# YCH campaign stops smoking

RICHMOND HILL - York Central Hospital will be promoting a stop-smoking campaign here next

A five-day plan for quitting smoking will begin on Jan. 23 and continue through the following four nights. Sessions will be held 7:30 to 9:30 p.m.

Among the techniques used to assist people kick the habit are films, lectures demonstrations, group therapy, the buddy system and a "personal control book" to follow each day. The cost of the program is \$5 - less than a carton of

cigarettes. Town residents as well as hospital staff are invited to take part in the program. For more information,

phone 883-2030.

## GEM

#### **CORRECTION NOTICE**

Due to an error on the part of GEM Dept. Stores:

"Last Minute Gift Ideas" Insert which appeared in today's editions of The Liberal, Woodbridge & Vaughan News & N.Y. Mirror was incorrect. The English Bone

China Mugs should read: Our Reg. Price \$3.97 Sale each \$2.49

GEM sincerely regrets any inconvenience that may have been

caused.

Denture Therapy Clinic

#### **DENTURES**

New Remade Relined Repaired

This is the exclusive service of the new professional denture therapists. For appointment call Leslie A. Salga D.T. 210 Jacey Anne Blvd. at Levendale Richmond Hill

883-1581



I WISH TO TAKE THIS OPPORTUNITY TO SAY:

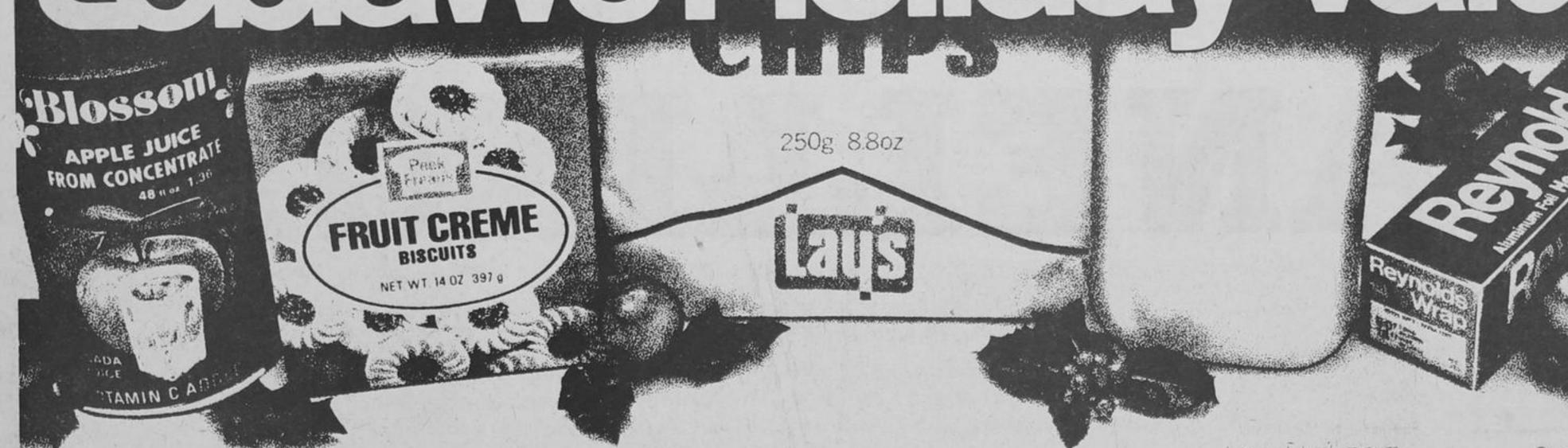
### THANK YOU! SUPPORTERS AND WORKERS

will endeavor to work harder over the next 2 years to regain the confidence of all the citizens of Ward One

MY FAMILY JOIN ME IN WISHING EVERYONE A "MERRY CHRISTMAS" AND A "HAPPY NEW YEAR"

**ANDY CHATEAUVERT COUNCILLOR WARD 1** 

obaws Holiday Values



Blossom Choice

apple Juice

canned cooked Maple Leaf ham

whipped cream Reddi Wip

Club House stuffed olives

Bright's fancy tomato juice

Peak Frean biscuits

1 1/2 lb. 2.99

7 oz. aero tin

Lay's - 250 g pkg. dip or regular

potato chips

Sunlight liquid - detergent 200's .61 tissues 51b 2.29 Cheer powder detergent

detergent

Home juice

orange

**Maxwell House** 

egg nog instant freeze dried coffee

Glad poly, 26" x 36"

Taster's choice

garbage bags

produce of U.S.A. festive favourite!

was .78

red emperor grapes

Ocean Spray heavy duty aluminum 18" x 50' roll box whole or jellied cranberry

sauce

14 fl. oz. tin

Reynolds foilwrap

10 oz 3.59 quart .88 vegetables 3 14fl oz 1.00 8 oz 3.59

orange 10's 1.19 Devon Spumoni 2 litre 2.65

brighten your festive season poinsettias potted mums

beans

Christmas cactus each

3 14 fl. oz 1.00

3 10 fl. 1.00

everyday meat values plus... "special values" for extra weekly savings



sausage meat



roasts



predressed

cornish

hens





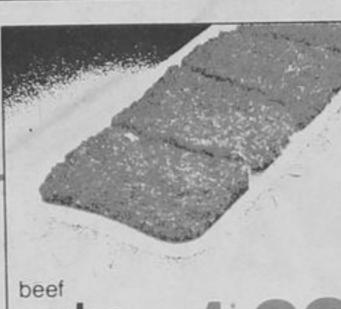


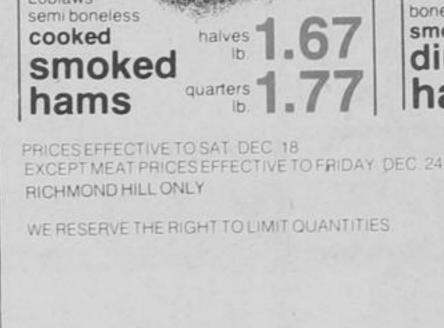


frozen predressed Canada grade A











smoked

with this coupon and the purchase of one whole

Loblaws or Swifts sugar plum semi-boneless cooked smoked ham

one coupon per customer coupon valid until December 24, 1976





