

Claremont news

Good Friday church service

By ANNE LONEY
 The Rev. Lorne Smith of the Baptist Church will be in charge of the service in the Claremont United Church on Good Friday, March 24, at 10 a.m. There will be an Ecumenical Communion Service which will be open to all people of the community.
 On Easter Sunday the Rev. Edward Cook will give the Easter message. The Choir will be singing two Easter numbers and will be under the direction of Clarion Baker at the organ.
 On March 29th the United Church Women will be holding their 16th annual meeting at the Oshawa Presbyterian which will be held in Trinity United Church in Bowmanville, Wednesday, March 29; there will be registration at 9:15. Anyone in need of transportation please contact Rosemary Timms or Edith Stuckwood.
 Our sincere sympathy to Mrs. William Evans and her family in the passing of her husband who died suddenly on Wednesday, March 15, while on vacation. Almost everyone in the village knew Bill Evans, and liked him. He has left a great void behind him.
 Kindergarten Registration will be held in the Public School on the morning of April 3 from 9 a.m. to 12 noon. Your child must be five years old as of December 31, 1978, and proof of birth and immunization records should be brought.
 Mr. and Mrs. Frank Jenkinson are home after an extended holiday in and around the area of Tampa, Florida.
 Jodie Hopkins of Agincourt is spending her Easter Holiday with her aunt, Margaret Baker. Naturalist Edge Pegg says that many people have been going to Whitby Harbour during the past week to see flocks of ducks, geese and swans that have congregated there. This week coots and grebes have also moved in to find refuge in open water as local marshes are ice-bound. There will be an outing of the Pickering Naturalist Club to Whitby Harbour and other points of interest along the way, led by Steve La Forest, on Saturday, March 25. Those who would like to come along should meet at the Pickering Municipal Building parking lot at the corner of Brock Road and No. 2 Highway at 9:30 a.m.
 Members of the Pickering Naturalists Club have been busy making Blue Bird boxes, and they hope to erect more than one hundred this spring.
 Twenty-eight Senior Citizens sat down to a roast beef dinner in the Club House on Thursday, March 16 at 6 p.m. with the Rev. Edward Cook giving the blessing. Yellow daffodils were spaced along the tables and, in honor of St. Patrick, green hats and shamrocks were hung on the walls which made a very interesting background. There is no doubt that there are some smart seniors. In the afternoon there was euchre and the winners were Tom Hammond, Gladys Slack and Mary Hill; after dinner some of the seniors stayed on for more euchre, and these winners were Laura Reynolds, Bill Coates and Howard Hill.
 The Senior Citizens' emergency fund bought bedding and blankets to help Mrs. Patterson of Coppins Corner, and her three children, who lost their home by fire. They are living now in Uxbridge for the time being.
 The next evening Thursday euchre will be March 23, and the next regular meeting will be in the afternoon at 1:30 in the Club House.
 You are invited to attend the Easter Sunrise service to be held in the Baptist Church at 6:10 a.m. The worship service will be at 11 a.m. Both senior and junior choirs will be participating.
 The Uxbridge Black Hawk Old Timers Hockey Team journeyed to Burlington on the weekend, and won every game and brought home the trophy. The members from Claremont district include Jack and Wayne Redshaw and Murray Jones; Dean Evans and Willard Peddie could not attend.

WE PICK THE BEST, SO YOU CAN TOO!



HAPPY EASTER
 from all of us at A&P!
CLOSED
GOOD FRIDAY

With Coupon Below!
 A Select Blend, Rich in Brazilian Coffees
BOKAR INSTANT COFFEE
 10-oz jar
4.99 Reg Price 5.49

New Zealand **BUTT** or **HALF**
WHOLE or **HALF**
LAMB LEGS
 lb **1.38**
 Reg. Price 1.48

Grade "A", Evaporated, Fromm, Vac Pac
 A&P Self-Basting or
 Swift Premium Deep-Basted
BUTTERBALL
TURKEYS
 lb **98¢**
 6 to 14-lbs Average
 Reg. Price 1.08

Cut from Canada Grade "A" Beef!
 First 5 Ribs Only
PRIME RIB
 Roasts Steaks
 lb **1.48** lb **1.58**
 Reg. Price Roast lb 1.78
 Reg. Price Steak lb 1.88

Did you know that A&P is not just a butcher shop with its hundreds of cuts of fresh beef, pork, lamb, veal and poultry.

A&P IS MANY SHOPS IN ONE!

COOKED SMOKED HAMS

SMOKED, COOKED PICNIC STYLE
Pork Shoulders
 lb **99¢**

BURNS, GOLDEN GARLIC
Polish Sausage lb **1.19**

CANADA PACKERS, GOLDEN FRY
Sausages 1-lb tray **1.38**

BURNS
Sausages Beef & Pork **98¢**

SWIFT PREMIUM, LAZY, MAPLE OR SUGAR PLUM, SLICED
Side Bacon 1-lb Vac Pac **1.68**

SWIFT PREMIUM
Bologna By the Piece lb **79¢**

SWIFT PREMIUM
Wieners 1-lb Vac Pac **98¢**

MAPLE LEAF, SLICED, 4 VARIETIES
Cooked Meats **98¢**

MAPLE LEAF, SLICED, 4 VARIETIES
Bologna 1-lb Vac Pac **98¢**

MAPLE LEAF
Pepperoni sticks **1.29**

SCHNEIDERS - FRIED
Chicken Legs 2-lb PKG **3.58**
CHICKEN BREASTS - 2-lb PKG 3.79

Shank Portion lb **1.18** Reg Price 1.38

Butt Portion lb **1.28**

Real Value!
 "NEW" FAMILY PACK
COKE
 4.4 LITRE RET. BOTTLES
2.19
 Plus 1.20 Btl Deposit

Action Priced
 ASSORTED FLAVOURS
Jell-O Powders
 3-OZ PKG
4 for 99¢
 Reg. Price 2/57¢

Real Value!
 Marvel Brand, Sliced
SANDWICH BREAD
 24-OZ LOAF
3 FOR 1.00

Real Value!
 BUDGET - 1-PLY WHITE, PINK, YELLOW
Bathroom Tissue
 PKG OF 4 ROLLS **79¢**

Real Value!
 POWDERED
Sunlight Detergent
 4.8 kg BOX
4.89
 Reg. Price 5.69

Enter A&P's Florida Feelin' Sweepstakes!
 Grand Prize: A one week trip for 2 to Busch Gardens - Tampa, Florida, 2nd prize: Philips 26" Colour T.V. details at any A&P store.

Florida, White, Seedless, Now at Their Best!
GRAPEFRUIT
 5-lb bag **99¢**

FLORIDA, INDIAN RIVER, PINK, EXTRA LARGE SIZE
Grapefruit 3 for 1.00

FLORIDA, VALENCIA, SWEET, FULL OF JUICE
Oranges 5-lb bag **1.59**

NO. 1 GRADE, FLORIDA, PACKED FRESH DAILY
Celery Hearts bunch **79¢**

NO. 1 GRADE, THOMPSON
Grapes Seedless lb **99¢**

NO. 1 GRADE, ONTARIO, ENGLISH TYPE, SEEDLESS
Cucumber each **79¢**
EXCELLENT WITH HAM!

Carolina Yams lb **39¢**

MEXICAN, SWEET, LARGE SIZE
Pineapples each **79¢**

4 to 5 Blooms Your Choice
EASTER LILIES each **3.99**

Real Value!
 VANILLA OR BUTTERSCOTCH RIPPLE
Wesgate Ice Cream
 2 LITRE CARTON **99¢**
 Reg. Price 1.57

Action Priced
 BRIGHTS - FANCY
Tomato Juice
 48-FL-OZ TIN **59¢**
 Reg. Price 79¢

JANE PARKER (REG. PRICE 1.59) ACTION PRICED!
HOT CROSS BUNS PKG OF 12 **1.39**

DADS COOKIES 14-oz pkg **99¢**

TOPPING (REG. PRICE 1.39) ACTION PRICED!
Dream Whip 6-oz pkg **1.19**

CRUSHED, TIDBITS, SLICED - "IN SYRUP" (REG. PRICE 62¢) ACTION PRICED!
Dole Pineapple 19-oz tin **59¢**

LIPTON
Soup Mixes **59¢**

CAKE & PASTRY (REG. PRICE 1.51) ACTION PRICED!
Monarch Flour 7-lb bag **1.29**

STAFFORDS - APPLE, PUMPKIN, RAISIN, STRAWBERRY-HUBBARD (REG. PRICE 91¢)
Staffords Pie Fillers 19-oz tin **79¢**

BORDEN'S CREAMED (REG. PRICE 1.39) ACTION PRICED!
Cottage Cheese 1-lb can **1.39**

CHOCOLATE SANDWICH COFFEE, CREAM, 5 FINGERS, ORANGE SANDWICH, REGAL ASSORTMENT WAFERS
Cadbury Biscuits 150-g pkg **69¢**

PALANDA
Whole Tomatoes 28-1/2 oz tin **49¢**

With this Coupon
 A Select Blend Rich in Brazilian Coffees
BOKAR INSTANT COFFEE 10-oz jar **4.99**
LIMIT ONE COUPON PER CUSTOMER VALID UNTIL MARCH 25th, 1978. No. 635

MITCHELLS PURE (REG. PRICE 85¢) ACTION PRICED!
APPLE JUICE 48-FL-OZ TIN **69¢**

HIGHLINER - FROZEN (REG. PRICE 1.79) ACTION PRICED!
Cod in Batter 14-oz pkg **1.59**

SOMERDALE - FROZEN, CHOICE, STRAIGHT OR CRINKLE CUT
French Fries 2-lb pkg **3 for 1.00**

JOHNSON SANITARY NAPKINS (REG. PRICE 3.59)
Stayfree Maxi Pads pkg of 30 **2.99**

SPAGHETTI OR READY-CUT MACARONI
Creamettes Pastas 2-lb pkg **89¢**

BREAD & BUTTER, BABY DILLS, SWEET MIXED (REG. PRICE 1.03) ACTION PRICED!
Coronation Pickles 24-oz jar **89¢**

VARIETIES - INCLUDING PEAS & CORN ACTION PRICED!
Stokely Vegetables 2-lb tin **79¢**

INKORE (REG. PRICE 5.49)
Instant Coffee 10-oz jar **4.99**

LACHINE
STD. PEAS 19-FL-OZ TIN **4 for 99¢**

FRITO LAY - HOMESTYLE, PLAIN OR RIPPLE (REG. PRICE 99¢)
Potato Chips 200-g pkg **89¢**

NO. 1 GRADE, CREAMED (REG. PRICE 2.19) ACTION PRICED!
Billy Bee Honey 2-lb can **1.99**

ALUMINUM WRAP (REG. PRICE 2.27) ACTION PRICED!
Alcan Foil 32 inch by 100 foot roll **1.99**

PREPARED (REG. PRICE 83¢) ACTION PRICED!
French's Mustard 16-oz jar **49¢**

HEREFORD (REG. PRICE 1.29) ACTION PRICED!
Corned Beef 12-oz tin **1.19**

MUSHROOM (REG. PRICE 31¢ EACH) ACTION PRICED!
Heinz Soup 10-oz tin **3 for 79¢**

HEINZ MACARONI & CHEESE, IN TOMATO SAUCE OR
Noodle Numbers 14-oz tin **3 for 1.00**

SHOP A&P FOR EASTER FLOWERS
 We offer for your selection a variety of attractive Fresh Flowers featuring Easter Lilies, Hydrangeas, Potted Chrysanthemums, Mixed Pans and many others.

MAKE A&P YOUR HEADQUARTERS FOR EASTER CANDY
 Our Candy Department is well stocked with Jelly Eggs, Assorted Cream Eggs, Chocolate Bunnies and many more, all attractively priced.

Ida Hoover passes

Mrs. Joseph B. Hoover, a prominent Stouffville citizen, passed away March 9 at the Parkville Home.
 Mrs. Hoover was born 95 years ago, on August 14, 1884 and married Joseph Hoover on October 3, 1923.
 She and her husband farmed on the Town Line Road and after his retirement they moved to Dickson Hill. Mrs. Hoover moved to Rupert Avenue in Stouffville after the death of her husband.
 Mrs. Hoover raised two step daughters, Elsie Hoover and Sarah (Mrs. Thomas Grove) daughter, Clara (Mrs. Alvin Byer) and had four step grandchildren, six great grandchildren, six foster grandchildren, 11 nieces and nephews, 28 great nieces and nephews and three great great nieces and nephews.

Stretching, breathing bring you relaxation

(Continued from page 4)
 front, down, back, and then ears. Always roll to front and then to back each time.
ARM ROLLS - stretch arms straight out to sides at shoulder level, palms facing up, elbow bend facing down, thumbs toward back. Turn or roll the arms and hands 360 degrees to the front until hands are in the same position and the elbow bend is facing up.
SPINE ROLLS - stand tall with feet about 1 foot (30 cm) apart. Drop head to chest. Keep legs straight or slightly bent and hips stationary. Roll spine down one vertebra at a time, gently, like a roll top desk, until you are bent over and looking at your knees, let head and arms hang loose. Gently roll up allowing one vertebra at a time to come into place starting at the base of the spine.
 These Yoga Rolls are designed to stretch and relax the muscles of the back, shoulders, arms, neck, and head. In doing so fresh blood is allowed to circulate to these areas and washes away stale blood and tension. It is imperative to take a deep breath after each Roll. Fill the entire lungs by allowing the lower rib cage to expand when you inhale and allowing it to contract when you exhale. Oxygen is very important for relaxation, and is, in fact, a necessity for relaxation.
 You are in charge of your body, you have allowed it to become tight or tense and you should be the one who relaxes and relieves it. Don't be afraid to get help, but do be afraid to let someone or something else do the work for you. When you learn how to handle stress and tension and how to relax, you will be on your way to living happily and healthfully, naturally.