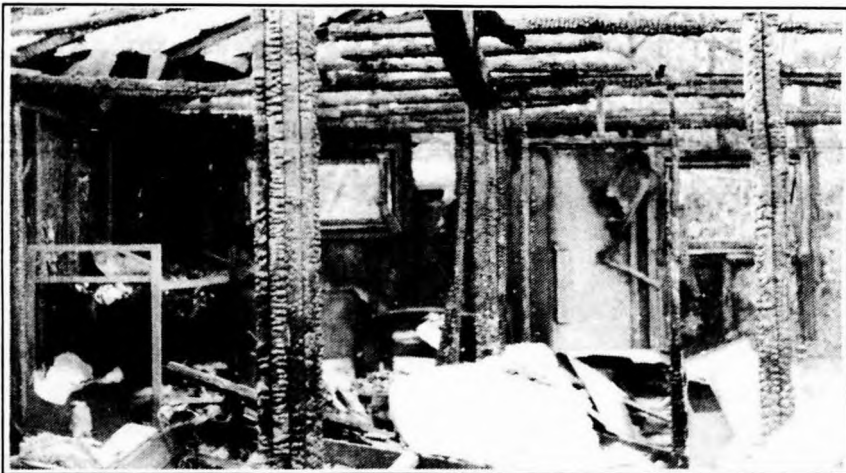


The COMMUNITY VOICE

60¢ (incl. Tax)

From the Beaches to the Falls*

Fire Guts Cottage at Lester Beach



Burned out cottage at Lester Beach. Destroyed by Lightning (see page 2 for details).

New Parks Act To Assist In Adminisetring Regulations

by Lorraine Neal

The Province of Manitoba has a brand new Provincial Parks Act. The new act should make the administration of the acquisition, disposition, and occupation of land easier. According to the new act, "the minister may, with the approval of the Lieutenant Governor in Council, acquire land for provincial parks by purchase, lease, exchange, expropriation, gift or other-

wise." "The Lieutenant Governor in council may, by regulation, withdeaw land that is designated as a provincial park from a municipality, local government district, school division, school district or other local government area." "Crown lands in a provincial park shall not be sold, or, except at otherwise provided in this Act, disposed of in any other way." "The minister

may grant leases and permits for the occupation of Crown lands in provincial parks in accordance with the regulations." According to Gordon Prouse, Chief of Program Services, Parks Branch, Department of Natural Resources, the new act should have a positive impact. This newly structured act embraces government dedication and purpose with regard to con-

Students Protest Sports Cuts

by Charles Norman

Powerview high school student, 16 year old Chantelle LaFreniere, along with students from Lac du Bonnet and Beausejour, protested proposed cuts in the use of school buses for sporting events at an Agassiz School Division School Board meeting in Powerview on Wednesday June 16th.

LaFreniere told the board the loss of "sport's busing" will affect every student enrolled in the Agassiz school

division. "Are you willing to jeopardize young athletes futures by taking away our buses"? She asked. "I know for a fact that the high school drop-out rate will increase".

She said some students go to school for the sports. "Without sports they would fail or quit because their is nothing to look forward to".

"We learn to become friends and develop a team spirit." She said. "Even peo- See page 2 "Protest"



Chantelle Lafreniere - protesting cuts on school bus sports trips

Letters to the Editor (Cont.)

We could add to the above list but we think it is clear that extra-curriculars (sports especially) are an important part of the education of students. They are not an "extra" or a "frill".

We understand why the coaches (mostly teachers) are feeling undervalued due to wage cuts, loss of travel subsidies, loss of preparation time, increased workloads, etc. They have volunteered many, many hours over the years coaching, scheduling, tutoring student athletes, planning practices, etc. as well as doing

their jobs, and now they are being asked to do more with less (less pay, equipment, time, travel dollars).

In conclusion, we ask that the School Board re-evaluate its priorities as they relate to the education of Eastman's youth. Consider the effect on our youth and their families by such a major loss. Don't sell our youth short. Remember that athletics (and other extra-curriculars) are the "other half of education".

Marion Mitchell
Executive Director
E.S.D.A.

EAST-MAN WINTER GAMES NEEDS HELP

The Eastman Sport development Association is looking for organizations in the Eastman region willing to host Winter Games events in preparation for the 1994 Manitoba Winter Games to be held in Thompson in January 1994.

Sports included in the Thompson games are badminton, basketball, 5-pin bowling, junior curling, figure skating, gymnastics, hockey, ringette, floor hockey, alpine ski, cross country ski and volleyball.

Organizations interested

in hosting one or more Winter Games events are asked to contact Marion Mitchell (ESDA Executive Director) at 1-367-2180/8437 or the ESDA office at 1-268-2172/3841 for bid packages and more information. Financial assistance, in the form of "Host Grants", will be available to help defray the costs incurred by host organizations.

The deadline for submissions is fast approaching so please call today.

Join in the '94 Manitoba Winter Games, and be part of the fun.

Winnipeg River Women's Institute News

by Loreen Carlson

Due to unforeseen circumstances, our Household Hazardous Waste Day, slated for June 5th, 1993, had to be postponed. The L.G.D. of Alexander will set up a later date. Is this important to you????? Please let the L.G.D. know. Our Women's Institute have volunteered to help. Brochures on Household Hazardous Waste are available at Library Allard. Ask Cathy or Edith. In conjunction with A.L.S. awareness week, May 21 to 29, our Women's Institute members gathered at the home of Loreen Carlson on May 26th. They prepared casseroles, meat balls and other dishes, and delivered them to Janet Boyer and her family. Our "Knit-Wit" doll project (for the hospital, and lab) is still ongoing. A big thank you to those who have donated boxes and bags of yarn. Thanks also to the volunteer knitters. We also donate finger puppets, a popular item for the youngsters in hospital. To wind up our busy eventful year, June 15th, 1993, two carloads of Women's Institute members and friends travelled to Steinbach for a tour of the Mennonite Heritage Village. "This forty acre heritage complex spreads out from a village street reminiscent of the Mennonite villages found in southern Manitoba before the turn of the century. The north side of the street displays the traditional buildings, while the south side illustrates

the gradual shift to shops, and other businesses as the pioneer villages began to diversify. The modern Village Centre, meanwhile, houses a museum with two galleries, plus a gift shop." (Taken from the Mennonite Heritage Village (Canada) brochure. The clear, sunny day was conducive to touring the log homes, school houses, barn, blacksmith shop etc. The main attraction is the huge operative windmill, with it's stones which grind the wheat into flour. Many guided school tours were also in attendance, so our group was able to listen to the information given the school groups from the tour guides. The huge log church which was built in 1881, is so acoustically balanced, a person is able to hear a speaker clearly no matter where they are seated. This church is built entirely of dowels. There was not one single nail or bolt used. We were treated to a sample of fresh baked bread (from the outdoor clay oven) and fresh rhubarb jam. Demonstrations of quilting, spinning, and blacksmithing gave a glimpse of life and labor of the past.

After a sumptuous meal of Mennonite food, ie, ham sausage, borscht, brown bread, verenike, (cottage cheese filled dumpling), large cookies and fruit platz, we stopped at the general store, then journeyed home.

The Winnipeg River Women's Institute Graduation

Nesda Executive (Continued)

ment money (ours) as it is much cheaper to have teams at the ready to put out forest fires when first detected, then it is to go in with all the equipment and manpower necessary to put out a forest fire in full rage. NESDA is still looking for volunteers to help out with existing and future projects. Peter Clarkson and Jim Larocque are working on a Pine Creek Trail brochure/guide. First draft looks very impressive. Lloyd Chandler and his students are helping to put the final touches on the

Trail itself. A work day will be planned shortly where we will need all the help we can get to start adding more base to the trail. Roger and Nina Pepin are coordinating this effort. Please contact them if you can help out. The incoming and outgoing executive will be getting together soon to develop a plan for NESDA's activities over this year and into next. If you have any projects or ideas that you would like to see addressed please contact any of the executive, or better still, come

Award will be presented by our President, Peggy McMullen at the Powerview Graduation ceremonies. We resume meetings on September 21st, at 7:00 P.M. at Library Allard. The program begins at 8:00 P.M. September program will be "Self Esteem for Children. Our October program will be Crafts. The December program will be the Christmas Gathering.

Our meetings and programmes are open to anyone. You are always welcome. We meet the third Tuesday of every month, except July and August, at the Library Allard, St. Georges. Look for our display at the 4P Festival... "For Home and Country." For further information please call Loreen Carlson, 367-2922.

LIGHTNING DESTROYS LESTER BEACH COTTAGE

The cottage owned by the Lentowitoch family of Ridge Road in Lester Beach was totally destroyed by fire. It is believed the cottage was struck by a lightning bolt during the thunderstorm during the early morning hours of June 6th. The cottage was completely destroyed despite the efforts of the volunteer fire departments of both Grand Marais, and St. Clements. Fortunately the cottage was unoccupied at the time of the fire. There are no reports of damage estimates at this time.

out to any of the meetings. They are held at 7:00 p.m., in the Manitou Lodge, on the first working Monday of every month and are open for any and all to come and participate, or to just observe if you wish.

Again, a big thanks goes out to the executive and volunteers past and present for the work they have done and the work they will do in making this area a great place to live and work, both for this generation and for the future generations that will follow.

Cornerstone

Eastern Region Home Economists

PULSE RECIPES

BAKED LENTILS WITH CHEESE

1 cup (250 ml) dried lentils, rinsed
1/2 cup (125 ml) sliced carrots
1 cup (250 ml) chopped onions
1 cup (250 ml) water
1 cup (250 ml) canned tomatoes
1/4 cup (50 ml) chopped celery
1/2 cup (125 ml) chopped sweet chopped fresh parsley
green pepper
1 clove garlic, minced
1 bay leaf
1 tsp salt
1 1/2 cups shredded cheddar cheese Pinch each sage, marjoram
thyme, and pepper

In an 8 cup (2L) baking dish, combine lentils, onions, tomatoes, water, garlic, bay leaf, salt, sage, marjoram, thyme and pepper. Bake, covered in a 375 degree oven for 30 minutes. Stir in carrot, green pepper and celery. Bake uncovered, for 40 minutes longer or until liquid has been absorbed and flavors have blended. Sprinkle with parsley (optional) and cheese. Bake uncovered, for 5 minutes or until cheese has melted. Makes 6 to 8 servings.

AGRIBITION LENTIL SOUP

1 tsp vegetable oil
1 cup thinly sliced carrots
2 cups chopped onions
1/2 tsp each thyme marjoram
8 cups chicken or beef stock
salt and pepper
1 can (19 oz.) tomatoes
1/4 cup dry sherry
1 cup dried lentils, rinsed
1 cup shredded cheddar cheese

In a 16 cup stockpot or Dutch oven, heat oil over medium heat. Cook onions until softened, about 3 minutes. Add stock, tomatoes, lentils, carrots, thyme and marjoram. Simmer, covered, for 45 minutes or until lentils and vegetables are tender. Season with salt and pepper to taste. Stir in sherry. Place 1 or 2 tbs of the cheese in each soup bowl, ladle soup into bowls. Serves 10.

LENTIL SALSA

2 medium tomatoes
2 tsp finely chopped 1 cup finely chopped onion, cilantro or 4 oz. can diced green chilies
2 tsp onion powder
1 cup cooked lentils
1 tsp fresh lime juice
1 tsp red wine vinegar
2 cloves garlic crushed
1/2 tsp salt

Chop tomatoes. Put in bowl with onion, chilies, lentils, cilantro, vinegar, lime juice, garlic and salt. Mix well. Cover and chill for 2-3 hours.

SPICY HOT SPLIT PEAS

2 cups yellow split peas
10 cloves garlic, crushed
4 tsp soy sauce
1 tsp sesame oil
6 tsp honey
1 tsp crushed red chili
2 tsp crushed fresh ginger pepper
2 tsp cornstarch
1/2 cup diced red pepper
2 tsp water
1/2 cup currants
White rice for 6
Rinse split peas well, cover with water and simmer 30 minutes. In a small bowl combine soy sauce, honey, fresh ginger, cornstarch, and water. Heat oil, chili peppers and garlic. (Do not brown.) Add split peas, red pepper and currants. Saute 5 minutes stirring constantly. Add sauce, while stirring constantly, till mixture thickened, clear and heated through. Serve on a bed of rice. Serves 6.

LENTIL SPICE COOKIES

1/2 cup shortening
2 cups flour
1 cup sugar
2 tsp baking powder
2 eggs
1 tsp salt
1 cup lentil puree
2 tsp cinnamon
1 cup raisins
1/2 tsp nutmeg
1 cup nuts, chopped
1/4 tsp ground ginger

Preheat oven to 350 degrees. Cream shortening, add sugar and beat well. Add eggs and lentil puree (puree should be the consistency of canned pumpkin at room temperature.) Mix well, add raisins and nuts, flour and other ingredients. Drop by heaping teaspoon onto greased cookie sheets. Bake until firm to touch, about 15 minutes. Drizzle with lemon icing. Makes 4 doz. Lemon icing
1/2 cup icing sugar
1/2 tsp grated lemon rind
1/2 tsp lemon juice
Cream together enough to make icing soft enough to drizzle.

LENTIL OR SPLIT PEA PUREE

Puree freezes well. Double this recipe and have some on hand to make baked loaves and cookies or use in chowders and soups.
1 cup lentils or split peas
2 1/2 cups water

Wash lentils or split peas. Cover with water. Bring to boil and reduce heat. Cover and simmer until lentils are very tender, 30-45 minutes. Drain lentils. Save enough stock to blend with lentils or peas to the consistency of canned pumpkin when cool. As puree forms, stop, scrape and mix with a spatula and start blender again until a smooth puree is developed. Yield 2 cups.



It's that time of year again! The Bombers are embarking on a brand new season and I have been asked to bring them to you. The Community Voice and yours truly have agreed to make this the inter-provincial year of the fan, but we need your help.

We have done our bullwork and now need the support of the truly interested (one eye open counts). Our story begins with Donald C. Norman. Posing as a mild mannered newspaperman Donald [publishers note: actually Pat, I prefer Don] has thwarted the monopoly of big city newspapers and setup his own style of community news. Next he boldly strode into the Bomber's office and meekly asked for a pass to cover the games. They took one look at him and his flashy sports columnist (that's me!) and gave him a definite "Well okay, but just this once". As though this man hadn't already done enough for one paper, he then went through an extensive interview with Mr. David Ried (Promotions) and Assistant Coach Lyle Bauer, and without batting an eyelash, is passing my ideas on to you!

Being that this is a Community Newspaper, we want your input. Don (Thank-you, Pat) is anxiously awaiting your comments about my articles behind his concrete bunker, but we need more. What we would like is for everyone to get involved. So we have set up a system where you, the readers, may send in questions for the team's coaches and players. I will relay your questions to the person you indicate after each game. The answers will be published in the following issue of the Community Voice. All questions can be mailed, dropped off, or phoned into the Community Voice c/o Don Norman (please, no arm-chair general managers need apply, we believe that a sports column is for sports on the field - not off). Oh yes, please don't forget your name (it may come in handy sometime).

If the stuff's really any good, it wouldn't last fifteen minutes in my house.

The Winnipeg Blue Bombers accomplished many things last Thursday. Matt Dunigan went 100 percent in the air and then, deciding to quit while he was ahead, let his backup experience some real game style, get in there pressure. Keithen McCant now has the surprise entry experience under his belt and received more experience in one pre season game than we hope Matt gives him all season.

A team that fields all American talent beat a Canadian team that was missing its two biggest offensive starters by a spread of only six points. I don't think we have anything to worry about. The game featured so much pre-game hype, I think everyone started to forget it was pre-season. Who cares what the score was in light of the team we will be fielding when it really matters? Guys, lighten up! Need we remind you that it is the nineties? A player from Finland became the first person to win the Calder with all of the first place votes in the N.H.L.! Down with protectionism, up with true competition! Power to those who can wield it and are responsible enough not to blame some-

Now on to last weeks exhibition game against the Sacramento Gold Miners. Matt Dunigan got hot, in a city known for cold, playing against a team, nine days old. Which leads us to the all important question; just what is peas porridge and why do you leave it in a pot for nine days?

Maskwa Wind-Up

(Members Only)
Sunday, June 27 1993
1:00pm - 10:00pm

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POLICE REPORTS

Powerview

Detachment

On June 3rd, Police received a report of a stolen Husquarna 125cc chain saw from a tree planting area at the Hollow Water Reserve.

On June 5th, a resident of Hillside Beach left his car parked and went canoeing. When he returned the rear window had been smashed and an Alpine car stereo and compact disc had been stolen.

On June 4th, at approximately 8:00 p.m. four male youths approached two male youths on a residential street in Pine Falls. The four youths took a hat from one of the two youths and then grabbed the second youth. One of the four then brandished a utility knife and threatened to use it on the two youths. The two managed to get away and called their parents from a local business. Investigation continuing.

On June 4th, at 5:30 p.m., a female adult entered the Powerview Hotel beverage room and was assaulted by another female. The assault occurred as a result of the victim testifying in court against the suspects brother. Investigation is continuing.

On June 5th, at 8:30 p.m., a vehicle lost control and rolled in a ditch at Fort Alexander. The driver, a 15 year old female, and her 15 year old female passenger were both hospitalized. The driver was charged for "no licence". Investigation is continuing.

Between 5:00 p.m. June 5th and 5:00 p.m. June 7th, an antique Massey Harris cultivator was stolen from a farm North of Stead, off P.R. #304. Investigation is continuing.

A local Pine Falls man has been charged with "Uttering Threats" after a dispute between

two neighbours, with one threatening to shoot the other.

On June 6th, at 9:00 p.m., police received a call from a resident of the Townsite of Fort Alexander concerning a speeding car driving carelessly. Police located the car in the area. The driver and occupants ran from the car and were not apprehended. The vehicle was seized. Investigation is continuing.

Between December and June, two snowmobiles were stolen from a cottage near Caribou Lodge on Quessell Lake. Investigation is continuing.

Over the weekend police were called to a number of noisy parties. The public is reminded that noise by-laws are in effect and charges will be laid.

On June 13th, it was reported to police that four vehicles parked in Manigotagan had their windows smashed and several items were taken. Investigation is continuing.

On June 15th, a small child's bicycle was located in the bush near the Powerview Dam. It can be claimed by the owner by contacting R.C.M.P. Powerview.

Sometime overnight June 15th, suspects broke into the Sagkeeng Elementary School at Fort Alexander. They then broke into the principal's office. Nothing appears to have been stolen.

At 2:00 p.m. June 15th, a resident of the North Shore of Fort Alexander phoned police to report an abandoned vehicle. Investigation revealed the car, a 1985 Pontiac Firebird, had been stolen from Winnipeg on June 14th. The licence plate on the vehicle had been stolen from another vehicle which had also been stolen in Winnipeg and not yet recovered. The missing automobile is a 1981 Oldsmobile Cutlass, 2-door, black.

At approximately 11:00 p.m., June 15th, police received a report of a stolen automobile from the parking lot of a local hotel. The car has not been recovered and is described as a 1988 Pontiac Bonneville, red in colour. There are no suspects.

At 7:00 p.m., June 16th, an Abitibi employee reported an attempted theft of his vehicle from the parking lot of the mill sometime during the night. The vehicle was damaged at the steering wheel and fire wall in what appeared to be an attempt by the suspects to start the vehicle. Citizens are reminded to lock their vehicles and pocket the key and not to leave valuables inside.

At 11:00 p.m. June 16th, police received a report that suspects smashed his car window and stole his ghetto blaster from his vehicle while it was parked behind a local hotel. It appears this occurrence and the vehicle thefts and attempted thefts are related.

If you have any information on this or any other unsolved crime please call Powerview detachment at 367-2222, or by calling Manitoba Crime Stoppers toll free 1-800-782-8477, you will not have to give your name or go to court, and you may be eligible for an award of up to \$2,000.00.

Grand Marais Detachment

The RCMP at Grand Marais reports a quiet week. They report the discovery of the bodies of three persons missing in a boating accident. A report of a break and enter at Lakeside Heights. A report of one careless driver apprehended and charged. A report of five liquor related offences. A report of a cottage fire at Lester Beach. (cottage struck by lightning bolt during storm. see pages 1 & 2) □

But one evening, my ex seemed distant. It's so unlike him. "You've met someone", I said. "It's so obvious, I can tell."

"Yes," he answered, then nothing. What kind of an answer is that, I wondered? I would have expected more information from a casual acquaintance about their latest crush, but from someone who is practically my dearest, closest friend?

Who was this woman who had captured his heart? A few details were all I was asking. I was just curious. Make that desperately, frantically curious.

I began politely. "Is she nice?" "Yes." "Smart?" "Yes." "Pretty?" "Yes."

Clearly this monosyllabic barrier was getting me nowhere. It was time to take the plunge.

Pine Falls Tumblers' Club

This year, 33 gymnasts participated in two 10 week sessions.

Our club did very well in two competitions held in March and April of this year. Many thanks go to our hard working coaches Laurette Sunstrum and Nicole Germaine. Their dedication certainly has paid off. The first competition on March 13th was held in Ste. Anne. 22 participated, the standings were as follows: ADVANCED - Laine Gelinas - All Around-Gold, Kristen Paukovic-All around-Silver.

INTERMEDIATE - Kelly Chikowski - All Around Gold, Carrie Paukovic - Silver - All Around. Also participating on this level was Cara Bourgeois, Colleen Chevrefils, Bev Dufour, and Angel Bouvier.

BEGINNERS - Lindsey Gunter ranked 2nd in the Uneven Bars. The Following also participated on this level: Jeanesse Bourgeois, Teresa Cowan, Jande Cowan, Christine Peterson, Justine Dugard, Laura Lee Hlatkey, and Tanya Hermtier.

PRE-COMPETITIVE - Nathan Chevrefils - Silver, Jason Dahl - Bronze. Level 1 Competitive -

Donald Bouvier - Silver, Curtis Lagasse - Bronze, as well Nathan Trethart participated in this category.

The second competition was held in Boisevain, April 2nd and 3rd with six attending. The participants are as follows:

ADVANCED - Laine Gelinas - Bronze - All Around, as well Laurie Dube Participated.

INTERMEDIATE - Kelly Chikowski and Cara Bourgeois participated.

BEGINNERS - Jeanesse Bourgeois and Lindsey Gunter participated.

Our fundraising events included selling Christmas wrap, foil wrap, and raffle tickets on a large grocery hamper. Mrs. Diane Dube was the lucky winner. With fundraisers and donations from local establishments we were able to purchase some new equipment which enhances our club's capabilities.

CONGRATULATIONS TO ALL THE PARTICIPANTS, ENJOY YOUR SUMMER AND HOPE TO SEE YOU IN THE FALL.

We regret to announce that Nicole Germaine will not be back to coach, we will all miss her and wish her well. We do hope to fulfil her position to begin the new session in the fall.

May God bless you all. Sincerely, Margaret Pereux and family.

IN MEMORIAM

Weiss, William
In loving memory of my beloved husband Bill who passed away June 20, 1992.

One year has passed since you went away, Quietly remembered day by day.

Just as you were, you always will be a special part of my treasured memories.

You're no longer in my life to share but in my heart you're always there, still loved and missed and so very dear.

Lovingly remembered, Anne

one less than, gorgeous and talented. WHY?

Because there is an unwritten commandment that says, thou shalt not be friends with thine ex boyfriend, even if it seems like a good idea at the time. Even if you claim that you are not jealous. Even if you are happily involved with someone else. Because one day you will realize he is over you, he has moved on. Another woman has taken your place. And she might make him laugh, and cry. And she might insist that he not be friends with you. And he might be out of your life for good.

Which is what you wanted in the first place. Wasn't it?

I cleared my throat. "Really?" ".... She sounds great. I'm so happy for you."

And I meant it. I still do. I think I want him to be happy. I'm happy. But why couldn't he be happy with some-

Till Next Week I'm Dee O'Hara

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Be sure to Check your advertisement for errors when it first runs. The Voice cannot assume responsibility for errors in subsequent issues if the mistake has not been made known to us.

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CARD OF THANKS

Thank you
The family of the late Roger Pereux wish to express their sincere thanks and appreciation for the many acts of kindness and expressions of sympathy shown in the loss of our dear husband, father and grandfather. Also for the donations of food, mass offerings, flowers and charitable donations. Our thanks to the clergy and choir members, thank you for a very meaningful service.

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The Heart of the Matter
With Dee O'Hara

Dear Readers: This issue was related to me from a dear friend, who after a long term relationship decided to move on to a much better one. We discussed the aspect of her two relationships and out of his conversation came this story. I'd like to call it the "Ex" Factor.

My ex-boyfriend and I are still friends. Seven years we lasted. First love. For both of us.

We broke up a year ago, but still talk at least twice a week and have a cup of coffee (or lunch if we can afford it)

several times a month. He knows I'm seeing someone else, and we talk about him - my new significant other, my lover, the guy I'm dating, okay my new boyfriend. We've been doing this for quite some time now. I talk, he listens, he asks me questions, I answer. We're both okay with it. No problem.

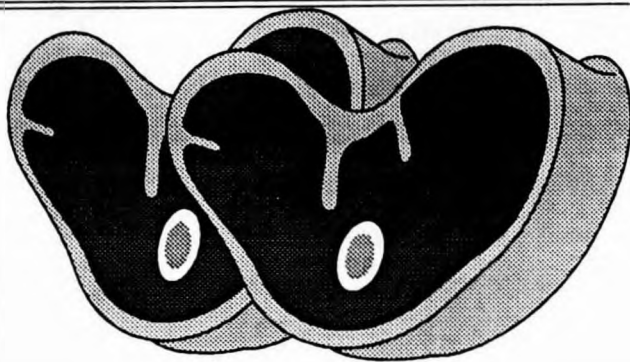
I'm definitely okay with it. After all, I'm the one who wanted out of the relationship. I'm the one who found someone first - just as my ex had predicted. And I'm the one who's happy. You can see it on my face. Really.

GREAT FALLS FOODS



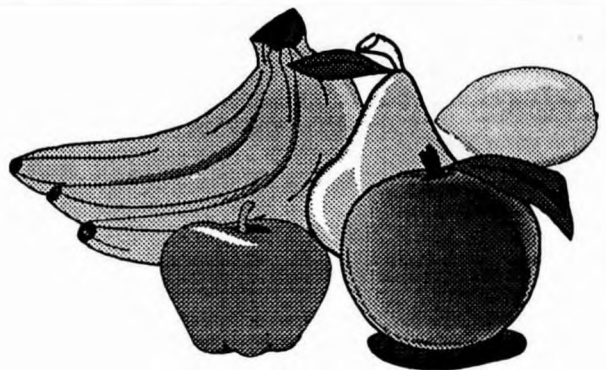
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"The House of Quality"



Meats

Fresh Chicken Breast (Back on) ... **\$2.29/lb 5.05kg**
 Family Pack Pork Chops ... **\$2.49/lb 5.49kg**
 Burns Bacon **375g pkg \$2.69**
 Burns Wieners.....**\$1.99 450g**
 Campfire Coil Garlic.....**49¢ 100g**



Produce

Red Plums **\$2.60 kg 1.18 lb**
 Tomatoes **\$1.27/kg 78¢ lb**
 Watermelon **\$6.29/kg 2.89lb**
 Cucumbers (English) **88¢ each**

Groceries

Niagra Orange Juice (frozen) **69¢ 341ml**
 Ruffles Potato Chips **220/250g pkg \$1.19**
 Kraft Cheese Slices 500g pkg**\$3.99**
 Libby's Beans (astd.)..... **298-425g 79¢**
 Ritz Crackers 450g**\$2.79**
 Hunts Sauce**398ml 79¢**
 Christies Cookies (astd.) 400-450g**\$2.69**
 Savarin Meat Pies 200g.....**69¢**
 Savarin Dinners 295-306g.....**\$1.69**
 Jello Pudding (astd.) 99-113g**79¢**
 Good Humor Popsicles 12/pkg.....**\$1.89**

Food City

Drinks 2 litre**99¢**
 Macaroni & Cheese
 225g pkg.....**3 for 99¢**
 Foil Wrap (12"x25"roll)..... **\$1.19**
 Garbage Bags ...**10pkg. \$9.79**
 Mustard.....**500ml \$1.29**
 Coffee Whitener..... **500g \$1.99**
 Drink Boxes 3x250ml**79¢**