

**Edition addition**



**When The Stars Come Up, Prices Come Down!**  
PLAY BASBALL MARK



**Reach For The Stars And Save**

**3 WAYS TOWN!**  
SEE DETAILS AT STORE

**SUPER ★ SPECIAL**

PRODUCT OF ONTARIO, CANADA NO. 1

**Potatoes**  
20 lb Bag

**2.49**

**SUPER ★ SPECIAL**

ASSORTED VARIETIES, BETTY CROCKER  
**Super Moist Cake Mixes**

510 g PACKAGE

**.89**

LIMIT 4 PKGS PER FAMILY PURCHASE

**SUPER ★ SPECIAL**

SCENTED, UNSCENTED OR WITH BLEACH

**Tide Laundry Detergent**

8 - 10 LITRE BOX

**6.99**

WITH COUPON BELOW

**SUPER ★ SPECIAL**

**Jane Parker Apple Pie**

825 g SIZE

**1/2 PRICE .99**

LIMIT 3 PIES PER FAMILY PURCHASE

**FORTE**

PREMIUM QUALITY HEAVY GAUGE PORCELAIN ON STEEL

**Cookware 1.99**

One Quart Open Saucepan

WITH TWO FILLED SAVER STAMP BOOKS

**3 WAYS TO SAVE! - SAVE UP TO \$6.00**

	EVERYDAY RETAIL PRICE	WITH ONE FILLED SAVER STAMP PLUS	WITH TWO FILLED SAVER STAMP PLUS	EVERYDAY RETAIL PRICE	WITH ONE FILLED SAVER STAMP PLUS	WITH TWO FILLED SAVER STAMP PLUS
1-Quart Open Saucepan	7.99	4.99	<b>1.99</b>	3-Quart Covered Saucepan	15.99	12.99
Warmer/Server	11.99	8.99	<b>5.99</b>	4-Quart Covered Casserole	20.99	17.99
8" Open Frypan	12.99	9.99	<b>6.99</b>	10" Deep Covered Frypan	20.99	17.99
2-Quart Covered Saucepan	14.99	11.99	<b>8.99</b>	5 1/2 Quart Covered Dutch Oven	22.99	19.99
10" Open Frypan	15.99	12.99	<b>9.99</b>	9-Quart Covered Stockpot	24.99	21.99
				*Cover for 1-Quart Saucepan	2.99	APPLICABLE

CUT FROM CANADA GRADE "A" BEEF

**Rib Steak 8.80/kg 3.99**

CREAM OF TOMATO

**Heinz Soup 284 mL tin 3/1.00**

LIMIT 6 TINS PER FAMILY PURCHASE

REGULAR OR DIET

**Pepsi-Cola or 7UP 750 mL bottle (Unit cost 6.5¢ per 100 mL) (Plus .40 per bot deposit) 6.99**

case of 24 - 280 mL tins (Unit cost 10.4¢ per 100 mL) (Plus .40 per bot deposit) LIMIT: 2 cases per family purchase

WITH THIS COUPON **SAVE 1.00**

SCENTED, UNSCENTED, WITH BLEACH  
**Tide Laundry Detergent**

**6.99**

LIMIT 1 box per coupon OFFER VALID thru September 23rd, 1989 (Feature price without coupon 7.99) S.C. #38

WITH THIS COUPON **SAVE .30**

ASSORTED VARIETIES  
**Cadbury Hot Chocolate**

**1.99**

LIMIT 1 box per coupon OFFER VALID thru September 23rd, 1989 (Feature price without coupon 2.29) V.C. #

PRICES EFFECTIVE THRU SATURDAY, SEPTEMBER 23RD, 1989.

We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on current Metropolitan Toronto A&P retail.



A&P FOOD STORES



Photo/MIKE HAGARTY

The Uxbridge Library's new Gould Reading Room is now the permanent home of the Joseph Gould family Bible. Dated from 1814, the edition was presented to the library by Mrs. W.H. Gould earlier this year. After consulting with expert restorers, Uxbridge Municipal Council has agreed to finance a page-by-page restoration of the

book. It will be completed next year, and from then on, the Bible will rest in an environmentally secure case at the library; safe from the elements while enabling the public to view the historic work. Karen McLean (left) and head librarian Nancy St. John examine the Bible.

**OVERWEIGHT?**

Medically Supervised Diet Program  
Call 640-6603  
7:30 - 2:30 Mon-Fri.

**Session to focus on learning disabilities**

Skills - A Lifeline to Success, a seminar geared to dealing with a child or adult with learning disabilities, will explore various techniques, approaches and ideas to bring about positive change and enhance learning.

On Monday, Sept. 25, at 7:30

p.m. the York Region branch of the Learning Disabilities Association will hold its 12th annual meeting at the Crosby Heights Public School in Richmond Hill, where the seminar will be held.

The session will highlight the many daily activities and issues which involve life skill needs of our young people.

Guest speaker Queenie Rich, a consultant with the Futures Program at Sheridan College and director of the Learning Disabilities Association of Ontario, has been involved for many years in the field of special education and has worked with people of all ages.

**Classes set for moms**

A series of prenatal and postnatal classes is being offered for single moms in York Region beginning next month.

The postnatal Just for Moms and Babies, which runs Wednesdays in Newmarket from 1-3 p.m. beginning Oct. 4, will consist of six classes on topics such as personal adjustments, nutrition, growth and development, coping strategies, infant illness and safety, community resources, toys and infant stimulation.

Prenatal classes, which are being offered at various York Region locations, will cover such topics as nutrition, common discomforts of pregnancy, labor and delivery, exercises, breathing and relaxation techniques, and development and feeding of newborns.

The classes are offered by York Region's Public Health department. For further information, or to register, contact Sharon Baker at the health department at 895-4511, 476-4333 or 887-5843.

**LASER THERAPY**

HEALTH CENTRES

**STOP SMOKING**

WEIGHT REDUCTION

STRESS RELIEF



Laser World Therapy Centre

NEWEST LOCATION

THE SHOPPES OF UNIONVILLE

Unionville - Markham

474-1700

256-1900 LAWRENCE AVE. WEST	566-1900 MISSISSAUGA	566-1900 SHEPPARD - 404	882-1400 STEELES - YONGE
474-1700 UNIONVILLE - MARKHAM	239-1400 DUNDAS ST. W.	944-1900 BLOOR - ST. GEORGE	739-8940 OTTAWA
450-3400 BRAMPTON	829-1400 OAKVILLE	561-3337 BATHURST - HOLL	726-1121 OTTAWA
639-1900 BURLINGTON	289-4379 SCARBOROUGH	545-3711 KINGSTON	684-2358 ST. CATHARINES

40 Centres Across Canada