## CARD trail ride may attract 225 on October 7th

More than 225 riders are expected to saddle up October 7 to help raise funds for the Community Association for Riding for the Disabled (CARD).

Registrations already total 180 for the 25 kilometer trail ride through the York Regional Forest in the Town of Whitchurch-Stouffville.

Loblaws

That is a 30 per cent increase over the 150 riders who participated last year, and organizers are confident this year's ride will top expectations.

"This is one of our major fund-raising events," said CARD President Dorothy Ames, "and it's particularly important

that we do well this vear because of our building program."

CARD is in the process of completing a unique \$750,000 facility at G. Ross Lord Park in North York to provide therapeutic assistance to a great many handicapped children and adults through

The facility will enable CARD to provide an expanded program.

Last year's trail ride netted more than \$15,000 from pledges obtained by the riders and, if this year's projections are correct, about \$25,000 could be added to the association's coffers.

was .75 **Save .26** 

small

Canada

grade 'A'

save .79

was 1.78

was .63

save .14

12 1/2 fl.

oz. tin

Catelli - ready cut

1 doz. ctn.

Riders will start off with a wake-up cup of coffee, and will be provided with a free lunch at the mid-point. There will be trophies and prizes, as well as finishing ribbons for

For registration for the October 7 ride, as well as pledge sheets and further information, call 8834514 from 10 a.m. to 10



limit 1 pkg. per family

Maple Leaf side - sliced

Niagara frozen, unsweetened concentrated

was 1.52 save .53

## more meat values

Z & W Foods 1 lb. 1.98 sliced cooked ham regular or all beef Maple Leaf wieners frozen Maple Leaf Bavarian beerfest sausage butt portion, bone in **cooked** smoked ham 1.28 lb. 1.28 Canada grade 'A' under 20 lbs. frozen predressed young turkeys Maple Leaf Brand, 5 varieties cooked meat sticks 10 oz. 1.69 Z & W Foods store packaged polish sausage 1.29 Ziggys mini chubs, 8 varieties cooked meat chubs frozen Stillmeadow Brand, breasts or thighs and drumsticks cooked chicken frozen Taillefer Brand tourtiere meat pies no-name chicken wieners no-name chicken bologna

> more grocery values

frozen Seafresh Brand

store packaged sole fillets

Maple Leaf Brand

corned beef brisket

2.18

pork luncheon meat McLarens, Polskie Ogorki with garlic or no garlic dill pickles turkey/chicken, beef, irish or meatball Clark stews 2 ply, white, yellow or pink Babies Only Please bathroom tissue autumn harvest, rose petal lemon, blossom, or alpine meadow Twice as Fresh 25 g air freshener dispenser unit butterscotch chips or semi-sweet chocolate chips 12 oz. chipits cello bag Lay's regular, simulated vinegar 200 g 89 bar b-q or sour cream & onion potato chips Cheer powder laundry detergent Fleecy fabric softener Pampers diapers Gentle Touch 140 g .56 toilet soap

Betty Crocker Super-moist golden or lemon 18 oz. box save imperial Imperial - soft spread

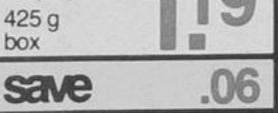
liquid detergent

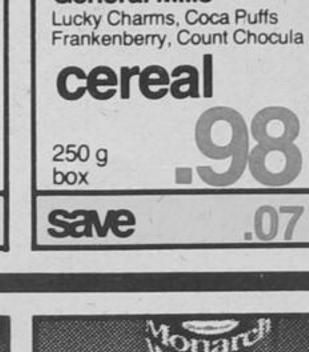












**General Mills** 

was 1.19 save .60

macaronior

spaghetti



hamburger helper all varieties

7 oz. box

save

for one low price plus replacement Kodak film

money back

guarantees 100% satisfaction on our 2 sets of prints offer, or we will buy back your prints\* - you keep your negatives - in addition to this Loblaws will give you a free roll of film (regular ASA only) with the money back

guarantee. \*This guarantee is good only on the complete sets of prints. Full details available in store.



save





save



save



save

dessert topping 6 oz. box

save