

**Atkinson Foundation**

**\$6,278 given home for runaway wives**

A \$6,278 grant by The Atkinson Charitable Foundation to Interval House, a temporary home for runaway wives and their children, will pay the cost of completely refurbishing the home's five bedrooms.

The home is a three-storey former rooming house on Spadina Rd., which opened in April, 1973.

Interval House is seeking to refurbish the entire house. "We've had leftovers and hand-me-downs that are in bad shape," said Adrienne Steinberg-Jones, co-ordinator. "It's difficult enough for the people to overcome the stress, without having to live in such a barren environment. It's shabby, very depressing."

**LIP PROJECT**

The home was opened as a project under the federal government's Local Initiatives Program. Today it is primarily supported by Metro and the United Community Fund. The home accommodates 16 people. Average stay is between two to three weeks.

The grant to Interval House is one of four grants announced today by The Atkinson Charitable Foundation. The St. Alphonsus Cath-

olic Church Day Nursery on Vaughan Rd. at St. Clair Ave. W. in a predominantly Italian-speaking neighborhood, was awarded \$1,981, to cover the cost of building a playground for 45 children who attend the nursery.

The church had been renting outdoor space for the nursery playground. When that property was sold, the nursery lost its play area. St. Alphonsus bought a parcel of land adjacent to the church to turn it into a playground. The grant by the Foundation will pay the cost of fencing, paving and equipment for the playground.

**MUSIC SCHOLARSHIP**

A grant of \$1,000 went to the Canadian Opera Company, to support the company's activities in Ontario during this year's opera season.

The Foundation made a \$6,000 grant to the Hamilton Philharmonic Society Inc. The grant will provide scholarship assistance for six Ontario students entering the Hamilton Philharmonic Institute.

Manuel Zack, president of the society said the scholarships enable students to

work with seasoned musicians and soloists.

"Most students who graduate with a bachelor of music degree have never really been involved in playing with a professional orchestra. They've had very little contact.

"It's like kids coming out from college football, they really haven't had contact with professional players. They have a great deal more to learn. We're trying to bridge this gap," Zack said.

**N.W.T. Indians to vote on liquor ban**

YELLOWKNIFE N.W.T. (CP) — Dogrib Indians are to hold a plebiscite on liquor distribution to the 2,000 members of the tribe.

N.W.T. Commissioner Stuart Hodgson, following talks with the leaders last June, ordered all territorial liquor outlets to end sales to Dogribs and asked bar owners to refuse to sell to the Indians. But the ban proved unenforceable.

**Why Madame Benoit now buys her flour in Ontario.**

Madame Benoit, Canada's cooking authority, lives in Quebec.

Until recently, she was quite happy with a flour she bought locally. Then we asked her to try new Monarch All Purpose Flour with its unique blend of hard and soft wheats.

She experimented with her favourite recipes and found that new Monarch All Purpose Flour was different. It gave her better results over a much wider range of baking recipes than her old all purpose flour.

Other all purpose flours are made from 100% hard wheat. Ideal for bread and rolls. But less than ideal for the tenderest cakes and pastries. New Monarch All Purpose Flour



is blended with just the right amount of soft wheat flour. Blended to make your pie crusts flakier and more tender. Your cake batters cream faster. Your bread and rolls lighter and softer.

New Monarch All Purpose Flour will give you better results over your full range of baking needs.

That's why, every few weeks, a couple of bags of new Monarch All Purpose Flour go to Madame Benoit's home in Quebec. She knows a good thing when she sees it.

Why not clip the coupon below and try new Monarch All Purpose Flour in all your favourite recipes.

We think you'll see some good things too.

**Toronto Star Food Shopper's List**

Save money on the "big value" food buys in today's grocery ads. Check the items you need and take this list with you on your shopping trips.

✓ Produce	✓ Baby Needs	✓ Spaghetti
Apples	Fruit (Jars)	Rice
Asparagus	Meat (Jars)	Wrap: Wax, Clear, Foil
Bananas	Vegetables (Jars)	
Beans	Cereal	
Cabbage	Drapers	Meats
Carrots	Oil	Bacon
Cauliflower	Powder	Chicken
Celery		Cold Cuts
Cucumbers		Fish
Lemons	Condiments	Ham
Lettuce	Ketchup	Hamburger
Limes	Mustard	Liver
Onions	Pepper	Pork Chop
Oranges	Pickles, Olives	Roasts
Peppers	Relish	Sausage
Pineapple	Salad Dressings	Spareribs
Potatoes	Salt	Steak
Tomatoes	Spices	Turkey
Turnip	Vinegar	Wieners
Grapefruit		
<b>Canned Goods</b>	<b>Dairy Bar</b>	<b>Household Supplies</b>
Applesauce	Butter	Bleach
Beans	Cheese	Detergents
Carrots	Eggs	Cleaners
Corn	Ice Cream	Furniture Polish
Fruit Cocktail	Milk	Garbage Bags
Fruit Juices	Shortening, Lard	Hand Soap
Mushrooms	Yogurt	Light Bulbs
Macaroni		Liquid Detergent
Peaches	Frozen Foods	Paper Towels
Pears	Desserts	Serviettes
Peas	Fish	Wax
Pork & Beans	Fruit	
Salmon	Juices	Drugs
Sardines	Soups	Headache Tablets
Soups	T.V. Dinners	Deodorant
Spaghetti	Vegetables	Razor Blades
Tomato Sauces		Sanitary Napkins
Tomatoes		Shampoo
Tuna Fish	Miscellaneous	Tissues
	Cake Mixes	Toothpaste
	Candy	
<b>Staples</b>	<b>Cereals</b>	<b>Bakery Items</b>
Baking Powder	Cigarettes	Bread
Baking Soda	Crackers	Cakes
Chocolate Drink	Jams, Marmalade	Cookies
Corn Starch	Lunch Bags	Pies
Coffee	Macaroni	Rolls
Flour	Margarine	
Nuts, Raisins	Noodles	<b>Other Items</b>
Sugar	Peanut Butter	
Syrup	Pet Food	
Tea	Pop	
	Potato Chips	
	Pizza	

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**SAVE 25¢**

on Madame Benoit's new flour, Monarch All Purpose Flour.

Mr. Dealer: Provided this coupon has been redeemed by your customer only on purchase of product specified, you will be paid its face value plus 3 cents handling. Any other application constitutes fraud. Proof of purchase of sufficient stock to cover coupons redeemed must be shown on request. Cash value 1/20¢. Mail to Maple Leaf Mills, Box 3000, Saint John, N.B. E2L 4L3. Expiry date June 30, 1975.

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