

# YCH campaign stops smoking

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

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

DISCOUNT DEPARTMENT STORES  
**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 Leventdale  
Richmond Hill

**883-1581**



I WISH TO TAKE THIS OPPORTUNITY TO SAY:

## THANK YOU!

TO ALL MY SUPPORTERS AND WORKERS

I 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

# Loblaws Holiday Values



<p>Blossom Choice reconstituted <b>apple juice</b> 48 fl. oz. tin</p> <p><b>.37</b></p>	<p>Peak Frean biscuits NET WT 14 OZ 397 g 14 oz bag</p> <p><b>.77</b></p>	<p>Lay's - 250 g pkg. dip or regular <b>potato chips</b> 250g 8.8oz</p> <p><b>.63</b></p>	<p>Home Juice <b>orange drink</b> 64 fl. oz. bottle</p> <p><b>.69</b></p>	<p>heavy duty aluminum 18" x 50' roll box <b>Reynolds foil wrap</b></p> <p><b>1.49</b></p>	<p>Ocean Spray whole or jellied <b>cranberry sauce</b> 14 fl. oz. tin</p> <p><b>.44</b></p>
---	---	---	---	--	---

<p>canned cooked <b>Maple Leaf ham</b> 1 1/2 lb. tin <b>2.99</b></p> <p>whipped cream <b>Reddi Wip</b> 7 oz. aero. tin <b>.59</b></p> <p>Club House stuffed <b>olives</b> 12 fl. oz. jar <b>.88</b></p> <p>Bright's fancy <b>tomato juice</b> 48 fl. oz. tin <b>.59</b></p>	<p>Sunlight liquid detergent 32 fl. oz. plas. bot. <b>.99</b></p> <p>Kleenex facial, regular, 2 ply, all colours 200's box <b>.61</b></p> <p>Cheer powder 5 lb. box <b>2.29</b></p> <p>Finish automatic dishwasher detergent 50 oz. box <b>1.89</b></p>	<p>instant coffee 10 oz. jar <b>3.59</b></p> <p>fresh <b>egg nog</b> quart cartons <b>.88</b></p> <p>instant freeze dried coffee 8 oz. jar <b>3.59</b></p> <p>Glad poly, 26" x 36" 10's pkg. <b>1.19</b></p>	<p>Del Monte fancy, seasoned, french style green or wax 14 fl. oz. tins <b>3 1.00</b></p> <p>Stokely fancy cream corn or honey pod peas 14 fl. oz. tins <b>3 1.00</b></p> <p>Clover Leaf mandarin segments 10 fl. oz. tins <b>3 1.00</b></p> <p>ice cream 2 litre carton <b>Devon Spumoni 2.65</b></p>
---	---	--	--



produce of U.S.A. festive favourite!

**red emperor grapes** lb. **.48**

brighten your festive season

excellent quality, 6 1/2 inch pot  
**poinsettias** each **4.88**

6 inch pot  
**potted mums** each **3.88**

**Christmas cactus** each **3.88**

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

<p>Swits frozen deep basted pressed Canada grade A young <b>butterball turkeys</b> lb. <b>.98</b></p>	<p>special value frozen pressed Canada grade B young <b>turkeys</b> lb. <b>.68</b> (was .78)</p>	<p>special value frozen predressed grade A <b>cornish hens</b> lb. <b>.99</b> (was 1.09)</p>	<p>special value Beef <b>prime rib roasts</b> lb. <b>1.29</b> (was 1.39)</p>
<p>frozen predressed Canada grade A <b>young ducks</b> lb. <b>.94</b></p>	<p>frozen Canada grade A predressed <b>young turkeys</b> 10-14 lbs. <b>.88</b></p>	<p>new low price Loblaws pure <b>pork sausage meat</b> 1 lb. pkg. <b>.64</b> (was .72)</p>	<p>new low price fresh loin rib end 3 1/2 lb. average <b>pork roasts</b> lb. <b>1.08</b> (was 1.12)</p>
<p>special value Olympic brand salami, pepperoni or summer sausage cooked <b>meat chubs</b> 20 oz. each <b>.99</b> (was 1.75)</p>	<p>special value buy one get one free Ziggys pouch pac <b>Bavarian smokies</b> 8 oz. pkg. <b>1.03</b> (save 1.03)</p>	<p>fresh by the package includes 9 chops loin centres and ends mixed <b>chops</b> lb. <b>1.19</b></p>	<p>fresh <b>chicken legs</b> lb. <b>.98</b></p>
<p>beef <b>chuck blade roasts</b> lb. <b>.99</b></p>	<p>Loblaws <b>semi boneless cooked smoked hams</b> halves lb. <b>1.67</b> quarters lb. <b>1.77</b></p>	<p>beef <b>cube steaks</b> lb. <b>1.68</b></p>	<p>Swits sugar plum boneless cooked <b>smoked dinner hams</b> lb. <b>1.94</b></p>

**1.00 off** 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




beef, full slice boneless **round steak** lb. **1.42**

Loblaws macaroni & cheese loaf mock chicken loaf or bologna sliced **cooked meats** 6 oz. pkg. each **.44**

PRICES EFFECTIVE TO SAT. DEC. 18  
EXCEPT MEAT PRICES EFFECTIVE TO FRIDAY DEC. 24  
RICHMOND HILL ONLY

WE RESERVE THE RIGHT TO LIMIT QUANTITIES



... a Holiday Tradition

