



Rural Organizations Specialist Ann Hankinson (left) presents 4-H Leader Awards to Uxbridge's Charlena Davis (5-Year Leader's Certificate), Jean Stachow, Myrtle (1st Year Leader's Pin) and Helen Johnson, Bethesda Reach (1st Year Leader's Pin). Durham West 4-H participants gathered for an achievement program at Brooklin May 3. —Chris Shanahan



Valley View Public School's Tommy Sommerville (top) returned from the April 9 Durham Regional wrestling championships with a gold and teammate Nathaniel Covert brought home a silver. Other silver medalists were Darcy Fornier and Jason Fallaize, while Nathan Brown captured a bronze. Of nine students representing the north Pickering school, seven qualified for the final round. —Erkki Pohjolainen

Look for our flyer delivered to your home this week!

MR. GROCER

Independently Owned and Operated

Mr. Grocer supplied by Willett Foods Limited



BAR-B-Q Cookout Sale

GROCERY SAVINGS

<p>Frozen, White or Pink J.B. Lemonade 4/99 12 fl. oz. tin</p>	<p>Regular, Onion, Garlic, Sweet & Sour, Chicken & Rib, Mesquite Smoke, Hot & Spicy, Heinz BBQ Sauce 455 ml squeeze btl. 99</p>
<p>Assorted varieties Kraft Salad Dressings 250 ml btl. 99</p>	<p>Assorted Flavours Chapman's (or comparable brand) Ice Cream 2 L carton 139</p>
<p>Regular or Light, Kraft Miracle Whip 1 L jar 2.49</p>	<p>French's Mustard 250 ml squeeze btl. .89</p>
<p>Assorted varieties Bick's Pickles 1 L btl. 1.99</p>	<p>McCormick's Ice Cream Cones or Ice Cream Cups 20's pkg. .99</p>
<p>Assorted varieties Crush Drinks 3 x 250 ml tetra .99</p>	<p>Assorted Flavours Delisle Yogurt 175 g cont. 2/89</p>
<p>Assorted flavours Process Cheese Food, Black Diamond, Single Thin Cheese Slices 500 g pkg. 2.99</p>	<p>Assorted varieties, Martin's Fruit Drinks 1.36 L tin. .89</p>
<p>Regular or Diet 7 UP, Pepsi, Pepsi Free, Cherry Pepsi or Pepsi Cola 750 ml btl. + .30 deposit 24 x 280 ml tins 6.99 unit cost 10.4¢ per 100 ml 39</p>	<p>Red Label Briquets 10 lb. bag 189</p>

MEAT

<p>Canada Grade 'A' Beef, Wing or T-Bone Steaks 7.67/kg / 3.48 lb.</p>	
<p>Canada Grade 'A' Beef Sirloin Steaks 7.01/kg / 3.18 lb.</p>	
<p>Full Slice, Boneless Round Steaks 5.47/kg / 2.48 lb.</p>	<p>Fresh Ontario Pork Leg Boneless - Ideal for B.B.Q. Pork Steaks 4.37/kg / 1.98 lb.</p>
<p>Cut from Canada Grade 'A' Beef, Boneless Sirloin Tip Steaks 6.57/kg / 2.98 lb.</p>	<p>Boneless Rump Roast or Eye Removed Sirloin Tip Roast 6.35/kg / 2.88 lb.</p>
<p>Fresh Haddock Fillets 10.76/kg / 4.88 lb.</p>	<p>MacGregors Rib Eye Steaks 500 g (4-Pack) 7.48</p>
<p>Maple Leaf Regular, B.B.Q. or All Beef Wieners 450 g pkg. 1.48</p>	<p>Maple Leaf, Ideal for B.B.Q. Beef Burgers 750 g pkg. 3.48</p>

PRODUCE

<p>Assorted Varieties Bicks Relish 375 ml jar .89</p>	<p>Pieces & Stems Money's Mushrooms 10 fl. oz. tin .59</p>	<p>Frozen, Regular or Pulp Free Old South Orange Juice 12.5 fl. oz. tin .99</p>
<p>Heinz Keg O' Ketchup 1 l btl. 2.49</p>	<p>Minute Rice 700 g box 1.99</p>	<p>Red Label Popsicles 24's pkg. 1.99</p>
<p>Regular or Extra Spicy, 1 L btl. Mott's Clamato Juice 1.69</p>	<p>Perrier Mineral Water 695 ml btl. .79</p>	<p>Champagne, White, Yellow Viva Paper Towels 2 roll pkg. .99</p>
<p>Raspberry, Strawberry, Orange, Red Label, Jelly Powders 85 g pkg. 5/89</p>	<p>Regular, Filter, Auto Drip, Premium Gold Arabica or Columbia Maxwell House Coffee 369 g pkg. 3.99</p>	<p>White, Pink, Yellow, Champagne Cottonelle Bathroom Tissue 4 roll pkg. 1.49</p>
<p>Dempster's Scone or 100% Whole Wheat Bread 675 g loaf .69</p>	<p>Red Label, Stretch, Plastic Food Wrap 30 m roll .99</p>	<p>White, Sandalwood, Yellow Scotties Facial Tissue 200's box .99</p>
<p>Ocean's Solid White, Albacore Tuna 198 g tin 1.79</p>	<p>Powdered Laundry All Laundry Detergent 6.5 box 4.59</p>	<p>Purina Dog Chow 8 kg bag 8.99</p>

<p>Product of Canada Sno White Mushrooms 8 oz. pkg. .88</p>	
<p>Product of South Africa Granny Smith Apples 1.94/kg / .88 lb.</p>	<p>Product of U.S.A., Canada No. 1 Romaine Lettuce each .98</p>
<p>Product of U.S.A., New Crop Valencia Oranges Size 138's dozen 2.28</p>	<p>Product of U.S.A., Canada No. 1 Green Onions 3/98</p>
<p>Product of Chile, Canada No. 1 Black Ribier Grapes 3.04/kg / 1.38 lb.</p>	<p>Product of Canada, Canada No. 1 Seedless Cucumbers each .98</p>
<p>Product of U.S.A., Canada No. 1 Spanish Onions .73/kg / .33 lb.</p>	<p>Product of U.S.A., Canada No. 1 Red or White New Potatoes .73/kg / .33 lb.</p>

Values effective until close of business Sat., May 17, 1986

Dealers may not sell less

FRESH DELI & IN-STORE BAKERY

<p>Bittner's Deli Sliced Black Forest Hams 3.48 lb.</p>	<p>A & U Cole Slaw or Macaroni Salad 1.08 lb.</p>	<p>"Fresh from the Oven" Apple Crisp 680 g each 1.99</p>
<p>Maple Leaf Kolbassa Coil 3.48 lb.</p>	<p>Bittner's Bottom Round Pastrami 4.38 lb.</p>	<p>"Fresh from the Oven" Chocolate Chip Cookies 1 oz each 6/69</p>

We reserve the right to limit quantities while supplies last. Mr. Grocer Supplied by Willett Foods Limited, Independently Owned and Operated.

MARTINS
PURE APPLE JUICE
1.29
1.36 L

FRITO LAY
POTATO CHIPS
ASSTD. VARIETIES
1.19
200 g

86-88 WELLINGTON W.
(HIGHWAY 7 & GALSWORTHY)
MARKHAM

OUR PRICES BRING YOU IN, OUR PEOPLE BRING YOU BACK!