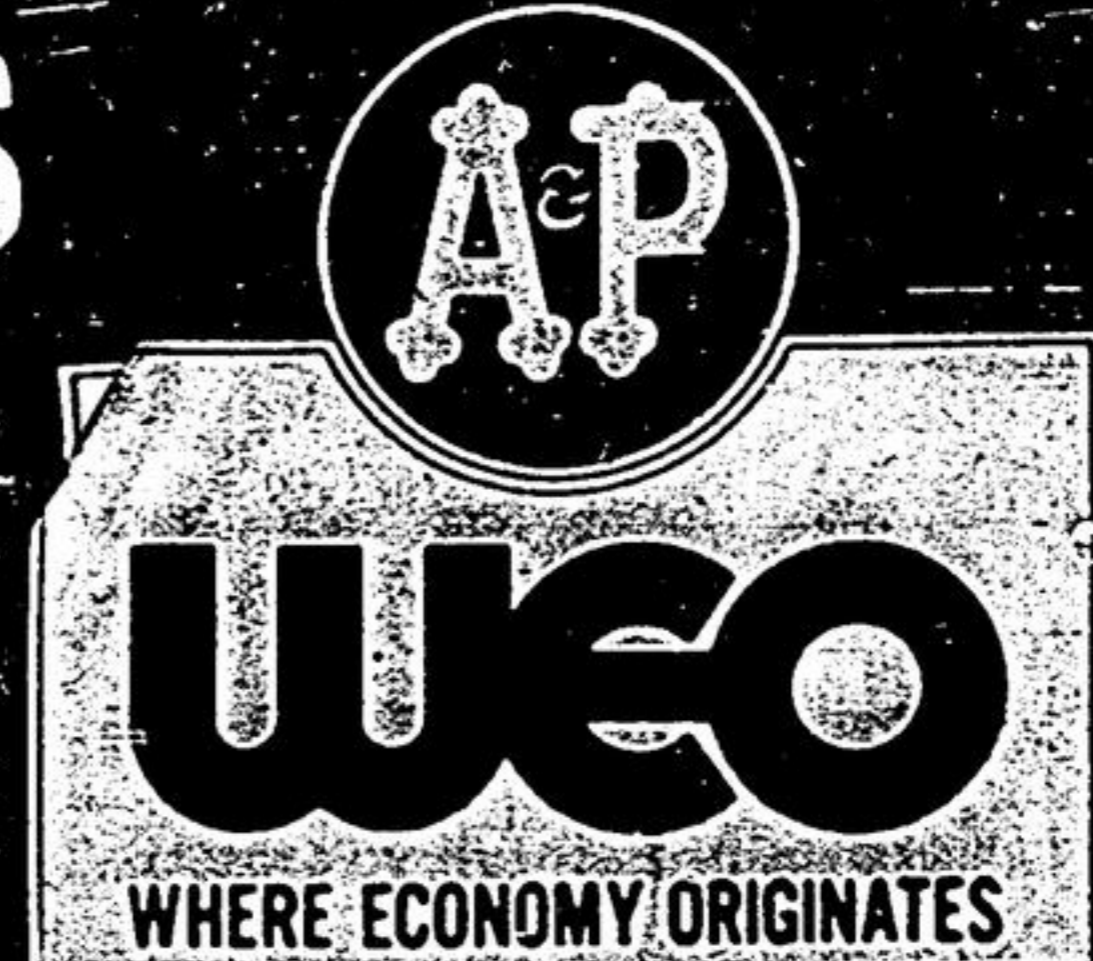


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This Week... Make The Switch to A & P WEO!



SUPER-RIGHT, CANADA GRADE "A" BEEF
Priced 10¢ a lb Lower Than A Year Ago!

BLADE BONE REMOVED
BLADE ROAST
SHORT RIB ROAST } lb **98¢**
BONE IN, POT. ROAST
SHOULDER ROAST

Super-Right Canada Grade Beef
EXCELLENT FOR BEEFING
BLADE STEAKS lb **\$1.08**
Cross Rib Roast lb **\$1.28**
BONELESS SHOULDER CUT
Stewing Beef

BONELESS BLADE ROAST **\$1.28**
BONELESS SHORT RIB ROAST lb

15 PIECES
BOY-O-CHICKEN lb **64¢**
3 Leg Quarters
3 Breast
3 Wings
3 Net Packages

Frozen Meat & Seafood!
GOLDEN SKILLET
Frozen Chicken Cutlets lb **98¢**
BLUE WATER, FROZEN, THIRTY PACK
Fish Sticks 32 oz pkg **\$2.19**
ENGLISH, FROZEN (5 LB BOX - \$4.99)
Flounder Fillets lb **\$1.09**

Side Bacon 1-lb Vac Pac **89¢**
SUPER-RIGHT BRAND, SLICED
BURNS, STORE PACK

Beef & Pork Sausages lb **78¢**
SIX BRAND, NIAGARA

Bologna By the Piece lb **49¢**
PRICED 5¢ A PKG LOWER THAN A YEAR AGO!
PRIDE OF CANADA, SLICED, 5 VARIETIES

Cooked Meats 6-oz Vac Pac **3¢**

Wieners 1-lb Vac Pac **78¢**
PRIDE OF CANADA

Cooked Ham 6-oz Vac Pac **8¢**
MAPLE LEAF, SLICED

Potato Salad 24-oz ctn **72¢**
PRY, COLE SLAW OR SHOFSY

All Beef Wieners 1-lb Vac Pac **98¢**
TOWN' CLUB, SWEET PICKLED, BONELESS

Cottage Rolls 1-lb Vac Pac **89¢**

A&P POLICY
Always do what is honest and fair for every customer.

RAINCHECK:
If an advertised special is ever sold out, ask the Manager for a Raincheck. It entitles you to the same item at the same special price, the following week. Or if you wish we'll give you a comparable item at the same special price.

GUARANTEE:
A&P offers an unconditional money-back guarantee. No matter what it is, no matter who makes it, if A&P sells it, A&P guarantees it.

MAKE IT FRESH!
By MARY HENRY (A&P Home Economist)

Although modern methods of production, storage and marketing mean that Canadians can enjoy a wide variety of vegetables and fruits at any time of the year, there is something special about the arrival of Ontario-grown produce and garden produce. Ontario-grown produce adds incomparable flavour and colour to every meal.

Did you know that in many fruits and vegetables, the majority of vitamins and minerals are stored just beneath the skin? To get the best food value, prepare vegetables in their "skins" or skins when possible. Eat fruit and vegetables raw frequently. Since the vitamins are close to the surface, cook vegetables quickly in a small amount of boiling water, just until barely tender. This will preserve as much of the natural vitamin content of the vegetable as possible. When done, the vegetable should be tender but still have some "crunch" or bite. Plan meal preparation so that the vegetables will be tender just at the moment the meal is ready to serve.

For advice on any food or entertaining problem contact us at:
IDA BURNS & ASSOCIATES INC.
1180 LAKEHURST RD. EAST
MISSISSAUGA, ONT.

Action Priced!
BARBECUE, HAMBURG, HOT DOG, SWEET

HEINZ RELISH
3 12-FL-OZ JARS **\$1.00**

Heinz Ketchup 32-oz bottle **69¢**

Heinz Mustard 16-oz jar **33¢**

Frozen Foods!
FROZEN, PINK, WHITE, LIMEADE 12-oz. (ACTION PRICED!)
Minute Maid Lemonade 3/\$1.00

Honey Buns 9-oz Pkg. pkg of 4 **59¢**

Health & Beauty Aids!
Ban Roll-On DEODORANT, 1-1/2 oz bottle **83¢**
FIRST AID FOR HEADACHES

Bufferin 100-ml bottle **83¢**
ANTY-PERSPIRANT

Right Guard 11-oz aerosol **\$1.29**
FRESHMINT OR SWEETMINT (ACTION PRICED!)

MacLeans Toothpaste 100-ml tube **99¢**

We Redeem ALL Food Store Coupons!

Serve These Quality Jane Parker Baked Goods and Save!
BUY 3 LOAVES - SAVE 11¢

BREAD 60% or 100% WHOLE WHEAT or CRACKED WHEAT 3 24-OZ LOAVES **\$1.00**

Jane Parker Twin Rolls BUY 3 PKGS - 3 Pkgs of 12 **\$1.00**

Dutch Apple Pie Full 8-inch pie **69¢**
JANE PARKER, SWEET CRUST

Raisin Pie Full 8-inch pie **75¢**
JANE PARKER

Figlish Fruit Cake 1-lb, 9-oz cake **59¢**
JANE PARKER (CHOCOLATE 13-oz CAKE 69¢)

Chiffon Cake ORANGE 13-oz cake **63¢**

Sweet Rolls pkg of 8 **59¢**
JANE PARKER, DANISH

Raspberry Whirls pkg of 6 **79¢**
JANE PARKER

Frosted Ball Donuts pkg of 6 **53¢**
JANE PARKER

Bread Brown N Serve 8-oz LOAVES **39¢**
JANE PARKER, 2 WHITE OR 1 WHITE & 1 WHEAT

Action Priced!
KRAFT, SMOOTH PEANUT BUTTER 4-LB CONTAINER **\$2.39**

Action Priced!
A&P BRAND - 9 FLAVOURS FRUIT DRINKS 3 48-FL-OZ TINS **\$1.00**

FRESH FOR FLAVOUR!
CANADA NO. 1 GRADE, TEXAS, LARGE FIRM HEADS

CABBAGE
EACH **29¢**

Potatoes 10-lb bag **\$1.29**
IMPORTED, WASHED, READY TO COOK

Spinach 10-oz cello pkg **3/\$1.00**

Action Priced!
PUNCH POWDERED DETERGENT King Size, 5-lb Box **\$1.79**

Plastic Handi Wrap 200-foot roll **69¢**

Perflex 2 Bleach 2 1/2-lb box **\$1.09**

Margarine twin pack of 2, 8-oz tubs **59¢**

Lundcheon Meat 12-oz tin **79¢**

Action Priced!
IVORY LIQUID DETERGENT 24-FL-OZ PLASTIC BOTTLE **59¢**

Red Rose Tea Bags pkg of 120 **\$1.79**

Del Monte Beans 14-oz tin **4/\$1.00**

Stewed Tomatoes 10-oz tin **5/\$1.00**

Uncle Ben's Rice 2-lb pkg **\$1.59**

Ideal for HOME or COTTAGE

BANBURY INN Imported Fine China

4-PIECE PLACE SETTING ONLY **\$1.99**

Start your set today. Collect a table full of Banbury Inn Fine China. Every four-piece place setting includes a dinner plate, a bread and butter plate, a cup and a saucer.

More Fine Quality Values!

Freeze Dried Coffee 8-oz jar **\$2.35**

Decaffeinated Coffee 8-oz jar **\$1.99**

A&P Coffee Creamer 16-oz jar **86¢**

Billy Bee Honey 16-oz jar **89¢**

Marshmallows 11-oz cello pkg **3/\$1.00**

Heinz Spaghetti 19-oz tin **3/\$1.00**

All Detergent 4-lb, 11-oz box **\$1.79**

Catelli Dinner 7 1/2-oz pkg **4/89¢**

A&P Graham Wafers 16-oz pkg **55¢**

Dr. Ballard's Cat Food 6-oz pkg **39¢**

PANTY HOSE Pkg **59¢**

WONDERFIT, ASSORTED COLOURS, ONE SIZE FITS ALL

"We Reserve the Right to Limit Quantities"

ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, MAY 11th, 1974.

Gormley News
Sunday school class holds house-warming

GORMLEY - Mr. and Mrs. Clifford Winger were pleasantly surprised and honored, Thursday evening, when they were hosted by members of their Sunday School class at a house-warming party. They were presented with an electric fixture for their dinette.

Mrs. Metro Sudeyko has relinquished her position as a rural mail carrier on Gormley, R.R.2. Her successor is Mrs. Barbara McAdam of Preston Lake.

Mrs. Clara Sutton and Hazel Johnson are home following a month's vacation in Florida.

A miscellaneous shower is planned for Friday evening in the Victoria Square Community Hall, in honor of Miss Arlene Reesor, daughter of Mr. and Mrs. John Reesor. Arlene will be married, June 8. Please regard this notice as your invitation.

Just for record, it snowed, Monday, May 6.

Mr. and Mrs. George Sider of Wainfleet, were weekend guests of her parents, Mr. and Mrs. Roy Brillinger. They all enjoyed dinner, Sunday, with Mr. and Mrs. Walter Brillinger.

Mr. Walter Steckley of Barrie and Mrs. Roy Brillinger, visited with Rev. Alvin Winger in Parkview Home, Stouffville, Saturday.

Mr. and Mrs. Lawrence Hoover of New Dundee, attended the funeral of their cousin Mrs. David James, in Stouffville, Sunday.

Mrs. Beula Jones spent Sunday with Mr. and Mrs. Mel Baker of Ballantrae.

Sympathy is expressed to Mr. and Mrs. Ray Wideman in the passing of her mother, Mrs. Harold Wright of Richmond Hill. Also to David James and Mr. and Mrs. Chas. James of Stouffville, in the passing of a dear wife and daughter-in-law.

Whitney Johnson is a patient in York Central Hospital, following a heart attack. During his absence, his son-in-law, Mr. Donald Wideman, is carrying the mail from Oak Ridges to Gormley Post Office.

Victoria Square
United Church pastor graduates

VIC SQUARE - Mr. James Bewell, pastor of Victoria Square United Church, has been awarded his B.A., M.D. degree. Graduation exercises were held at Convocation of the University of Toronto, May 8.

Services were held from the Marshall Funeral Home, Richmond Hill for Mrs. Ralph Boynton, with interment in St. Andrew's Park Cemetery.

The Bereahab Academy of Music is holding a supper in the Victoria Square Hall, May 10, at 6:30 p.m. Proceeds will be used for instruments and scholarships.

Mrs. Cecil Nichols attended the Nurses Alumni dinner, May 2, at Ottawa Civic Hospital.

Mr. and Mrs. Alex Cowley are home from Florida.

Congratulations to Mrs. Ross Nichols on the occasion of her 90th birthday to be celebrated May 10. Mrs. Nichols, formerly of Victoria Square, now resides at Union Villa, Unionville.

William Muirhead is a patient in Toronto General Hospital. His room number is C-722.

Birthday greetings to Gordon Hardie, May 10; Scott Hardie, May 11; Kathryn Rumney, May 11; Larry Ashton, May 11; Patricia Ottaway, May 12; and Susanne Hibbard, May 13.

Wedding anniversary congratulations to Mr. and Mrs. Wayne Morrison, married 5 years, May 10.

The May meeting of the Women's Institute will be held May 14, at 8 p.m., at the home of Mrs. Earl Empringham, with Mrs. John McCague, the convener. Hostesses are Mrs. John McCague, Mrs. Harold Hill and Mrs. Vincent Weedon.

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TEND-R-LEEN TEND-R-LEEN PREMIUM BEEF

CHERRY RED LESS FAT TENDER JUICY

MORE EATIN' FOR YOUR MONEY!
Cut and Wrapped for Freezer, 1/2 or 1/4
Free Delivery in Stouffville Area
HARRISTON FARMS
JOHN HARRIS 640-3757

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