

**This Week ... Make The Switch To A & P WEO!**

100% Brazilian Coffee — 8 O'clock	10 oz jar \$1.55
Freeze Dried PERC, DRIP, ELECTRIC PERC	8 oz jar \$2.09 (248 TIN \$2.25)
A&P Vac Pac Coffee SUNMIX	1 lb tin \$1.19 (POLY PKG OF 5 3 1/4-OZ ENVS)
A&P Crystals ORANGE FLAVOURED	69¢
YUKON CLUB — 12 FLAVOURS INCLUDING (PLUS BTL DEPOSIT)	
Ginger Ale HECTAR	30 fl oz bottles 6/99¢
A&P Tea Baas	pkg of 90 99¢

**Action Priced!**

**A&P ORANGE JUICE**

5 6.71-OZ TINS \$1.00

**Action Priced!**

**BOLD POWDER** 1.69

**IVORY** 79¢

**Action Priced!**

**TOMATO JUICE**

**PHILIPS LIGHT**

**With Coupons Below!**

**EIGHT O'CLOCK BEAN COFFEE**

88¢ 2.55

**"Nutrition In Winter"**

By KATHIE SNOBELEN

**KATHIE SNOBELEN**

Winter always seems to bring with it the cold and flu season — and along with that, emphasis is on eating the 'right' foods to help the body resist such infections. A wise selection of foods is important all year round — not only in the winter months. A person who has a well-balanced diet all year will have the maximum resistance to such minor infections as we experience during the winter months.

Much has been heard recently about the role of Vitamin C (ascorbic acid) in helping the body to resist colds. Just how effective this theory is, is largely a matter of conjecture. Since the human body cannot store this Vitamin, we must be careful to include a source of Vitamin C in our diets each day. Any Vitamin C in excess of what the body requires is excreted. Therefore there would appear to be little advantage to taking massive amounts of Vitamin C. The amount of Vitamin C required by the body can be found in four ounces of orange juice, or by eating 1 medium orange. Incidentally, the cheapest form of Vitamin C is found naturally in orange juice.

Unsweetened fresh-frozen orange juice concentrate in 12 oz. cans provides the day's requirement of Vitamin C (30 mg.) at a cost of 1.5 cents.

Winter vegetables such as cabbage, broccoli, and turnip also contain reasonable amounts of Vitamin C and are readily available throughout the winter months.

**Locust-Hill**

**Up the Tenth - the school and memories**

With Cedarwood City proposed for an area south of Hwy. 7, and an Airport planned for a site to the north, the future of many properties and property owners in the area remains in doubt. With this in mind, Tribune correspondent Madeline Harrison has been 'making the rounds', describing people and places in the community. The next phase of her 'travels' is published here.

Up the Tenth now, it's a bit of a drive up to the Pike's place. In that unused laneway there you used to go back to the creek. The Boy Scouts used to have a camping ground at this spot. There is their place now. Everyone knows Jack Pike. He's the corn picking king of Locust Hill. He's also the snow blowing champ. He also has a few other titles but, we being friends, won't go into those at the present time. What can be said of the Pike's. The whole family has served the community to the full. Susie and Stella can be relied on to serve the best dishes at the Pot Luck Suppers you ever sank a hungry tooth into. They have faithfully served the church and the U.C.W. in all capacities. Susie is President of the U.C.W. this year. Now the younger generation has grown up and are taking their places in the community. Jack would you believe, used to be one of the best Sunday School teachers in the area. I suspect that if he decided to go back and teach classes again we would have that old Sunday School full to overflowing again. Locust Hill is a community because of the Pikes.

Finally the Torrance farm, Muriel and John. The old stone farmhouse. Visits with John never quite sure whether he was joking or dead serious. 'Never one to pass up a good joke. They too had a well filled cookie jar. The beautiful stone house. Hardwood floors gleaming. Now it is a lumber yard and the farm sold off in ten acre lots years ago. Time and space do not, at the moment, permit all of the stories that the old house could tell. Let's make a note. We will come back and visit again some day when we have more time.

Right now we will have to save our visits further down the road for another day. It's chore time. Gotta git back home. See you next week.

**Money-Saving A&P Brands!**

100% BRAZILIAN COFFEE — 8 O'CLOCK

**Instant Coffee** 10 oz jar \$1.55

100% BRAZILIAN COFFEE — 8 O'CLOCK

**Freeze Dried** 8 oz jar \$2.09 (248 TIN \$2.25)

**A&P Vac Pac Coffee** 1 lb tin \$1.19 (POLY PKG OF 5 3 1/4-OZ ENVS)

**A&P Crystals** ORANGE FLAVOURED 69¢

YUKON CLUB — 12 FLAVOURS INCLUDING (PLUS BTL DEPOSIT)

**Ginger Ale** 30 fl oz bottles 6/99¢

HECTAR

**A&P Tea Baas** pkg of 90 99¢

**Jane Parker Fine Quality Baked Goods at Money-Saving Prices!**

**VIENNA BREAD** JANE PARKER, SLICED (BUY 3 LOAVES — SAVE 17¢) 3 24-oz loaves \$1.00

Pumpernickel, Plain or Seeded Jewish Rye (Buy 3 loaves—Save 17¢)

**Bread** JANE PARKER 16-oz loaves 3/\$1.00

JANE PARKER, PUMPKIN PIE Full 8-inch 69¢

**Lemon Pie** Full 8-inch, 24-oz pie Each 65¢

JANE PARKER, VANILLA MACAROON

**Cup Cakes** pkg of 6 49¢

JANE PARKER

**Date Crunch** 12 oz foil tray 49¢

JANE PARKER

**Jelly Roll** 9-oz cake 49¢

JANE PARKER, APPLE RAISIN 12-oz cake 59¢

JANE PARKER, DANISH (COFFEE CAKES) (SAVE 10¢)

**Lemon Whirls** pkg of 6 69¢

JANE PARKER, PLAIN, SUGAR, CINNAMON (SAVE 6¢)

**Cake Donuts** pkg of 12 39¢

JANE PARKER (SAVE 6¢)

**English Muffins** pkg of 6 39¢

JANE PARKER (BUY 3 PKGS — SAVE 17¢)

**Twin Rolls** pkgs of 12 3/\$1.00

**FLORIDA, TEMPLES, SWEET JUICY**

**ORANGES**

SIZE 120 DOZEN 59¢

MEXICAN, FIRM, FRESH

**Brussels Sprouts** lb 39¢

CANADA No. 1 GRADE, TEXAS

**Cabbage** LARGE, FIRM HEADS Each 29¢

VARIOUS COLOURS FOR YOUR CHOICE

**Potted Crocus** Each 79¢

ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, FEBRUARY 2nd, 1974.

**Shop A&P WEO — Enjoy Great Meat!**

**PORK LOIN QUARTERS CUT INTO PORK CHOPS**

9 to 11 Chops In A Pkg

lb 89¢

No Centre Slices Removed

**PORK LOIN ROASTS**

7 BONE CUT (COUNT THEM)

Rib Portion 98¢

3 TO 3 1/2 LB CUT

Tenderloin Portion

PRIDE OF CANADA, SLICED, 4 VARIETIES

**Cooked Meats** 6-oz vac pac 42¢

PRIDE OF CANADA

**Wieners** lb 88¢

TOWN CLUB, RIND ON

**Side Bacon** END CUTS lb 78¢

PRIDE OF CANADA, SLICED

**Cooked Ham** 6-oz vac pac 88¢

SHOPY BRAND, OVEN ROASTING

**Corned Beef** lb \$1.59

MCQUAIDE BRAND, BEEF, CHICKEN, TOURTIERE

**Meat Pies** 8-oz pkg 49¢

ONSTEAD BRAND, FROZEN, DIAMOND

**Cooked Sole** lb \$1.29

COOKED, READY-TO-SERVE

**SMOKED HAMS**

SHANK PORTION SUIT PORTION

lb 88¢ lb 98¢

CENTRE CUTS OR STEAKS IN \$1.38

FRESH — 15 PIECES

**BOX-O-CHICKEN**

3 Breast Quarters

3 Leg Quarters

3 Wings, 3 Necks lb

3 Giblet Packages

58¢

**SAVE MONEY — Clip These Bonus Coupons**

**WITH THIS COUPON** AP WEO

FACIAL TISSUE — WHITE

**SCOTTIES FACIAL TISSUE** 2-ply sheets box of 200 3/87¢

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

CHOCOLATE, RICE, TAPIOCA

**AMBROSIA PUDDINGS** 15-oz tin 19¢

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

IT'S THE REAL THING!

**COCA-COLA** 26-oz bottles 5 \$1.00

PLUS BOTTLE DEPOSIT

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

JOHNSONS — FABRIC SOFTENER

**RAIN BARREL** 64-oz plastic bottle \$1.59

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

FLAVOUR MORSELS — 4 VARIETIES

**PUSS 'N BOOTS** 12-oz pkg 47¢

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

4 VARIETIES

**LIBBY'S PAN FRY** 15 1/2-oz pkg 64¢

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

WITH PORK

**HEINZ BEANS** 15-oz tin 2/49¢

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

100% BRAZILIAN

**8 O'CLOCK BEAN COFFEE** 1-lb bag 88¢

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

100% BRAZILIAN

**8 O'CLOCK BEAN COFFEE** 3-lb bag \$2.55

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

DISPOSABLE DIAPERS—TODDLER SIZE

**FLUSH A BYES** pkg of 60 \$1.99

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

WITH BEEF

**HEINZ SPAGHETTI** 15 1/2-oz tin 29¢

VALID UNTIL SAT., FEB. 2nd, 1974

**WITH THIS COUPON** AP WEO

100% BRAZILIAN

**8 O'CLOCK BEAN COFFEE** 1-lb bag 88¢

VALID UNTIL SAT., FEB. 2nd, 1974

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100% BRAZILIAN

**8 O'CLOCK BEAN COFFEE** 3-lb bag \$2.55

VALID UNTIL SAT., FEB. 2nd, 1974

**Clip These Coupons**

**SAVE \$2.25**

**FARM RAISED BEEF**

SPECIAL TEND-R-LEEN BEEF

**tendrleens**

TEND-R-LEEN FEED / THE ORIGINAL NO ROUGHAGE PROGRAM

Cut and Wrapped for Freezer, 1/2 or 1/4

Free Delivery in Stouffville Area

**HARRISTON FARMS**

JOHN HARRIS

640-3757

There's Something In Shur-Gain Dog Food For You Too!

**PERFORMANCE**

Fresh Products

Always In Stock

Balanced Nutrition

For All Breeds

50 lb. SHUR-GAIN Bite Size

25 lb. SHUR-GAIN Bite Size

WHEN YOU GIVE YOUR DOG THE BEST...HE'LL LOVE YOU FOR IT

Your LOCAL Shur-Gain Dog Food Headquarters:

**T.L. WILSON & SONS LTD.**

Whitevale 294-1951

**Shop & Save at A&P WEO . . .**

**399 MAIN ST. W. STOUFFVILLE**

Open until 9 P.M. Wednesday, Thursday & Friday

FREE PARCEL PICK-UP SERVICE!

