

Prices effective Monday & Tuesday, September 30th & October 1st, 1985
We reserve the right to limit quantities to normal family requirements.

A&P and NEW Dominion

EARLY WEEK

ACTION PRICES

ALL POPULAR CANADIAN BRANDS, REGULAR OR KING SIZE

Popular Brands Cigarettes

CARTON OF 20'S OR 25'S

15.99

WARNING: Health & Welfare Canada advises that danger to health increases with amount smoked - avoid inhaling.

ACTION PRICES
REGULAR & ALL BEEF

Schneider's Wieners

450 g VAC PAC
1.49

ACTION PRICES

CUT FROM CANADA'S FINEST GRADE 'A' BEEF FROM THE HIP

Tenderized Cube Steak

6.59 / 2.99
/kg / lb

ACTION PRICES
CANADIAN QUEEN
Canned Ham 1 1/2 lb tin **2.99**

SAVE .70
(GOLD POUND CAKE 500 g SIZE 1.29)
Jane Parker Raisin Pie 624 g size **1.29**
(made with 100% pure vegetable shortening)

ACTION PRICES
JANE PARKER
(MADE WITH 100% PURE VEGETABLE SHORTENING)
60% Whole Wheat Bread 450 g LOAF **2.99**

SAVE 1.00
BLACK DIAMOND, SINGLE THINS, PROCESS
Cheese Slices 500 g pkg of 24 **2.99**

SAVE .30
PRODUCT OF ONTARIO OR U.S.A.
Fresh Spinach 10 oz pkg **.69**

WE REDEEM ALL FOOD STORE COUPONS. SAVINGS SHOWN IN THIS AD BASED ON A&P CURRENT REGULAR RETAILS.



Unionville
5221 Hwy. #7 East

Stouffville
399 Main St. W.
Open 'til 9 p.m.
Monday thru Saturday

8190 Bayview Avenue,
Thornhill now open 24 hours
Monday 9 A.M. - Saturday 9 P.M.



Jonathan Kenny (left) and a classmate canoeing on the Mattagami River in Northern Ontario prepare to erect a tent after a hard day.

Timmins to Moosonee a 547 k.m. canoe trip

August 25

August 31

Continued from P-17.

Today we had a fabulous morning, a long sleep in, a lazy swim and wash and there was something new on the menu — peanut butter porridge. The canoes were trucked around a log jam in the river and then we paddled 24 km in the afternoon.

Today we reached the Moose River and paddled past Moose River Crossing and a railway bridge. We wrapped rain coats around paddles and did some sailing today, which was enjoyable for me because I just finished two weeks at sailing camp. But the wind was too strong and dangerous so we had to stop at the 32 km mark.

August 26

September 1

This day was mostly spent shooting rapids. We shot Scar Rapids, Poplar Rapids and Ledge Rapids. Rapids are entertaining. They're fast and fun. It is the responsibility of the steerman and bowsman to read the water and find a safe channel.

For most of the day it drizzled and for the rest of it rained. At one point we were on the water and a great front of rain moved right up on us. We beached the canoes quickly and took cover in the bush and watched the incredible storm move towards us. It was a spectacular sight. The rest of the day was wet and miserable.

August 27

September 2

Today we started off hoping to get to a dam more than 40 km away. The wind built up all day and finally we stopped and declared ourselves windbound! We ate scalloped potatoes for dinner and were about 14-km short of our destination.

This morning I emerged from my tent to the shocking sight of the moon. It was just getting light when we awoke and everyone was hesitant to get up. It was freezing cold and your fingers stung as you stuffed your sleeping bag into your duffel.

August 28

By lunchtime it had warmed up and everyone's spirits were high when we sighted Moosonee from our lunch point. When we neared Moosonee we raised the school flag in the bow of the center canoe. Spirits high we sped into Moosonee when suddenly our canoe grounded on a sand bar. How frustrating! Our steerman pushed us off. That night we camped in Tidewater Provincial Park, having reached our destination.

Today we paddled to Little Long Dam where Ontario Hydro trucked the crews, gear and canoes around a series of four dams (21 km) which were too dangerous to canoe. The driver was travelling at 60 mph and we were holding onto our hats! We camped on an island and slept in an abandoned cabin. For dinner we had bannock made from flour and water and deep fried.

August 29

September 4

Many of us were tired and enjoyed a nice restful morning. After a 22-mile paddle we camped at Pike Creek. This was one of the most beautiful campsites on our trip and for supper we had everyone's favorite food — spaghetti! We were 138 km from our destination of Moosonee and 1.6 km from Grand Rapids. Little did we know what was in store.

Today we took a boat taxi to Moose Factory where we went to The Bay. We also saw historic St. Thomas Anglican Church. On one of the stained glass windows was a picture of Bishop Mountain, a missionary whose name is on our canoe.

Later in the day we paddled our canoes to Moosonee where they were trucked to the train station. That night we slept in box car 92004. It was a cozy night with 17 of us inside falling asleep to the pitter patter of rain on the tin roof.

August 30

September 5

Today we encountered very shallow water and most of the morning was spent tracking the canoes. One of the students, Thomas Boivie, fell out of the canoe into the water after his canoe was jerked on a rock. He was showing evidence of hypothermia but soon recovered when we went to shore and built a huge fire to warm up. In the afternoon, Mr. Voss' canoe was preparing to shoot a ledge in a rapid. The canoe suddenly hit a rock and Mr. Voss jumped out to stabilize it. The current turned the canoe right around and the bowsman, Chris Alexander, turned around and steered the canoe as it sped through the rapids backwards with Mr. Voss hanging onto the bow. The day ended with a spectacular whirlwind that spun around on the surface of the water. It was a great day!

We loaded the canoes into the box car we slept in. Then we had a relaxing trip to Cochrane in a railway passenger car. We passed over Moose River Crossing and picked out the spot where we camped. In Cochrane there was a six-hour layover and a friend of the school took us to a chicken restaurant following a communion service at a local church. On the rest of the train ride we were often disturbed by a dopey, clumsy conductor who was trying to make room for more passengers. At about 7 a.m. I began to realize the terrain. By 8 a.m. we had reached Union Station, downtown Toronto, where I was greeted by my mother's smiling face. I had completed the best canoe trip ever.