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OPEN 9 A.M. TO 9 P.M. 7 DAYS A WEEK

GRAND OPENING

SPECIALS

JULY 9th - 10th - 11th & 12th

**FINEST
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First of the
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ONTARIO
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Bing's - Vista - Schmitts

4 Qt. \$1.75

Flavourful Ontario Field

TOMATOES .29¢ Lb.

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Freshly Dug Ontario

POTATOES 6 Qt. .69¢

Coming In Fresh Daily

**STRAWBERRIES
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By the Qt.
or Flat

Martindale's

EGGS .89¢
Large 3 Doz.

Caswells Festival

ICE CREAM .79¢
1/2 Gal.

Wonder

BREAD

5 For \$1.

WHERE PRICE & QUALITY WITH VARIETY ARE YOURS TO SELECT

FOR ALL YOUR FRUIT & VEGETABLE NEEDS

"The Finest Selection of Fruit & Vegetables in Norfolk and Haldimand Counties"

Balmoral L.A.

The monthly meeting of the Community Baptist Church Ladies Auxiliary was held at the home of G. Altling.

The first part of the meeting was spent in rolling back for a hospital in the small Republic.

Pres. Mrs. G. Hoover, and the meeting with all "Brightly beams our Mercy." Mrs. A. led in prayer.

Women Teacher's Federation Meeting

Haldimand Women's Federation held their annual dinner meeting of the school year at the Youth Centre.

For the evening were the Haldimand Teacher's Federation.

Mrs. Margaret Clause, the introduction of the table. Words of

well were given by Mr. Hansen to the retiring Mrs. E. Douglas,

M. Hanson, Mrs. Min, Mrs. Strome, Mrs. Mrs. Houser and Winger. Momentos

presented to these by Mrs. Patricia

etings were received Mr. Bowman on behalf of the secondary school

ers, from Mr. Jackson half of the school

erintendents greetings given by Mr. E. Smith

H. Howard, minute of silence observed in memory of

awson, Past President of the Ontario Women's Federation.

The excellent entertainment was provided by a very talented young

Miss Cheryl Priebe, Miss Cheryl Tehrer, New York State,

g the piano and flute, business session of meeting consisted of a

st on the Spring rence; the nomination Mrs. Ruby Duns as

al convener of the tive committee.

guest speaker, D. ence Kemp, who es in Lancaster,

ylvania, gave a very rful travalogue on ols in the Caribbean."

one found this speaker tionally interesting.

meeting closed with ate of officers for the ing year being

ated.

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Walpole North Home and School Association

The annual business meeting of the Walpole North Home and School Association was held in the general purpose room of the school, Monday, May 25.

The nominating committee presented a slate of officers which was accepted by the membership. The officers for the year 1970-71 are as follows: President, Mr. Lawrence Almond; First Vice-President, Mr. Art Winger; Second Vice-President, Mr. Ron Tanley; Treasurer, Mr. Hugh Mitchell; Secretary, Mrs. Steen; Membership Chairman, Mrs. A. Phillip; Room Representative Chairman, Mrs. Morgan; Program Chairman, Mr. Steen; Program Committee, Mrs. Varga, Mrs. McNiece, Mr. Court, and Mrs. Bristo; Corresponding Secretary, Mrs. Cotts; Publicity Chairman, Mrs. Kenner.

Following the business meeting, entertainment in the form of original plays was presented by the pupils of Mr. Court's grade 6 class. A film, "No Reason to Stay", which dealt with the problems of the school drop-out was shown, after which lunch was served by some of the room mothers.

The help of the Home and School mothers in providing booths for school activities during the year was appreciated. These were set up for the convenience

Weight Watchers' Special

Strawberries, with only 54 calories per cup, are the ideal summer treat for weight watchers. In this recipe from Macdonald Institute, University of Guelph, the fresh berries give a great taste to cottage cheese, cheese.

Crush one cup of strawberries and sweeten to taste. Force one cup of cottage cheese through a sieve. Combine the berries and cottage cheese, beating until light and fluffy. Serve at once. Makes three servings.

Port Dover Lions Club

MONSTER BINGO

Tues., July 14

SUMMER GARDEN
PORT DOVER

GIANT
Jackpots

No. 1 \$1,000

No. 2 \$1,300

PLUS...

Fabulous Mystery Prize (A Valuable Prize Each Night)

Share - The - Wealth
13 Regular Games

PLAY COLOUR CARDS
That Pay Up To 4 - to - 1
On Your Winnings

ADMISSION \$1
PLAY STARTS 8:15 p.m.

CIAG INSURANCE

-where people
are important

The principal objectives of CIAG are good value to policyholders and fair and prompt service to all claimants.

These and the other objectives of this insurance co-operative are set by its board - whose ten members are elected by the controlling owners:

Ontario Credit Union League - OCUL

Ontario Federation of Agriculture - OFA

United Co-operatives of Ontario - UCO

The sponsor - owners accept only a fair return on their invested capital. Premium income covers claims and operating costs. Investment income is used to pay income tax and premium tax, to provide moderate dividends to shareholders, and to build the surplus needed to support service to a growing number of policyholders.

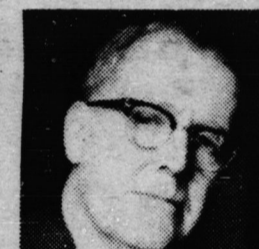
CIAG provides home, life and automobile insurance protection and service for more than 200,000 Ontario families. The CIAG companies have \$47 million in assets, a thousand staff members and sales people, and 58 offices.



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