

Ann Gold prepares to leave for Cambodia

A Richmond Hill resident, Ann Gold, has responded to an international plea for help and now awaits only a firm departure date. Operation Lifeline, in conjunction with the International Red Cross, put out a call last week for volunteers to form medical teams to be sent to Thailand. Hundreds of thousands of Cambodian refugees are crossing the border to Thailand and the Thai government has started a massive effort to set up camps within their borders. The International Red Cross is looking after supplying 150 medical teams for these camps, groups made up of one doctor, five nurses and an administrative technician

— eight teams will come from Canada. Mrs. Gold, a registered nurse, said she had the skills required, called and offered her assistance, and last Wednesday was informed her application had been screened and her name had been put on the "active" list. The first Red Cross team was to leave Canada last weekend and two

more are scheduled to leave December 15. Mrs. Gold was told she could expect a call at any time. In addition to being a registered nurse, Mrs. Gold is also active on the Social Planning Council of Richmond Hill, she is on the board for the Unionville Home Society, a home for the aged, she is on the executive committee of the Social

Planning Council section of the Ontario Welfare Council, co-ordinator of Operation Lifeline Association of Richmond Hill, she is active in the senior citizen program in Richmond Hill, as well as being on the Lake Wilcox Program Committee whose aim it is to use the community facilities to the utmost. In response to being

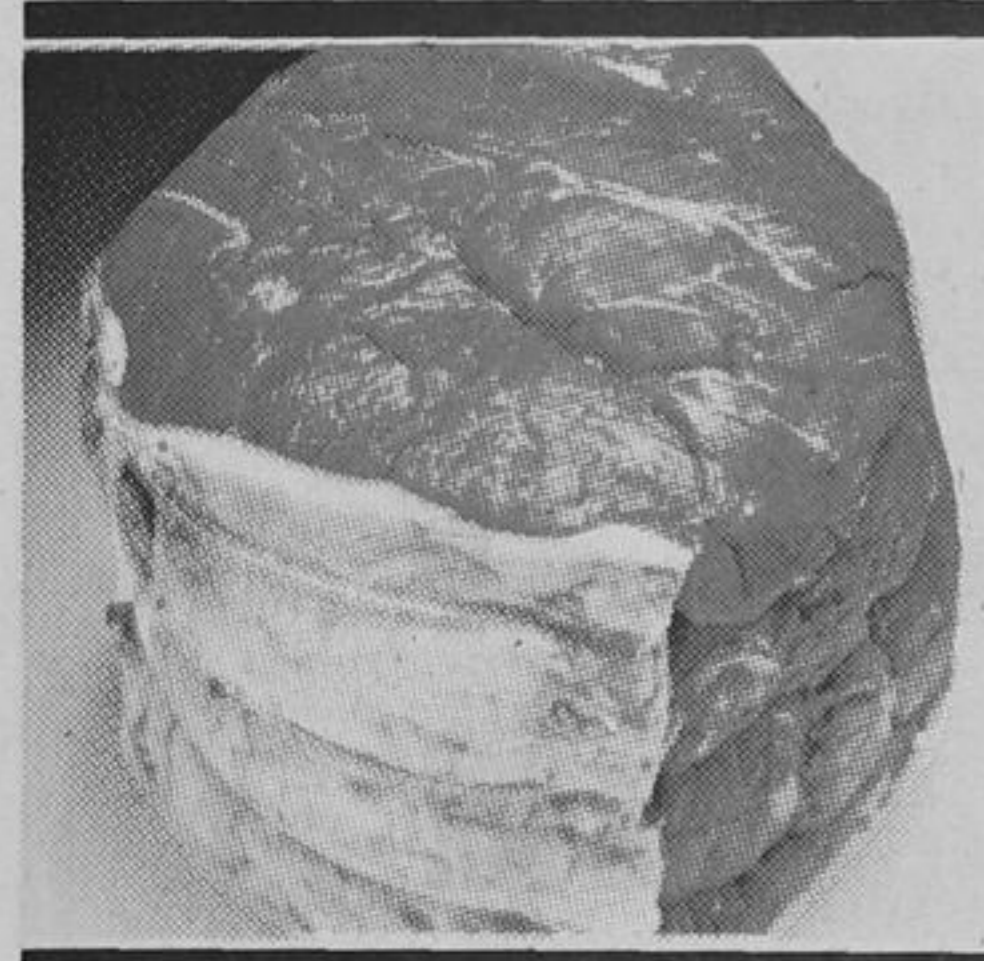
asked how she felt about leaving her family and home during the Chanukah and Christmas season, Mrs. Gold replied that her two daughters, aged 14 and 16, and her husband were most supportive of her decision and she felt it would be a rewarding experience. "It is a good feeling to know you are able to contribute something

concrete," she said. Mrs. Gold said she has no illusions about the experience. "I'm prepared — it won't be a picnic, it will be plain hard work," she said. With December 15 just more than a week away Mrs. Gold is busy making Christmas cakes and preparations for the holiday season.

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

Liberal

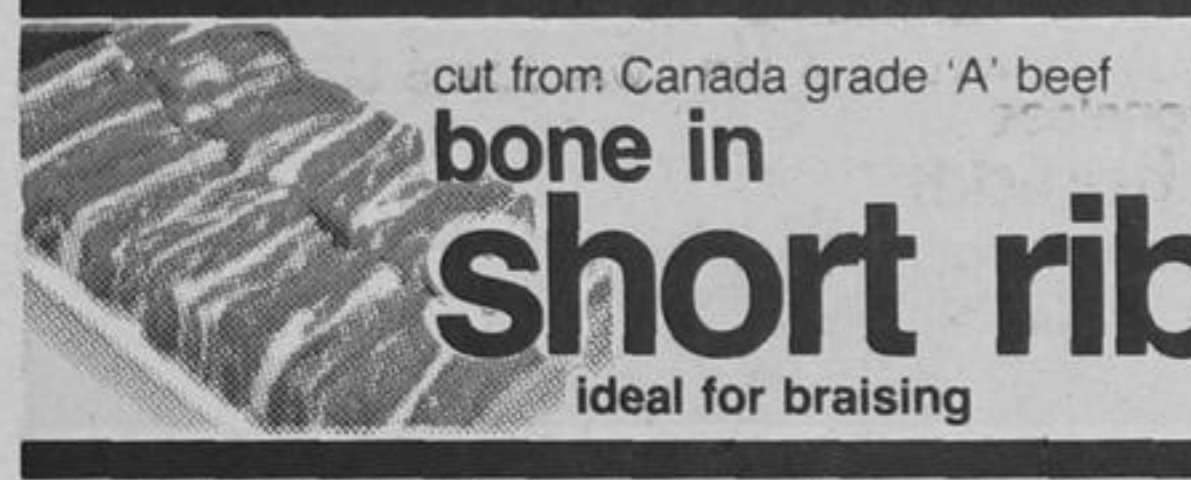
2nd big week beef sale



blade bone removed
blade or short rib roasts
 cut from Canada grade 'A' beef chuck
 was 2.08 lb. **save .70**
1.38 lb.



was 3.28 lb. **save .90**
rib steaks
 cut from Canada grade "A" beef
2.38 lb.



cut from Canada grade 'A' beef was 1.78 lb. **save .80**
bone in short ribs
 ideal for braising
.98 lb.



cut from Canada grade 'A' beef was 2.38 lb. **save .50**
boneless stew beef
1.88 lb.



Ontario grown no. 1 grade was 1.59 lb. **save .81**
potatoes
1/2 price
.78
 20 lb. bag



from Florida rich in flavour was 1.29 **save .31**
tangelo oranges
.98 doz.



produce of U.S.A. ideal for salads was .79 **save .30**
romaine
.49 ea.

more grocery values

- Loblaws mild coloured - cuts random weight **was 2.25**
- cheddar cheese** per lb. **2.05**
- Loblaws Dutch - cuts random weight **was 2.87**
- gouda cheese** per lb. **2.49**
- white **was .71**
- sliced Weston bread** 24 oz. loaf **.63**
- Weston **was .95**
- cinnamon buns** 8's pkg. **.89**
- 11 3/8" **was 1.26**
- Saran Wrap** 100' roll box **1.15**
- orange pekoe 2 cup (120's) **was 3.75**
- Salada tea bags** 16 oz. box **3.55**
- Finis high gloss **was 3.29**
- Scott's polish** 400 g aerosol tin **2.99**
- cold water **was 1.63**
- Zero powder soap** 12 oz. box **1.46**
- assorted colours **was 2.49**
- Johnson's J-Cloth** 20's cello pkg. **1.99**
- regular, super or super plus **was 3.15**
- Tampax tampons** 40's box **2.55**
- Johnson & Johnson **was 3.19**
- Stayfree maxi pads** 30's box **2.49**
- Johnson's **was 2.59**
- baby shampoo** 350 mL pl. btl. **2.19**
- regular or oily **was 2.49**
- V05 shampoo** 450 mL pl. btl. **1.79**
- frozen concentrated unsweetened **was .54**
- Loblaws orange juice** 6 1/4 fl. oz. tin **.44**
- Gainsborough frozen **was .75**
- english muffins or crumpets** 11 oz. pkg. **.65**
- Bluewater frozen **was 1.38**
- haddock 'n' chips dinner** 10 oz. box **1.23**
- frozen **was .89**
- China Town pea pods** 6 oz. box **.79**
- China Town frozen **was .89**
- egg roll covers** 16 oz. pkg. **.79**
- Holiday Farms frozen **was 3.49**
- veal parmigian** 2 lb. box **3.24**

more produce values

- Ontario grown fancy grade **3 lb. .99**
- red delicious **apples**
- Ontario grown no. 1 grade **2 lb. .69**
- parsnips**
- product of Ontario **2 for 1.00**
- cole slaw**
- Sherwood pure wood **1.99**
- fire logs** case
- produce of U.S.A. delicate flavour **3 for 1.00**
- persimmons**
- let Christmas bloom in every room **4.99**
- Floral Dept. special **poinsettia** each
- Fight Lung Disease with Christmas Seals**
It's a Matter of Life and Breath
- Prices effective to Tues. Dec. 11, 1979 except bakery effective to Sat. Dec. 8, 1979. Stores reserve the right to limit quantities. Richmond Hill only

save on F.B.I. products

grape, apple or fruit punch **was 1.23**
FBI drinks
 6 fl. oz. tins **.89**
save .34

FBI Daytona orange drink
 64 fl. oz. btl. **1.19**
save .10

all flavours **was 1.07**
FBI drinks
 6 X 6 fl. oz. btles. **.97**
save .10

FBI pure unsweetened **was 1.77**
orange juice
 64 fl. oz. btl. **1.61**
save .16

FBI grape drink
 64 fl. oz. btl. **.89**
save .10

save on more grocery values

Pride of Canada Burns' ham
 1 1/2 lb. tin **3.69**
save .50

Borden's Instant hot chocolate
 with marshmallows or regular
 500 g tin **2.29**
save .30

Savarin frozen dinners
 all varieties
 11 oz. box **1.09**
save .10

Catelli pasta
 spaghetti or ready cut macaroni
 2 lb. box **.99**
save .30

Van Camp's beans with pork
 in tomato sauce
 19 fl. oz. tin **.59**
save .10

