

K'S DAY SPECTACULAR


Part cut, an
al meal

Semi-boned, tender & juicy

POT ROAST
1.78 lb.

Family pack, rib and
centre cut mixed

Pork Chops
1.38 lb.



Boneless, aged for good eating

RUMP ROAST
2.68 lb.

Seven Farms 500 gram pkg.

BACON
1.79 each

Seven Farms 454 gram

WIENERS
1.28 lb.

PIE FOODS

Farm House, Banana, Chocolate,
Coconut, Lemon

Sunsun 12 oz.

ORANGE JUICE
99¢

Birdseye, 500 ml.

COOL WHIP
2 tubs / 1.99

DAIRY

Klomp Wakefield 500 ml.

SOUR CREAM
1.39

Beatrice, Fruit Bottom 175 ml.

YOGURT
2/1.29



Boneless, waste free

ROUND STEAK 2.68 lb.

FOOD SPECIALS

- Shaw's Holsum white 24 oz.
BREAD 89¢
- Paulins, Plain or Salted 450 gram
SODA CRACKERS 1.39
- Royale 4-roll pkg.
BATHROOM TISSUE 1.69
- Kraft Velveeta singles 500 gram
CHEESE SLICES 2.99
- Kellogg's 475 gram
SPECIAL "K" 2.39
- 225 gram
KRAFT DINNER 2/1.00
- Neilson's, Family size, 85 gram
CHOCOLATE BARS 79¢
- Alcan 18"x25" roll
FOIL WRAP 1.99
- Sealord 270 gram
PINK SALMON 1.19
- York smoothy 500 gram
PEANUT BUTTER 1.99
- Hershey's 350 gram
PEANUT BUTTER CHIPS 1.99
- 160 ml.
CARNATION 2% MILK 3/1.19
- Golden Harvest 200 gram
WALNUT PIECES 1.49
- Egg, 500 gram
LASAGNA NOODLES 99¢
- Modern, Canada No. 1
BUTTER 2.19
- Planters, salted 175 gram tin
CASHEW NUTS 2.99
- Jello 113 gram
INSTANT PUDDING 2/1.00
- Pep, 25 oz. tin
DOG FOOD 2/1.19
- Primo 3 litre
VEGETABLE OIL 3.99
- Bravo, Plum 28 oz.
TOMATOES 79¢
- Unsweetened, Golden Gate 1 litre
GRAPEFRUIT JUICE 99¢
- Libby's 14 oz.
PORK & BEANS 2/1.49
- Fortune 10 oz.
MANDARIN ORANGES 3/1.99
- Sunsun 48 oz.
APPLE JUICE 99¢
- Farm Fresh Grade "A" large
EGGS 1.45
- Javex, 3.6 litre
BLEACH 1.69
- Ivory, personal size, bundle of 4
SOAP 1.29
- Fleecy, 5 litres
FABRIC SOFTENER 3.99
- 750 ml. Diet or reg.
COKE 59¢

plus deposit

Terrace Bay Minor Hockey Report



ies. Congratulations to coach Ted Coupal and players.

The team now travels to Geraldton for the zone championships on the weekend of March 17-18. If they can keep up their winning ways, they would then travel to Fort Frances for the TBAHA Branch championships on March 30 and April 1. Good luck team. Atoms; Schreiber, March 3-4. The fortunes of our Atom team proved to be the reverse of the Pee Wees, as they were eliminated by Schreiber (the eventual Atom champions), in the North Shore Atom Championships. Congratulations must still go out to these die-hard players and their coaches. Better fortunes next year.

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by THE PROPHET
Congratulations - Pee Wees - North Shore Champs, 1983-84

Manitouwadge North Shore Championships; Manitouwadge, March 3rd and 4th. The Terrace Bay Pee Wees successfully defended their North Shore championship by defeating Marathon. Earlier they eliminated Manitouwadge in a 2 game total goal ser-

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Melody Mateev - Consultant

Registration Date For Spring Off Campus Courses

Registration for Spring Courses to be offered in your area (subject to minimum enrollment and availability) will be held on the following date:

CENTRE: TERRACE BAY
DATE: Tuesday, March 27
TIME: 4:00 p.m.
PLACE: St. Martin's School, Library

**STUDENTS MUST REGISTER
IN PERSON**

For further information on application and/or registration procedures, please contact our off-campus representative:

Mr. Brian Peters
825-3503 (home)
825-3255 or 824-2553 (school)

All registrations received after the above date will be charged a \$15 late registration fee without exception.

Lakehead University

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