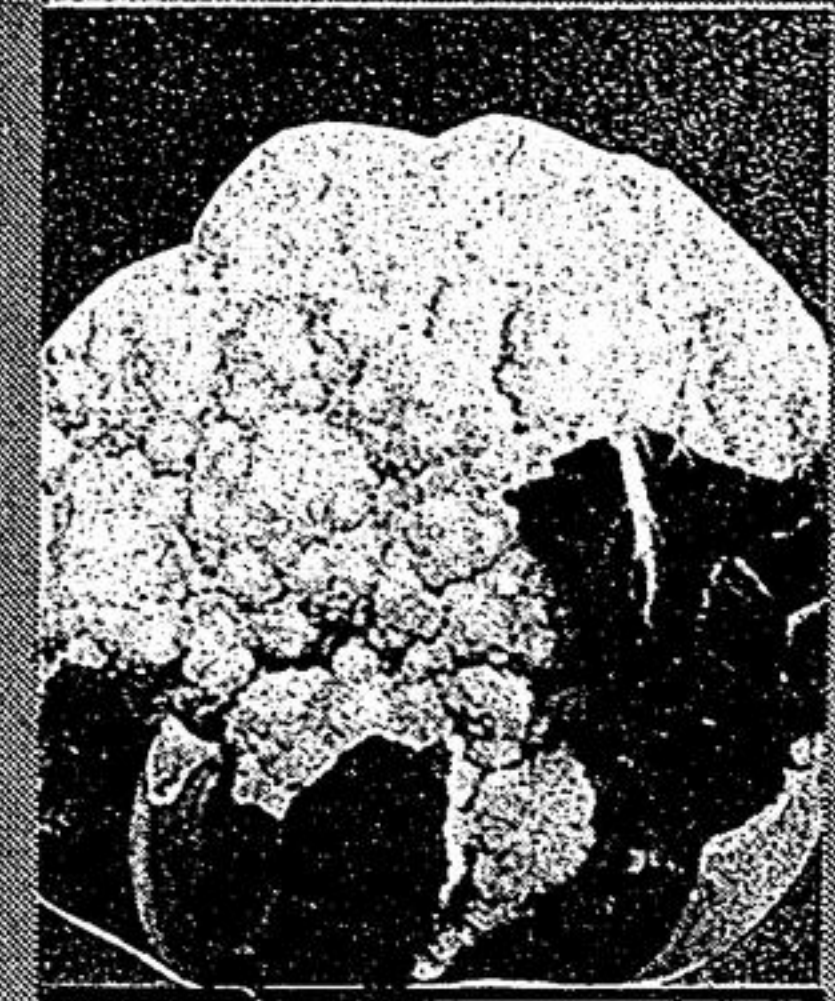




Specials effective
Wednesday,
September 30,
1987 thru Tuesday,
October 6, 1987

3085 HIGHWAY NO. 7 AT WOODBINE
OAKVILLE: HIGHWAY NO. 5 AT TRAFALGAR BURLINGTON: 1225 FAIRVIEW STREET AT MAPLE
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Open Monday thru
Saturday, 8 a.m. to
9 p.m.; Sunday (for
fruit, vegetables
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Product of Ontario
fresh snow white
cauliflower
each **.79**



Product of U.S.A.
Canada No. 1
fresh, sweet seedless
green grapes
lb. **.99** kg 2.18



Product of Ontario
fresh jumbo
cabbage
2 for **1.00**



Product of U.S.A.
Canada No. 1
fresh tasty
tomatoes
lb. **.49** kg 1.08

Product of Ontario
fresh
Brussels sprouts
lb. **.69** kg 1.52

Product of U.S.A.
fresh
pomegranates
2 for **1.00**

Fresh from California
large fancy
pitted prunes
lb. **1.59** kg 3.50

Fresh
quality ingredients
harvest mix
lb. **2.99** kg 6.59



Pepsi Cola
regular and diet
case of 24x284 mL tins
with coupon below
5.99



Primo
pasta
900 g package
Limit 5 packages per
family purchase, please
.89



Schneiders
sliced side
bacon
500 g package
Limit 4 packages per
family purchase, please
2.99



Ontario Grade 'A'
fresh
chicken legs
(backs attached)
lb. **.79** kg 1.74

Pepsi Cola
regular and diet
750 mL bottle
plus 40c deposit
per bottle
.39

Primo
spaghetti sauce
28 oz. tin **.99**
Primo
red kidney and chick peas
19 oz. tin **.59**

Canadian
havarti
cheese
lb. **3.76** kg 8.29
Salerno
mozzarella
12 oz. package **1.99**

Ontario Grade 'A' fresh
whole chickens
lb. **.99** kg 2.18
Siena
baby
mortadella
each **1.39**

J.B.
pure apple juice
48 oz. jar **.99**

Viva
chunk light tuna
184 g tin **.89**

Schneiders
Octoberfest sausage
500 g package **3.49**

Brandt's
assorted cold cuts
lb. **3.76** kg 8.29

Dempsters
milk bread
675 g loaf **.99**

Five Roses
all purpose flour
10 kg bag **7.99**

Sealtest
Lite N' Lively yogurt
175 g cup **.49**

Fearman's
bone in, smoked dinner hams
halves and quarters lb. **1.99** kg 4.39

SAVE \$1.00 WITH THIS COUPON
Pepsi
Regular and Diet
Case of
24 x 284 mL tins
with this coupon
5.99
Special Price Without Coupon...\$6.99
Only at Coupon expires October 6, 1987
Limit one per coupon per customer

Palmolive
liquid dishwashing detergent
1.99
1 litre Limit 3 per family purchase, please

Bluewater Boston
bluefish and chips
family pack
750 g box
1.99
Save up to \$1.40 box!

Longo's own
fresh
homemade sausage
hot and sweet
lb. **2.26** kg 4.99

Volleyball Spartans open with victory

By ALAN SHACKLETON
Sports Editor
The Stouffville District Secondary School (SDSS) Senior boys volleyball team got the season off to a great start Monday afternoon with a pair of victories.

The Senior Spartans hosted Sutton and Newmarket in the season debut for the York Region League, coming away with two convincing wins. The Seniors dumped Sutton 15-5, 15-5 in the first match, then knocked off Newmarket 15-7, 15-6.

The Junior Spartans continued Stouffville's winning ways Monday as they also swept Sutton and Newmarket. The Junior squad downed Sutton 15-1, 15-10, and beat Newmarket 15-10, 15-12.

The victories by the Seniors pleased their skipper, Jim Fletcher, who is aiming the squad at the York, Durham, York and eventually the all-Ontario championships. "We looked good for a first league game," he said. "We were very strong."

The Seniors opened the season last weekend in the Ironman Tournament at Seneca College, despite playing some good ball they didn't advance out of their pool. Stouffville was stopped by a very strong side from Lester Pearson Collegiate in Scarborough which beat them 15-13 and 14-16.

"They were a great team but the scores were really close," Fletcher said. In other tournament games, the Seniors beat L'Essor of Windsor, split a pair of games with Mayfield from Brampton and beat Orillia. Coach Fletcher wants to keep the team busy with lots of tournaments and give them as much competition as possible to prepare them for the drive to the provincials.

This weekend he takes the squad to a tournament at Durham College where they'll face Thornlea, Unionville and Pickering High School. "Somewhere down the line Pickering is the team we'll have to beat to make it to the Ontario's," Fletcher said. He expects SDSS and Pickering to battle it out for the Durham-York Secondary Schools Athletic Association (DYSSAA) title, and the trip to the Ontario Championships.

Fletcher likes the look of the Seniors who have a large number of talented first-year players who advanced from the Junior ranks. Scott Rehill is the squads only returning Senior, but Fletcher insisted the team is experienced and talented. "Basically, the core of last year's Junior team has just come up to Senior," he explained. Other members of the Senior Spartans volleyball team are Keith Cheng, Don Clearwater, Guy Cowan, Scott Evans, Joel Fletcher, Jon Hall, Karsten Henze and Paul Sinclair.

Free skating Monday

Wondering what to do with the kids during next Monday's Professional Development day at their school? The perfect answer might be skating at the Whitchurch-Stouffville Recreation Centre, and for two hours in the morning it will even be free. From 10 a.m. to noon on Monday, Oct. 5 there will be free skating at the Recreation Centre, located on Ninth Line North in Stouffville, for pre-school and elementary school students. The free skate is sponsored by Loretta Avel of Royal LePage Real Estate Services Ltd.

Adult skating

Tuesday nights are Adult Skating nights at the Whitchurch-Stouffville Recreation Centre. The Stouffville Senior Adult Skating Club began its season yesterday night, and they'll continue every Tuesday evening until April. The fun begins at 7:30 p.m. and continues till 9 p.m. Club membership fee is \$5 to join, and the cost of skating is \$2 a night for members and \$3 for non-members.