

# Firefighters hang tough

**SUPER** A Super Fresh way of shopping  
**Dominion**  
NEW DOMINION STORES  
**Summer Living Sale**

**SUPER BUYS** are money-saving specials you'll find throughout Super Dominion. Look for the Super Buy signs and save!  
**SALE PRICES EFFECTIVE MONDAY THRU SATURDAY**

**SUPER BUY**

Heritage Farm, Assorted Flavours  
**Country Best Ice Cream**

**SAVE .60**  
**1.59**  
2 litre carton

**SUPER BUY**

Dill Bits, Garden Salad, Yum Yum, Sweet Corn, B.B.Q. Hamburger, Hot Dog, Cubits, Onion Bits

**Bick's Relishes**

**SAVE .70**  
**.99**  
375 mL jar  
(New Squeeze Jar Relishes, Ass't Var 500 mL, 1.99 Save .50)

**SUPER BUY**

Regular or Diet  
**7UP or Dr. Pepper**  
Regular or Sugar Free

**6/199**  
750 mL bottle (Unit cost 4.4¢ per 100 mL) (Plus .30¢ deposit)

**SUPER BUY**

(Cherry Pie 625 g size 2.39-Save .40)  
**Jane Parker Lemon Pie**

**SAVE 1.00**  
**.99**  
625 g size



**Fresh Quality Meats**

**SAVE 4.41/kg-2.00 lb**

Cut from Canada's Finest Grade 'A' Beef, 6 Bone, Oven Ready, Chef Style

Prime Rib Roast or Cap On

**Prime Rib Steak**

**6.59/2.99**  
/kg / lb

**QUICK 'N EASY EATING**

Canadian Queen  
**Canned Ham**

**SAVE 2.00**  
**2.99**  
1 1/2 lb tin



**Fresh Fruits & Vegetables**

**SUPER BUY**

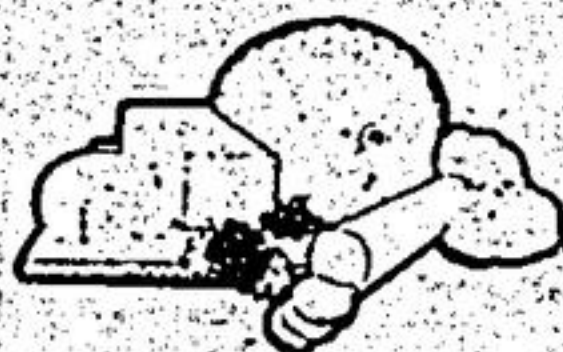
Product of U.S.A., sweet, ripe  
**Whole Watermelon**

**3.99**  
each

**SUPER BUY**

Product of U.S.A., delicious raw or cooked  
**Fresh Broccoli**

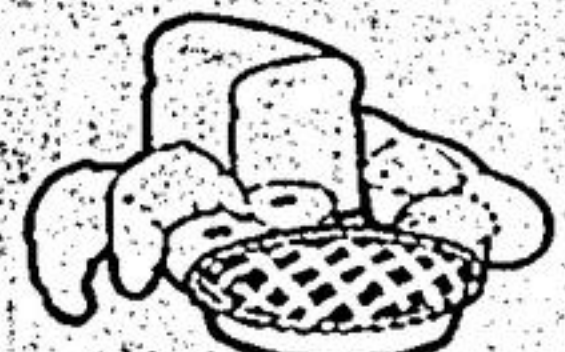
**.99**  
bunch



**Fresh from deli**

Quadelco, Deli Sliced  
**Black Forest Ham**

**.99 / 4.49**  
100 g / lb



**The Baker's Oven**  
Available at most stores

Freshly Baked  
**Italian Bread**

**.79**  
450 g loaf

Prices effective Monday, June 23rd, thru Saturday, June 28th, 1986.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO NORMAL FAMILY REQUIREMENTS. SAVINGS SHOWN IN THIS AD BASED ON CURRENT REGULAR RETAIL PRICES. WE REDEEM ALL FOOD STORE COUPONS.

Unionville  
**OPEN 24 HOURS**  
 Open 9 a.m. Monday - 6 p.m. Sat.

Tomato Clam or  
**E.D. Smith Garden Cocktail**

**SAVE .90**  
**.79**  
796 mL jar



Wayne Andrunyk waits below for fellow Markham firefighters during a practice session for a rescue course at the ChimoHotel on Wednesday.



It's a long way down from the top of the 13-storey hotel for James Scrymgeour.

Photos By  
**Sjoerd Witteveen**

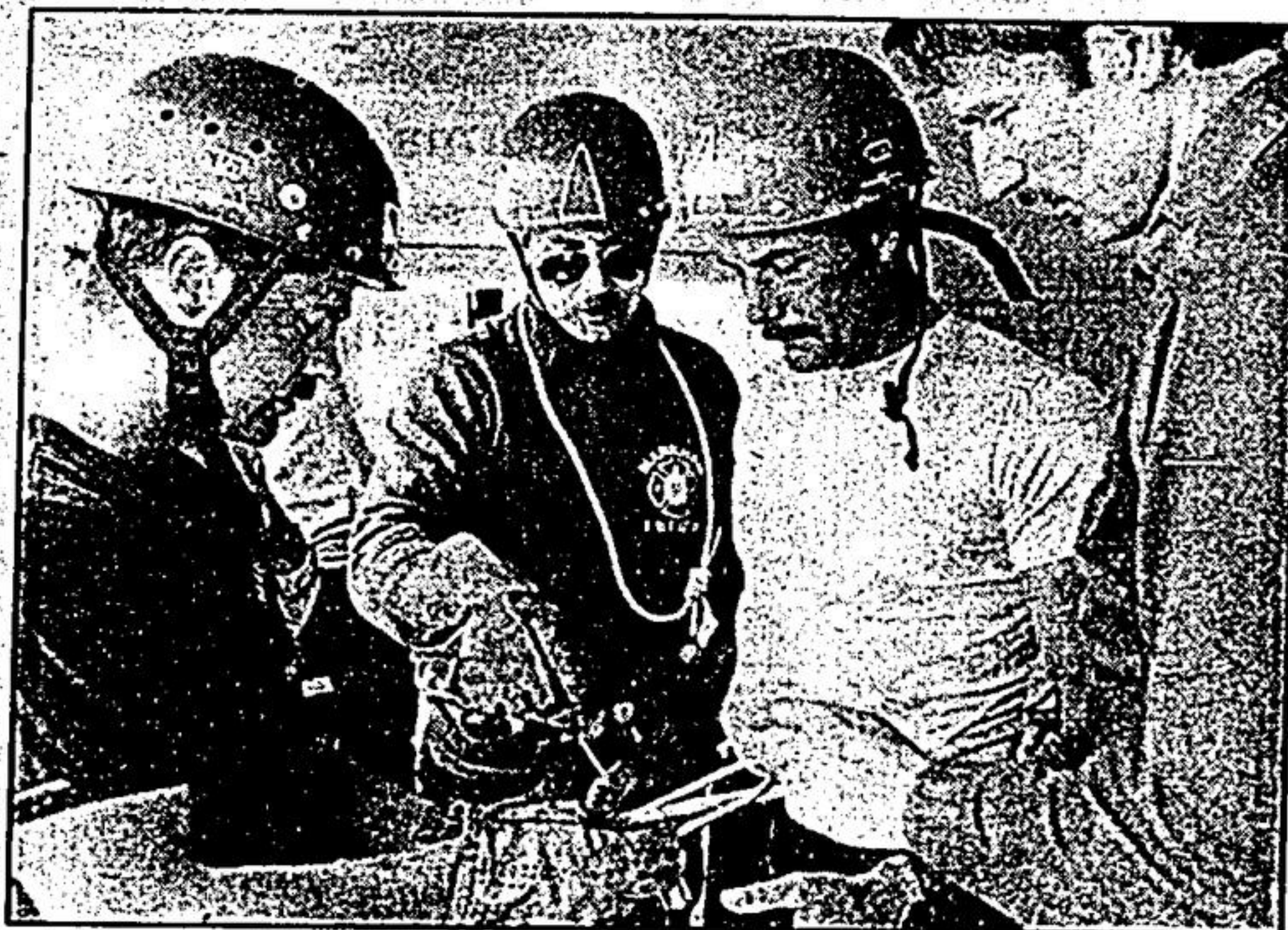


Safety is of a paramount importance for crews getting set to scale the sheer walls of modern office buildings. Instructor Don King (foreground) gives

some tips to Peter Jennings as he goes over the top while Dave Lovett and Larry Peacock also pay close attention.



Firefighter Larry Peacock goes over the edge during the practice sessions.



Examining the safety harness are (left to right) Peter Jennings, Tom Caldwell, Dave Moore and Wayne Andrunyk.