - DAYTIME
PAMPERS DIAPERS
PKG OF 30
\$1.79



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Canada No. 1 Grade, Ontario Grown
CARROTS
3 LBS **29¢**
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CABBAGE Each **35¢**
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