



Connie Post

Californians assigned to Hill as missionaries

Lady missionaries Connie Post and Eileen Wright have been assigned to the Richmond Hill ward of The Church of Jesus Christ of Latter-day Saints.

Sister Post, whose home is in Westminster, California, is an accomplished violinist, and was concert mistress of

the Fountain Valley High School orchestra.

She was a music education major at Chapman College of Orange, California, where she was awarded a performance scholarship.

To support herself as a missionary, Sister Post interrupted her formal education to work as an

insurance clerk.

She plans to resume her musical studies next year, and find employment as a dental assistant.

Originally from Pensacola, Florida, Sister Wright makes her home in Orangevale, California.

She is a graduate of Bella Vista High School in nearby Fair Oaks, and was a member of the marching and concert band.

In her home church ward, she was the young adult representative, responsible for planning activities.

Sister Wright enjoys sewing, and has a keen interest in church-sponsored events.

Before her Richmond Hill assignment, she served in Kitchener, Oshawa, Hamilton,

Scarborough, and Etobicoke.



Eileen Wright

SMART SHOPPERS KNOW WHERE TO LOOK FOR VALUE AND FIND IT!



Liberal

Loblaws low

cut from Canada grade "A" beef
full slice round
steak
lb. **2.28**
was **2.98**
save .70 lb.

freshly ground
medium ground
beef
lb. **1.98**
was **2.38**
save .40 lb.

cut from Canada grade "A" beef
round end
rump roast bone in
lb. **2.18**
was **2.88**
save .70 lb.

from California
new crop
seedless
grapes
1/2 price
lb. **.99**
was **1.99**
save 1.00 lb.

no. 1 grade
California long white
new
potatoes
10 lb. bag **1.58**
was **2.49**
save .91

20% off
Stouffers
brand
products

20% off
Stouffers frozen cauliflower au gratin
10 oz. box **1.17**
was **1.47**
save .30

20% off
Stouffers frozen green beans and mushroom casserole
9 1/2 oz. box **1.14**
was **1.43**
save .29

20% off
Stouffers frozen lasagna
21 oz. box **2.05**
was **2.57**
save .52

20% off
Stouffers frozen beef stew
10 oz. box **1.48**
was **1.85**
save .37

20% off
Stouffers frozen tuna noodle casserole
11 1/2 oz. box **1.06**
was **1.33**
save .27

20% off
Stouffers frozen spaghetti with meat sauce
14 oz. box **1.27**
was **1.59**
save .32

20% off
Stouffers frozen - beef chicken or turkey pot pie
10 oz. box **1.06**
was **1.33**
save .27

20% off
Stouffers frozen beef stroganoff
9 3/4 oz. box **1.91**
was **2.39**
save .48

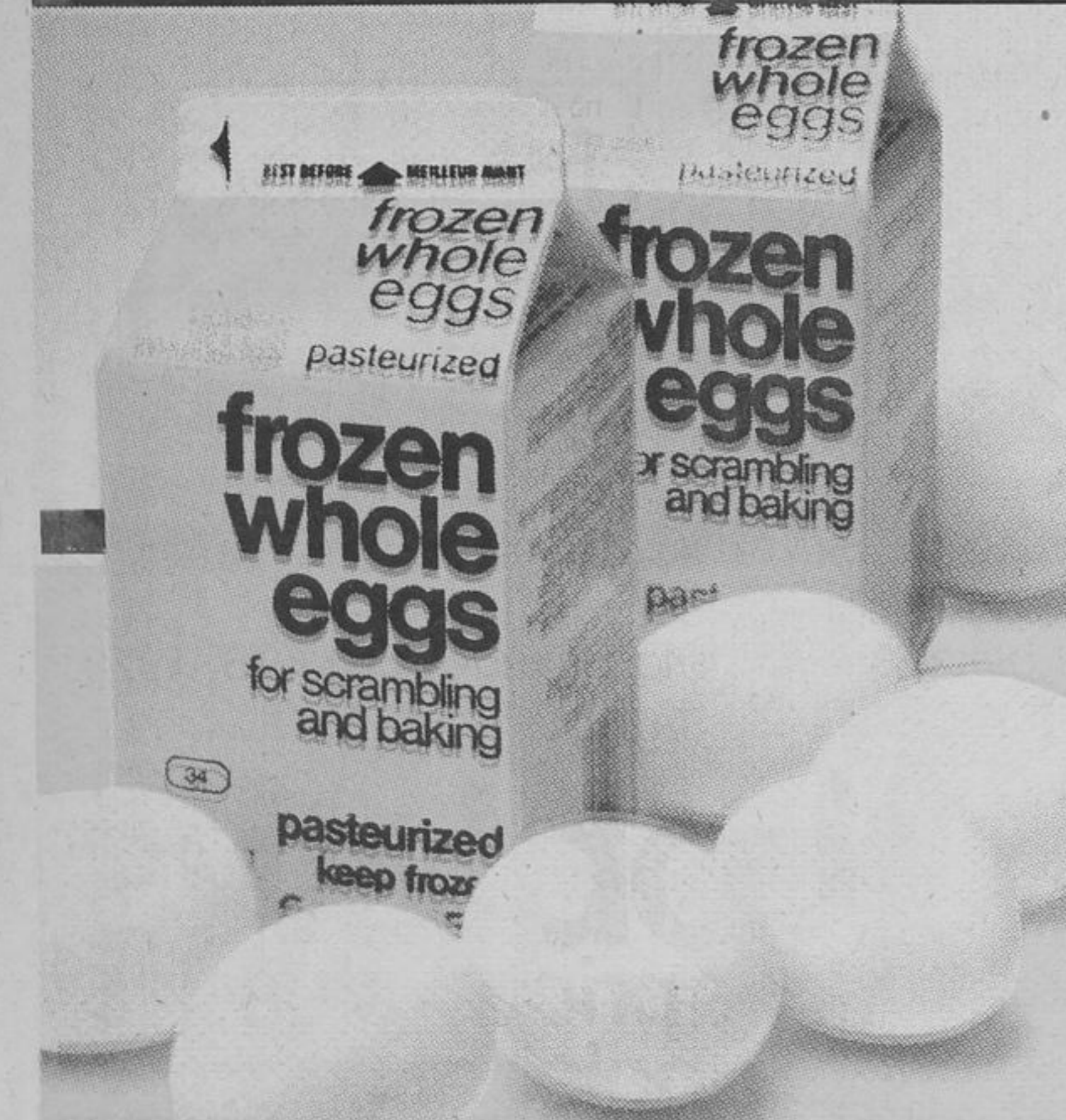
more meat values
cut from Canada grade A beef inside round steaks or roasts lb. **2.48**
cut from Canada grade A beef boneless sirloin tip steaks lb. **2.58**
was **3.08**
was **3.18**

cut from Canada grade A beef boneless stew beef lb. **1.98**
frozen Ponderosa Steak House all beef burgers 2 lb. pkg. **3.48**
was **3.78**
frozen New Zealand shoulder lamb roasts bone in lb. **1.28**
was **1.68**
previously frozen turkey wings lb. **.69**
was **.85**

previously frozen sliced pork liver lb. **.43**
was **.48**
Loblaws frozen, tray pack breakfast sausage 1 lb. pkg. **1.58**
was **1.78**
Loblaws cooked smoked pork picnic shoulders lb. **1.38**
was **1.58**
Loblaws sliced side bacon 1 lb. pkg. **1.38**
was **1.58**

Loblaws, sliced macaroni & cheese or mock chicken loaf 1 lb. pkg. **1.48**
was **1.78**
Z & W Foods, by the piece large bologna lb. **.98**
was **1.08**
Swifts sizzlean 12 oz. pkg. **1.69**
was **1.89**
Highliner Brand frozen cod fillets 1 lb. pkg. **1.59**
was **1.75**

more grocery values
pieces and stems Leaver mushrooms 10 fl. oz. tin **.78**
was **.87**
Heinz fancy tomato juice 48 fl. oz. tin **.88**
was **.98**



"Loblaws has found a way to **save** your family 20¢ a doz. on medium eggs"

no-name frozen **eggs**

9oz. carton equivalent to 6 medium size eggs