

Give Yourself a Taste Treat with these Fine Jane Parker Baked Goods!

JANE PARKER SLICED ITALIAN OR OLD FASHIONED BUY 2 LOAVES SAVE 9¢	JANE PARKER SLICED BUY 2 LOAVES SAVE 21¢
Bread 2/69	Raisin Bread 2/89
JANE PARKER BLUEBERRY PIE FULL 8-INCH PIE SAVE 21¢	JANE PARKER BRAN MUFFINS JANE PARKER VANILLA 6-oz pkg SAVE 4¢
89¢	43¢
JANE PARKER GOLDEN LOAF CAKE 10-oz cake SAVE 10¢	JANE PARKER MACAROON CUP CAKES JANE PARKER RAISIN TWIST 12-oz cake SAVE 4¢
2/89	49¢
JANE PARKER RHUBARB-APPLE PIE FULL 8-INCH PIE SAVE 10¢	JANE PARKER COFFEE CAKE JANE PARKER
79¢	59¢
JANE PARKER LEMON PIE FULL 8-INCH PIE SAVE 10¢	JANE PARKER BABKA COFFEE CAKE 16-oz cake SAVE 4¢
69¢	79¢
JANE PARKER PLAIN SUGAR CINNAMON CAKE DONUTS JANE PARKER SLICED 12-oz loaf SAVE 6¢	JANE PARKER CHEESE BREAD 12-oz loaf SAVE 6¢
43¢	39¢
JANE PARKER ENGLISH MUFFINS 9-oz pkg SAVE 4¢	JANE PARKER BREAD "Brown 'N Serve" PKG OF 2 8-oz LOAVES SAVE 8¢
39¢	39¢

Cash-in on these Good Values

SUPER-RIGHT GRADE "A" BEEF

CROSS RIB ROAST \$1.28
BONELESS SHOULDER CUTS
STEWING BEEF lb

Blade Steaks lb 98¢

SIDE BACON 93¢
COTTAGE ROLLS 89¢

BEEF & PORK SAUSAGES 78¢
Wieners 78¢

Cross Rib Roast \$1.08
Blade Roast \$1.18
Short Rib Roast \$1.18
Ground Chuck \$1.28
Beef Liver SLICED \$1.98
Pork Hocks \$1.48
SX Wieners 2-lb Vac Pac \$1.48
Italian Sausage \$1.88
Cooked Meats \$1.42
Potato Salad 24-oz carton \$1.69
Wieners 1-lb Vac Pac \$1.98
Cooked Ham 6-oz Vac Pac \$1.68

Frozen Foods!

CANADA GRADE "A" EVISCERATED FROZEN VAC PAC ROCK CORNISH
Game Chickens \$1.89
TOWN CLUB STORE FROZEN
Beef Steakettes \$1.88
Cod Fillets 14-oz pkg \$1.19
PRESTIGE FROZEN
Haddock Fillets \$1.43
ONSTEAD BATTER FRIED
Frozen Smelts \$1.55
GOLDEN SKILLET FROZEN
Chicken Cutlets \$1.08
GOLDEN SKILLET FROZEN
Chicken Wings \$1.88
GOLDEN SKILLET FROZEN
Chicken Legs or Breasts \$1.28
HOLIDAY FARMS BEEF & GRAVY TURKEY & GRAVY SALISBURY & GRAVY VEAL PAMICIAN
Frozen Dinners 5-oz pkg \$2.79

Super-Right Grade "A" Beef

BEEF ROASTS

BLADE ROAST BLADE BONE REMOVED
SHORT RIB ROAST
SHOULDER ROAST BONE IN POT ROAST

lb 88¢

20 OZ. RETURNABLE BOTTLE

COCA-COLA 4 For \$1.00

PROCESS DELUXE CHEESE ACTION PRICED! + Bottle Deposit

KRAFT CHEESE SLICES 2-lb pkg \$1.99

APPLE, CARAMEL, CHOCOLATE, LEMON, BLUEBERRY ACTION PRICED!

ROBIN HOOD PUDDING MIX 9-oz pkg 4/\$1.00

E. D. SMITH ACTION PRICED!

KETCHUP 32-oz bottle 59¢

Don't Miss These...

Mushroom, Vegetable-Beef, Chicken Rice, Chicken Noodle Action Priced!

CLARK SOUPS 5/\$1.00
10-FL-OZ TINS

DR. BALLARD BEEF, CHICKEN, KIDNEY, LIVER

Miss Mew Cat Food 6-oz tin 5/\$1.00
Pantry Shelf, Unsweetened, Reconstituted (GRAPEFRUIT JUICE 49¢)

Orange Juice 48-oz tin 39¢
CHOCOLATE, VANILLA, CHOCOLATE FUDGE, BUTTERSCOTCH, BANANA

Del Monte Puddings 4-oz tin 69¢
IN TOMATO SAUCE OR BOSTON STYLE

Ann Page Beans 14-oz tin 2/59¢
IONA BRAND, CANADA STANDARD

Wax Beans 19-oz tin 2/49¢

Action Priced!

BUDGET BATHROOM TISSUE
WHITE OR PINK

PKG OF 6 ROLLS 97¢

Frozen Foods!

CHUN KING FROZEN PORK & SHRIMP ACTION PRICED!

Egg Rolls 6-oz pkg of 12 1/2-oz rolls \$1.67
WELCH'S FROZEN CONCENTRATED ACTION PRICED!

Grape Juice 12-oz tin 2/\$1.00
HAPPY HOUR FROZEN PEPPERONI, B.B.Q., SAUSAGE PIZZA

Snack Rolls 6-oz pkg of 12 1/2-oz rolls \$1.69
FROZEN (Pass or Niblet Corn in Butter Sauce 10-oz pkg 39¢) French Style Green Beans With Mushrooms

Green Giant Vegetables 9-oz pkg \$1.49
FROZEN REGULAR OR BUTTERMILK

Aunt Jemima Waffles 10-oz pkg \$1.45
CHOCOLATE 13-oz pkg BANANA 14-oz ACTION PRICED!

Sara Lee Cakes 7-oz each \$1.89

ANTI-PERSPIRANT REGULAR, NATURAL UNSCENTED, OR POWDER ACTION PRICED!

Right Guard 6-oz aerosol tin \$1.99

Gillette Blades Stainless Steel pkg of 5 57¢
SHAVE CREAM REGULAR, LEMON LIME, MENTHOL, MENTHOL VARIETIES

Gillette Foamy 7-oz aerosol tin \$1.73

100% BRAZILIAN COFFEE 8 O'CLOCK

Instant Coffee 10-oz jar \$1.59
ORANGE-PEKOE

Red Rose Tea Bags 6-pkg of 60 \$1.97
JOHNSON JET SPRAY WINDOW CLEANER

Bon Ami 20-oz aerosol tin \$1.79
READY CUT MACARONI OR

Catelli Spaghetti 7-oz pkg \$1.67

INSTANT SWISS CHOCOLATE

PDQ Chocolate Beads 12-oz jar \$1.73
RELVES

Creamed Mushrooms 10-oz tin \$1.45
MEATLESS VARIETIES

Heinz Junior Foods 7-1/2-oz jar \$1.25
WITH PORK

Libby's Beans 14-oz tin \$2.79

Libby's Alpha-Getti 14-oz tin \$1.29
SHRIMP - ALL FLAVOURS

Jelly Powders 3-oz pkg \$1.29
REGULAR FLAVOUR

Quaker Muffets 16-oz 1/2 g \$1.55

Action Priced!

DISPOSABLE DAYTIME PAMPERS DIAPERS

PKG OF 30

\$1.79

BANBURY INN
Imported
Fine China

4 Piece Place Setting

4-PIECE PLACE SETTING ONLY \$1.99 With Each Minimum \$3.00 Purchase

"WE RESERVE THE RIGHT TO LIMIT QUANTITIES!"

CUTTING CALORIES
By IDA H. BURNS
D.A.P. CONSULTANT

New Spring Fashions give us all the urge to lose weight, look trim and feel good. Nutrition Canada says we are an "overweight nation" and this is serious. We cannot accomplish in a short period overcoming habits that we have built over a lifetime. So whatever you do, when you start your diet, don't "crash" diet!

The philosophy of dieting is really very simple. Eat relatively the same things, but eat less. The average person can lose weight on a 1200 calorie diet. If you are drastically overweight, you may have to drop below this recommended figure. If so, consult your doctor. Most overweight people are nibblers, so a real good tip is to nibble carrot sticks, celery, cucumbers or pieces of apple. Cut back on your carbohydrates, your fats and desserts. Make your milk, skim milk. Instead of salad dressing, use vinegar.

We have all read so much about what you should eat when dieting. Perhaps more important is what you think. Over-eating is compulsive - often the result of anxiety, loneliness, anger, etc. Try reading poetry. Visit a shut-in. Write a letter, and put others first - self second.

Take a message on your refrigerator - "Love your Neighbour" - It really helps!

Gormley News

Two couples are honoured at showers

By Evelyn Milsted

GORMLEY — Mr. and Mrs. Bill Ramsay (Dorothy Selick) of New Haven, Connecticut, were honored guests at a miscellaneous shower, Thursday evening, at the home of Mrs. Levi Steckley. Mr. and Mrs. Ransay will reside in New York City.

Ruth Steckley, daughter of Mr. and Mrs. Henry Steckley, and Mr. Russell Tuttle, were honored at a shower, Friday in the fellowship hall of Bridlewood Church.

Sympathy is extended to Mr. and Mrs. Fred Munroe in the passing of his brother, Mr. John D. Munroe at Riverside Hospital. The service was held from Forest Home United Church in Willowdale.

Mrs. Evelyn Milsted attended the funeral of her uncle, Mr. Gordon Duncan at Dundalk United Church, Sunday afternoon.

Mr. and Mrs. Willy Wideman (Kathy Doner), are spending a week's vacation in Kentucky where they are assisting with volunteer work with the Mennonite Central Committee. Kathy recently completed a course at York University.

Mrs. Warren Reaman had the misfortune to break her wrist. It has been placed in a cast.

Marjorie Heise of Nanticoke, spent the weekend with Mrs. Dorothy Wideman.

Mr. and Mrs. Jim Rice, enjoyed a week's holiday in Acapulco.

Mr. and Mrs. Wm. Ash were recent guests of Mr. and Mrs. Lawrence Ash and family, Sharon.

Mr. Landon Steckley and Mr. and Mrs. Henry Heise, motored to Fordwich to visit relatives on the weekend.

Mrs. John Hall of Hagersville, spent the weekend with her mother, Mrs. Jos. Heise.

A For Sale sign has been posted at the home of Mrs. Levi Steckley.

Rev. Andrew McNiven is conducting special services in Blandburg, Pennsylvania.

Gormley Women's Institute met Apr. 24 at the home of Mrs. Norman Brown.

The contata group, under the direction of Mrs. Eldon Boettger, presented "Down From His Glory" at the Country Place Nursing Home and the Gormley Rest Home.

The Stouffville W. M. S. presented an excellent program on Ecuador, at the Gormley Missionary Church, Thursday evening.

Rev. Wayne Scheidel of Kitchener was the guest speaker, Sunday morning, in Heise Hill Church. Mr. Albert Dudge spoke at the evening worship. Mr. Dudge has spent several years in Africa with the Mennonite Central Committee.

Victoria Square

60th birthday for York County Junior Farmers

Mrs. Wm. Sandle, United Church at 7:30 p.m.

VIC SQUARE — This year marks the 60th anniversary of the Jr. Farmers' organization in York County. To celebrate the occasion a program is planned for the Markham Arena, Saturday, Aug. 17. Further particulars will be published when finalized.

Sympathy of this community is extended to Mrs. Walter Smith and family in the passing of a loving husband, father and grandfather. The late Mr. Smith, well known in this area, moved to Stouffville several years ago. Service was held from the Marshall Funeral Home, Richmond Hill, Friday, with interment, Victoria Square Cemetery.

Because of anniversary services at Headford, Sunday, regular worship has been withdrawn at Victoria Square. Rev. Stanley Snowden of Maple United Church is the guest speaker at 11 a.m. In the evening (7:30 p.m.): the "Melodiant Singers," a 25-voice choir, will bring a special program of music. The worship hours are: Daylight - Saving Time.

The Victoria Square branch of the Berachah Academy of Music, is holding a recital, May 3, in the Victoria Square.

Birthday greetings to Mrs. Leslie Hart, April 27; Valerie Buchanan, six years, April 28; and Margaret Ann Harmon, April 29.

Congratulations to Mr. and Mrs. Reid Brumwell, married 44 years, April 28; to Mr. and Mrs. Bert Nichols, married 33 years, April 26; to Mr. and Mrs. Ken Harmon, married 30 years, April 29.

Mr. and Mrs. Fred McRoberts were recent weekend visitors with their granddaughter and family. Mr. and Mrs. Harold Coulter of London, Edmond Shepherd of Saunders Travel Agency, was the guest speaker at a meeting of Victoria Square and District Lions Club, April 16. It was Education and Ladies Night. His subject was "Canada - what we have to offer the foreign tourist!"

Mr. and Mrs. Fraser Gee took U.C.W. members on a "trip to Hawaii" with colored slides, April 17. The pictures were very much enjoyed. Mrs. Harold Hill was in charge of the meeting. The worship portion was taken by Mrs. Ken Harmon and Mrs. Richard Frisby. Mrs. James Bewell sang a solo, accompanied at the piano by Laurie Tyn-dall.

Unique method to raise money

STOUFFVILLE — Students of a Elia Junior High School in North York used a unique twist on a bike-a-thon to raise money.

They combined the event with a rally. They saw 65 riders take part in the two-day event. Each rider was sponsored at so much per mile, but each rider was also competing for a trophy in the rally.

The group made the first leg, Good Friday, from Downsview to Ballantrae, a distance of 50 miles. They camped over night and April 13 made the trip back.

They rode in groups of three, with set times of leaving one checkpoint and arriving at another, similar to a car rally. One of the checkpoints was at the Homestead Restaurant, on Gormley Rd. and the 5th con-cession. The riders fast Saturday morning, on their way south.

