

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.

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 year 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 riding.

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.

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 all.

For registration for the October 7 ride, as well as pledge sheets and further information, call 883-

4514 from 10 a.m. to 10 p.m.

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Z & W Foods sliced cooked ham	1 lb. pkg.	was 2.98 1.98
regular or all beef Maple Leaf wieners	1 lb. pkg.	was 1.88 1.38
frozen Maple Leaf Bavarian beerfest sausage	1 lb. pkg.	was 1.98 1.78
butt portion, bone in cooked smoked ham	lb.	was 1.38 .98
Canada grade 'A' under 20 lbs. frozen pre-dressed miracle baste young turkeys	lb.	was 1.48 1.28
Maple Leaf Brand, 5 varieties cooked meat sticks 10 oz.	each pkg.	was 1.98 1.78
Z & W Foods store packaged polish sausage	lb.	was 1.89 1.69
Ziggys mini chubs, 8 varieties cooked meat chubs	8 oz. pkg.	was 1.49 1.29
frozen Stillmeadow Brand, breasts or thighs and drumsticks cooked chicken	each 900 g pkg.	was 4.49 3.99
frozen Taillefer Brand tourtiere meat pies	500 g pkg.	was 1.99 1.79
no-name chicken wieners	1 lb. pkg.	.99
no-name chicken bologna	375 g pkg.	.99
frozen Seafresh Brand store packaged sole fillets	lb.	was 2.65 2.18
Maple Leaf Brand corned beef brisket	vac pack lb.	was 2.68 2.18



was .75
save .26

Loblaws **eggs** small
Canada grade 'A'
1 doz. ctn. **.49**



limit 1 pkg. per family

was 1.78
save .79

Maple Leaf side - sliced **bacon** 1 lb. pkg. **.99**



was .63
save .14

Niagara frozen, unsweetened concentrated **orange juice** 12 1/2 fl. oz. tin **.49**

more grocery values

Klik pork luncheon meat	12 oz. tin	was 1.59 1.49
McLarens, Polskie Ogorki with garlic or no garlic dill pickles	32 fl. oz. jar	was 1.19 1.05
turkey/chicken, beef, irish or meatball Clark stews	24 oz. tin	was 1.66 1.46
2 ply, white, yellow or pink Babies Only Please bathroom tissue	4 roll pkg.	was 1.45 1.37
autumn harvest, rose petal lemon, blossom, or alpine meadow Twice as Fresh air freshener	25 g dispenser unit	was 1.39 1.33
butterscotch chips or semi-sweet chocolate chips chipits	12 oz. cello bag	was 1.99 1.79
Lay's regular, simulated vinegar, bar b-q or sour cream & onion potato chips	200 g bag	was .99 .89
Cheer powder laundry detergent	6 litre box	was 3.67 3.52
Fleecy liquid fabric softener	128 fl. oz. pl. jug	was 2.49 2.22
daytime Pampers diapers	30's box	was 3.15 2.99
pink, white or aqua Gentle Touch toilet soap	140 g bath bar	was .63 .56



was 1.52
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liquid detergent **Sunlight** 32 fl. oz. pl. btl. **.99**



was 1.19
save .60

Catelli - ready cut **macaroni or spaghetti** 2 lb. box **.59**

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 <p>was 1.02 .79 save .23</p>	 <p>was 1.09 .99 save .10</p>	 <p>was 1.25 1.19 save .06</p>	 <p>was 1.05 .98 save .07</p>	 <p>was .95 .87 save .08</p>
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