

Stretch food dollars

YORK REGION — By now, most housewives are familiar with the organization known as WARP. For the few who are not, it stands for "Women Against Rising Prices". While the group hasn't been getting the publicity it did when first conceived, it's "alive and well" according to the head of the Newmarket Branch, Chris Palmer.

"Some people still think we're just a group of frustrated women with nothing better to do," she said at a recent meeting, "but what we're trying to do is help the consumer". She points to expensive packaging as one factor that contributes to higher food costs and the practice of "offering less for more", also irritates her. She points to chocolate bars as an example where some firms raised the price 50 per cent but increased the size only 20 per cent.

The WARP leader told how their organization had grown in strength from a handful of ladies down in Bramalea to branch groups all across Canada. She firmly believes that if enough people get together, they can successfully effect change in food pricing.

The group offers the following tips as ways of stretching food dollars. (1). Plan meals before going shopping. (2). Always make out a grocery list to ensure you don't buy things you don't need. (3). Never shop on an empty stomach. (4). Buy in bulk. (5). Compare prices of different brands and check prices of different sizes of the same brands. (6). Read the labels and check syrup and fruit content of canned goods. (7). Check "best before" dates. Food products consumed before these dates contain highest nutritional value. (8). Never re-freeze previously frozen meats unless you cook them first.

Keeping bees as a hobby

Ontario's honey crop is increasing every year as more people take up beekeeping for a hobby. Indications are that this year's crop will be about 9 million pounds, an increase of 300,000 lb over 1978, says Professor M.V. Smith, Department of Environmental Biology, University of Guelph.

"Many consumers buy their honey from roadside stands or from the beekeeper's honey house," says Prof. Smith. "Honey is also available on grocery shelves, labelled with the beekeeper's name, grade and class of honey. Inspectors from the Ontario Ministry of Agriculture and Food monitor grading and classifying of honey, sold through supermarket outlets."

Grade refers to quality which is determined by moisture content and freedom from foreign material. Usually only number one grade honey, containing no more than 17.8 per cent moisture, reaches supermarket shelves. This top grade ensures long shelf life because yeasts that cause spoilage cannot grow in honey of low moisture content.

Class refers to color which indicates the blossom or nectar source. If there has been good foraging weather for bees, the honey crop usually comes from the blossoms of clover, alfalfa, basswood, and fireweed. A white color results. Golden and amber honeys tend to be mixtures gathered later in the season from aster, goldenrod, and buckwheat.

"I think much of Ontario's honey crop this year is a blend of basswood and clovers which give a unique flavor," says Prof. Smith. "The joy of honey is that consumers can look forward to subtle flavor changes from year to year. Different weather conditions and types of crops grown locally can affect honey characteristics at each apiary."

We reserve the right to limit quantities to normal family requirements!



Prices effective thru Saturday, December 8th, 1979.
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You'll do better with A&P's PRE-CHRISTMAS COUNTDOWN SAVINGS!

SAVE 40¢

Aylmer — Fancy
TOMATO JUICE
48-fl-oz tin

59¢

Our Regular Price 99¢

SAVE 1.00

MAXWELL HOUSE INSTANT COFFEE

10-oz jar **5⁹⁹**

Our Regular Price 6.99

SAVE 90¢

Powdered
FAB DETERGENT

6 litre box **2⁶⁹**

Our Regular Price 3.59

SAVE UP TO 70¢

All Popular
Canadian Brands CIGARETTES

Limit 2 cartons per family, with a minimum \$10.00 purchase excluding this product.

7³⁹

Our Reg. Price 8.09 King size
Our Regular Price 7.99 Regular Size

SAVE 30¢

Assorted Flavours
BORDEN ICE CREAM
2 litre carton

1.89

Our Regular Price 2.19

SAVE 50¢ lb

The Butcher Shop
with supermarket prices.

Our Regular Price lb 1.69
Combination Pack — Loin

PORK CHOPS

Contains:
2 Rib End
2 Loin End lb
4 Centre Cut

1.19

Fresh **CHICKEN** Our Regular Price lb 1.19 — SAVE 30¢ lb

BREAST QUARTERS with backs & wings attached
LEG QUARTERS with backs attached
MIXED QUARTERS
CHICKEN HALVES **lb 89¢**

BACK TO THE FARM at A&P
FOR SAVINGS AND FRESHNESS!

California, sweet, seedless
NAVEL ORANGES
each **8¢**

No. 1 Grade, white, all purpose
P.E.I. POTATOES lb **6¢**

3 TO 5 BLOOMS
Poinsettias 4-inch pot **1.99**

CANADA FANCY, PRODUCE OF FRANCE
Apples Granny Smith lb **79¢**

CALIFORNIA, SWEET, RED
Emperor Grapes lb **78¢**

FLORIDA, WHITE, SEEDLESS
Grapefruit 6 for **99¢**

CALIFORNIA, FRESH, TENDER
Broccoli bunch **89¢**

NO. 1 GRADE, IMPORTED, SWEET
Green Peppers lb **69¢**

PRIDE OF THE ONTARIO GROWERS
CANADA FANCY, ONTARIO 4-QUART BASKET
McIntosh Apples **2.49**

SAVE 30¢

Savarin — Assorted Varieties
FROZEN DINNERS
11-oz pkg

89¢

Our Regular Price 1.19

FRESH BOX-O CHICKEN

FAMILY PACK CONTAINS:
3 LEG QUARTERS with backs attached
3 BREAST QUARTERS with backs & wings attach.
3 WINGS, 3 NECKS & BACKS, 3 GIBLET PKGS.

lb 69¢

Our Regular Price lb 89¢ — SAVE 20¢

BUTTERBALL TURKEYS

A&P Self-Basting or Swift Deep-Basted

Grade "A" Eviscerated, Frozen, Vac Pac **lb 1.28**

Our Regular Price lb 1.48 — SAVE 20¢

Rib Portion **PORK LOIN ROASTS** **lb 1.19**

RIB PORTION (COUNTRY STYLE)
Pork Loin lb **1.49**

SCHNEIDERS, ASSORTED VARIETIES
Wieners 1-lb vac pac **1.59**

OLD MILL
Swift Sausages lb **1.09**

Sliced **A&P SIDE BACON** **1.29**

1-lb vac pac

SWIFT — READY-TO-SERVE, VAC PAC — HALVES
Hams Sugar Plum lb **2.49**

I.Q.F. BRAND — FROZEN
Perch Fillets lb **1.19**

HIGHLINER, FROZEN, COD
Fish & Chips 16-oz pkg **1.09**

SAVE 1.00

(Plus 25¢ per bottle deposit)

Family Pack
4.4 litres

COKE

6 pack of 750 ml bottles **2²⁵**

Our Regular Price 3.25

SAVE 46¢

1-Ply Bathroom Tissue Our Regular Price 1.55
SWAN'S DOWN pkg of 4 rolls **1.09**

ASSORTED VARIETIES ACTION PRICE! 14-FL-OZ TIN
Green Giant Vegetables **2/89¢**

ALL PURPOSE ACTION PRICE! 2.5 kg BAG
Robin Hood Flour **1.59**

FRITO LAY — REGULAR LAYS OR RUFFLES ACTION PRICE!
Potato Chips 300g pkg **1.19**

ORANGE PEKOE ACTION PRICE! PKG OF 120
Salada Tea Bags **2.99**

PHILIPS STANDARD, 60 OR 100 WATT
Light Bulbs pkg of 2 **99¢**

STRAWBERRY OR RASPBERRY WITH PECTIN
Vachon Jams 24-fl-oz jar **99¢**

SAVE 14¢

Maintenance, Assorted Varieties Our Regular Price 63¢
DR. BALLARD'S DOG FOOD 25-oz tin **49¢**

MARVEL — SLICED ACTION PRICE!
White Bread 24-oz loaf 3 for **1.39**

2/3 Fruit & Nuts 1 1/2-lb piece 3.99 4 1/2-lb ring 9.99
Fruit Cakes JANE PARKER 3-LB RING **6.99**

JANE PARKER ACTION PRICE!
Angel Cake 14-oz cake **99¢**

FROZEN, ALL DRESSED OR MAGNIFICA ACTION PRICE!
Gusto Mini Pizza 13-oz pkg **1.99**

(CHEESE & PEPPERONI 13-OZ PKG 1.79)

Now Economy Size — Regular or Winterfresh 200 ml tube
Colgate Toothpaste **1.59**

ASSORTED FLAVOURS ACTION PRICE! 175 g CARTON
Borden Yogurt 3 for **1.00**

NEW AT A&P!

White Label
TODDLER DIAPERS

pkg of 12 **1⁵⁹**

Stock up Now!

ALL PURPOSE COFFEE ACTION PRICE! 1-LB BAG
Mother Parkers **3.99**

SPAGHETTI OR READY-CUT MACARONI ACTION PRICE!
Primo Pastas 2-lb pkg **89¢**

DETERGENT 1.5 LITRE PLASTIC BOTTLE
Palmolive Liquid **2.59**

FRITO LAY — TRADITIONAL OR NACHO CHEESE
Tostitos 125g pkg **59¢**

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A&P

Kraft, Quarters WITH THIS COUPON
PARKAY 2-lb pkg **1.29**

MARGARINE **1.29**

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(Feature price without coupon 1.54)

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