

# A&P BRANDS... sure sign of greater value,



## greater savings!



ALL PRICES SHOWN IN THIS AD GUARANTEED EFFECTIVE THROUGH SATURDAY, FEBRUARY 26TH, 1977.  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS!

**A Happy Centennial Year! To Stouffville Residents**

MARVEL BRAND SLICED BUY 3 LOAVES  
**WHITE BREAD**  
SAVE 17%  
**3 FOR 100**  
24-OZ LOAF

A&P UNSALTED CRACKERS OR  
**A&P SALTINES**  
16-OZ PKG  
**49¢**

Something You Should Know About

### A&P's FAMILY OF FINE GROCERY PRODUCTS

This week we've placed the emphasis on A&P brands—we're proud of these fine products, each one represents good value for your dollar. Just because they're low in price... don't think they aren't high in quality. We guarantee that you can trust the quality every time, we back it up with an unconditional money-back guarantee of satisfaction.

**START SAVING TODAY WITH QUALITY A&P PRODUCTS!**

SAIL—WHITE OR BLUE 5-LB <b>POWDER POLY BAG DETERGENT</b> 1.39	(PREPARED) A&P—CHOCOLATE FUDGE, ASSORTED, OATMEAL OR Chocolate Chip COOKIES 1-LB TIN TIE BAG 69¢	A&P ORANGE FLAVOUR SAVE 26¢ PKG OF 2 6½-OZ ENV <b>SUNMIX CRYSTALS</b> 59¢	(ACTION PRICED) WITH PORK—BOSTON STYLE OR IN TOMATO SAUCE <b>ANN PAGE BEANS</b> 14-FL-OZ TIN 3 for 100
PINK—WHITE—YELLOW ACTION PRICED! A&P FACIAL TISSUE 59¢	(PREPARED) A&P BRAND FIG BARS 16-OZ PKG 79¢	ANN PAGE 32-FL-OZ JAR <b>SALAD DRESSING</b> 99¢	CHOICE ACTION PRICED! A&P BRAND PEAS 14-FL-OZ TIN 3 for 89¢
ALUMINUM 18-INCH BY 25-FOOT ROLL <b>A&amp;P FOIL WRAP</b> 99¢	A&P BRAND 11-OZ PKG <b>SNACK CRACKERS</b> 59¢	A&P POLY PKG OF 100 <b>A&amp;P TEA BAGS</b> 99¢	CHOICE ACTION PRICED! A&P TOMATOES 19-FL-OZ TIN 2 for 89¢
CONTAINS RICH BRAZILIAN COFFEES INSTANT 8 O'CLOCK COFFEE 10-OZ JAR 2.99	MUSHROOM—TOMATO—VEGETABLE ANN PAGE SOUPS 10-FL-OZ TIN 4 for 89¢	CHOICE—HALVES 19-FL-OZ TIN <b>A&amp;P PEACHES</b> 59¢	A&P—CHOICE ACTION PRICED! Cream Style CORN 10-FL-OZ TIN 3 for 100
ANN PAGE <b>PEANUT BUTTER</b> 2-LB JAR 1.69	TOMATO SAVE 12¢ ACTION PRICED! ANN PAGE KETCHUP 20-FL-OZ BOTTLE 69¢	CHOICE—PRUNE 14-FL-OZ TIN <b>A&amp;P PLUMS</b> 3 for 100	A&P—FANCY ACTION PRICED! Whole Kernel CORN 7-FL-OZ TIN 4 for 100

FOR FRESHNESS... SHOP THE GARDEN SPOT!  
NO. 1 GRADE MEXICAN WINE RIPENED MEXICAN  
**TOMATOES**  
lb 59¢

Apples 99¢  
Grapefruit 4.99  
Avocado Pears 49¢  
Baking Potatoes 3/49

100% PURE  
**FBI ORANGE  
JUICE**  
1 LITRE  
CARTON 29¢

A&P—FROZEN—CONCENTRATED  
**ORANGE  
JUICE**  
12.5-FL-OZ  
TIN 39¢

**COCA-COLA**  
1.5 LITRE  
BOTTLE 59¢

(PLUS 5¢ BOTTLE DEPOSIT)

BUDGET—YELLOW—WHITE—PINK—SINGLE-PLY  
**BATHROOM  
TISSUE**  
Action Priced  
PKG OF 4 ROLLS 79¢

Plain Green or Yellow, Green or Orange Colour Print  
**WHITE SWAN  
TOWELS** PKG OF 2 ROLLS 99¢

HOSTESS, REGULAR, DIP, B.B.Q., SALT & VINEGAR  
Potato Chips 250 g pkg 79¢

ROBIN HOOD—4 VARIETIES SAVE 10¢ 22.4-OZ PKG  
Bundt Cake Mixes 1.39

DAYTIME SAVE 20¢ PKG OF 30  
Comf-ees Diapers 2.69

BEEF—IRISH—CHICKEN 25-FL-OZ TIN PREPARED  
Cordon Bleu Stews 85¢

ANN PAGE—  
**STRAWBERRY  
JAM** 24-FL-OZ JAR 99¢

RITE—RAINBOW  
Serviettes pkg of 250 1.29

GENERAL MILLS SAVE 10¢ ACTION PRICED!  
Cheerios 15-oz pkg 89¢

ELBOW MACARONI—REGULAR OR THIN 32-OZ PKG  
Romi Spaghetti 69¢

ROYALE—ASSORTED FLAVOURS 3-OZ PKG ACTION PRICED!  
Jelly Powders 4 for 89¢

MAPLE LEAF 1-LB VAC PAC  
**Regular or All Beef  
WIENERS** 68¢

PRIMO  
Mortadella Chub lb 1.39

PRIMO  
Pepperoni VAC PAC OF 2 lb 1.59

S & M BRAND—PEPPERONI  
Deluxe Pizza 40-oz, 12-inch pie 2.99

COORSH  
Corned Beef pkg of 4, 2-oz pkgs 1.08

SHOPSYS—McQUAIDE'S SPECIAL BANDED DEAL  
Steak Pies twin pack of 2, 8-oz pies 1.09

NEW ZEALAND IMPORTED, WHOLE OR SHANK HALF  
Frozen Lamb Legs lb 1.29

NEW ZEALAND IMPORTED, FROZEN, SHOULDER  
Lamb Chops lb 88¢

PORK LOIN QUARTERS CUT INTO  
**PORK CHOPS**  
10 CHOPS IN A PKG

2 Rib Chops  
2 Loin End Chops  
6 Centre Cut Chops  
lb 1.18

**PORK LOIN ROASTS**  
RIB PORTION lb 1.08  
TENDERLOIN PORTION lb 1.08

RIND ON, BY THE PIECE (CENTRE CUTS LB 1.09)  
**SIDE WHOLE OR HALF  
BACON** lb 99¢

PORK LOIN  
Centre Cut Chops lb 1.58

FRESH  
Ground Pork lb 98¢

COUNTRY STYLE  
Spare Ribs lb 1.18

SWEET PICKLED, BY THE PIECE (CENTRE CUTS LB 1.68)  
Back Bacon END CUTS lb 1.48

PREVIOUSLY FROZEN  
Meaty Pork Hocks lb 48¢

BURNS  
Sausages Beef & Pork lb 89¢

MAPLE LEAF  
Sliced Bologna 16-oz Vac Pac 89¢

### To prevent tooth decay

## Good nutrition is stressed for schools

**NEWMARKET**—Soft drinks and candies dispensed in school cafeterias and machines should be replaced with fresh fruit, fruit juices, nuts and cheese, according to a joint dental-nutritional paper recently completed.

The paper, prepared by the Ontario Society of Public Health Dentists, Community Nutritionists, University of Toronto Faculty of Dentistry and the Ministry of Health, calls for recommendations to be implemented in local schools to combat the "unnecessarily high" incidence of dental disease.

Meanwhile the York Region dental health unit is attacking dental disease with a preventative program aimed at elementary school-aged children.

Fluoride rinses, brushings and the five Murphy's Molar rules are carried out with children from kindergarten through Grade 4, according to a report.

Good nutrition is stressed in the local program, along with regular brushing, tooth safety, fluoride protection and regular visits to the family dentist.

The position paper on dental-nutritional health submitted Thursday to the region's health and social services committee urges an educational program in the schools, integrated with school food service.

It recommends foods high in nutrition and low in sugar as both dentally and nutritionally recommended. Foods in this category should be readily available in schools, the report states.

Foods in that category include white milk, plain yogurt, cheese, whole grain muffins and breads, meat, fish, eggs, peanut butter, raw fruits and vegetables, unsweetened juices, salads, nuts and seeds.

Foods having some nutritional value, but which are dentally poor include puddings, milkshakes, chocolate flavored, ice cream, sweetened yogurt, sweetened juices, raisins and dried fruits. These foods should be restricted to mealtime to minimize the possibility of tooth decay, the report notes.

Dentally acceptable but nutritionally poor foods are French fried potatoes, popcorn, potato chips, pretzels, sugar-free soft drinks, sugarless gum and party crackers, according to the report.

Products nutritionally and dentally unacceptable include regular soft drinks and beverages containing sugar, honey, jams, jellies, sweet baked goods, candies, regular gum and breath mints, the report notes.

"From a dental point of view, all snacking is undesirable, as the high frequency of food intake may contribute to tooth decay," the report claims.

It notes most health problems, and health costs, are related to lifestyle diseases, of which nutrition is a major element.

Nutrition is directly related to six of the 10 major causes of death, such as heart disease, stroke, cancer, diabetes, arteriosclerosis, cirrhosis of the liver, it notes.

Health unit boards concerned with preventive health services should promote "if not demand" compliance from other allied community agencies, the report adds.

Living in a tent, deciding the type of food to take, cooking over an open fire, were all part of the learning experience of the Venturers who, accompanied by Ron Hoar, Lloyd Morden, Ken Brooks and Allan Carson went on a camping trip near Minden on the past weekend.

Mr. and Mrs. Robt. Cruikshank, Scarborough and Brian Beckett of Hamilton were guests at the home of Mr. and Mrs. C.E. Pegg on Saturday evening.

A busload of senior citizens had a trip to see the new Eaton Centre last Tuesday.

The World Day of Prayer will be observed on Friday, March 4 (this year).

The home of Mr. and Mrs. Ed Pascoe was broken into last Saturday night. Mr. and Mrs. Pascoe were away attending a Euchre Party held by former School Section No. 1 in the village. On returning home they found the door open and a sum of money missing.

The sympathy of the community is extended to Mr. and Mrs. Les Wilson and family in the loss of Marion's mother, Mrs. Frank Disney who died on Sunday at the Fairview Lodge after a long illness.

Victoria Square

## All invited to bridal shower

By Marlon Sandle  
The Community Centre Board members are: Mrs. Reid Brumwell, Frank Brumwell, Jim Barker, Don Boynton, Fraser Gee, Mayor Tony Roman and Elson Miles, town council representatives.

The annual pot luck supper of the Woman's Institute was held in the community centre on Tuesday evening of last week.

Following the delicious supper euchre was played. Prize winners were: Ladies: Eloise Gee and Marion Sandle. Men: Harold Hill and Muriel Hill, (playing as a man). Lucky draws were won by Reid Brumwell, Margaret Brumwell and Fraser Gee.

The regular Euchre party sponsored by the Victoria Square District Lions Club was held in the community hall on Friday evening of last week.

Prize winners were: Ladies: Tessa Henderson, Della Allen and Margaret Chadwick. Men: Jim Grainger, Austin Johnston and Henry Allen. Lucky draw was won by Verna Watson.

The next euchre party will be held in the community hall on Friday evening, March 4. Everyone welcome.

The annual church and Sunday School skating party was held on Saturday afternoon at Cedarvale, Cedar Grove with 55 in attendance. Following the skating refreshments were served.

Sympathy is extended to Mrs. Ethel Stong in the passing of her husband Clarence Stong on February 15, to Treanor, Canning and family in the passing of a loving wife, mother and grandmother, Mrs. Sadie Canning on February 19, following a lengthy illness.

A miscellaneous shower will be held in the community hall on Thursday evening, February 24th in honour of Miss Deborah Hall and Mr. Norman Gee who are being married in March. Please accept this notice as your invitation to attend.

**399 MAIN ST. W. STOUFFVILLE**

MON. 9-6 TUES. 9-6 WED. 9-9 THURS. 9-9 FRI. 8:30-9  
SAT. 8:30-6

FREE PARCEL

PICK-UP SERVICE!