

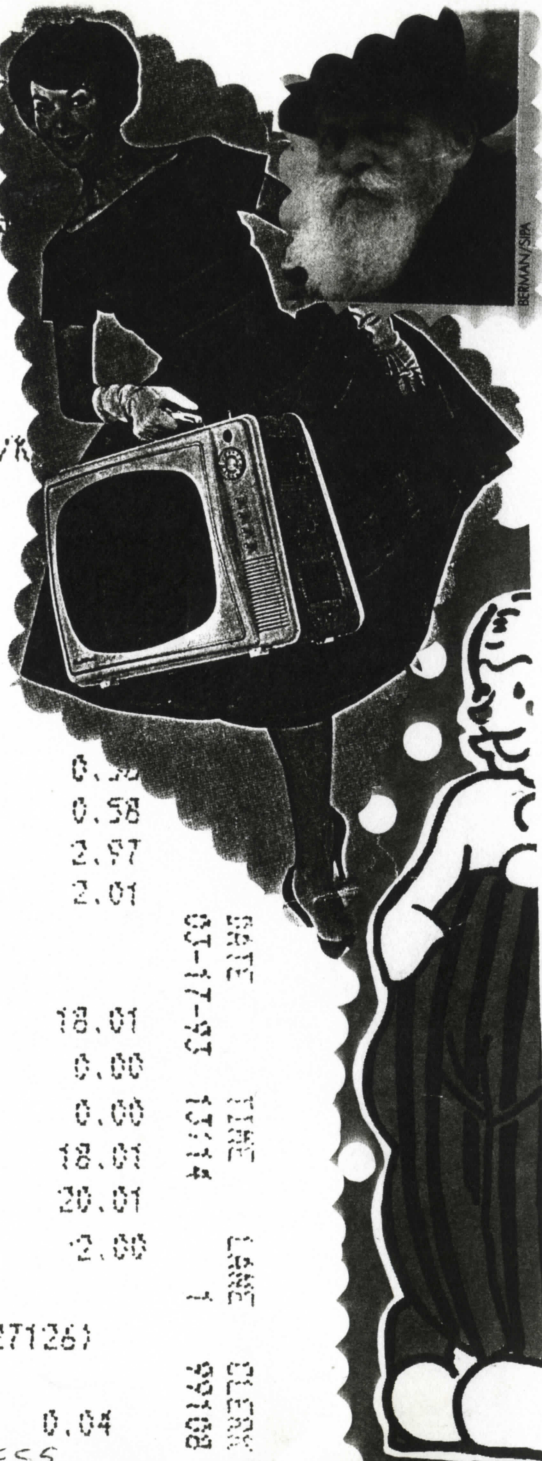
SAVE-ON-FOODS  
 S.C. OWNED AND  
 NO REFUNDS AFTER  
 AND WITHOUT THIS  
 G.S.T. #R10218

N/P CEREAL  
 RA/TOMATO 43  
 0.215KG @ 1.54/KG  
 SELECT ITEM : REG. \$1.72/KG  
 CHICKEN DOG  
 CHICKEN DOG  
 YAMS 42  
 0.325KG @ 1.72/KG  
 YOGURT  
 MELITTA COFF  
 VP APPLE JCE 0.50  
 VP APPLE JCE 0.58  
 BEEF SAUSAGE 2.97  
 BK/RAISIN976 2.01  
 0.530KG @ 3.80/KG

SUBTOTAL 18.01  
 PST 0.00  
 GST 0.00  
 AMOUNT DUE 18.01  
 CASH 20.01  
 CHANGE 2.00

DATE 05-17-93  
 TIME 15:14  
 CASH 1  
 CLEER 99108

{ JULY 1993  
 THIS ORDER BY (#00974027126)  
 MARGARET E. DRAGU  
 SELECT PRICE SAVINGS 0.04  
 SAME DAY EDIT PRESS



BERMAN/SIA

ty Time... It's Par

I am standing in front of **SAVE ON FOODS**  
 the BC Chain grocery store(run by Jimmy  
 Pattison)also called **SLAVE·ON·FOODS** by  
 some;and also called **CAVE·ON·FOODS** by  
 those who remember the roof falling in  
 upon the seniors who came for the Grand  
 Opening of a new **SAVE ON FOODS** store and  
 the roof fell in smashing down the senior  
 bargain hunters with cars and concrete  
 and ashphalt.

Above the door  
 it says **THE EXCITEMENT STARTS HERE.**



製品をご使用になるとき—

- ご使用前にこの防錆紙を取出してください
- 熱板表面は常にきれいにしてご使用ください

**Party Time**

ACCESS



**FEROBRITE**

Volatile Corrosion Inhibitor Treated  
 U.S. PATENT NOS. 2,521,311 2,534,201  
 Place Opposite Side Against Metal

They are right: it does.

My favourite clerk is a guy with a ponytail and a leather tool belt who is also a cashier.

He nearly weeps when a customer brings back a fresh product gone mouldy.

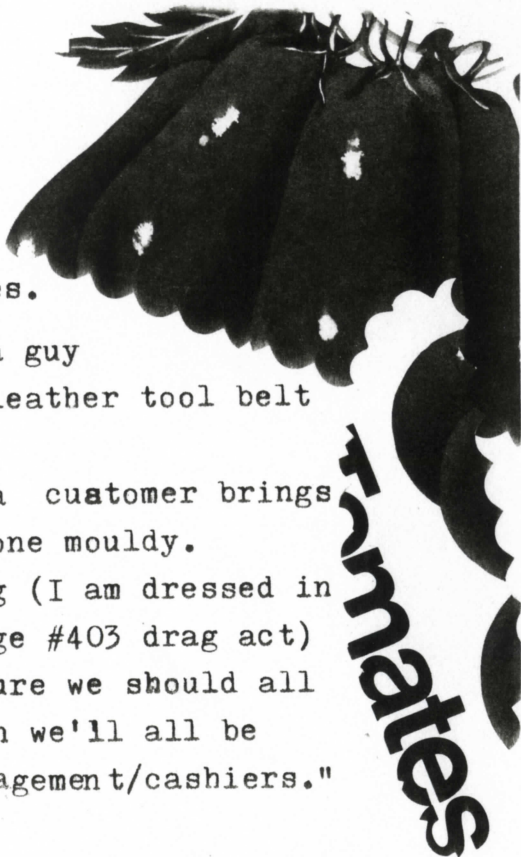
He looks at my name tag (I am dressed in my Discount Bakery Madge #403 drag act) and says, "Yeah, I figure we should all wear name tags and then we'll all be equal -- customers/management/cashiers." We laughed.

Once, he looked at my bag of bulk 7-grain cereal, and raisins, and brown rice, and cous cous, and sunflower seeds and said: "Right on -- this is the food of the gods." We laughed.

I pulled out my crumpled two dollar bill collection at his cash register once from my Guatemalan change purse. Handwoven/purple He said, "I've been there. How can those beautiful gentle people be hunted down and killed? How can this go on?"

We did not laugh. We shook our heads and both had tears in our eyes.

The supermarket swirled around us; loudspeaker voices announces noodle





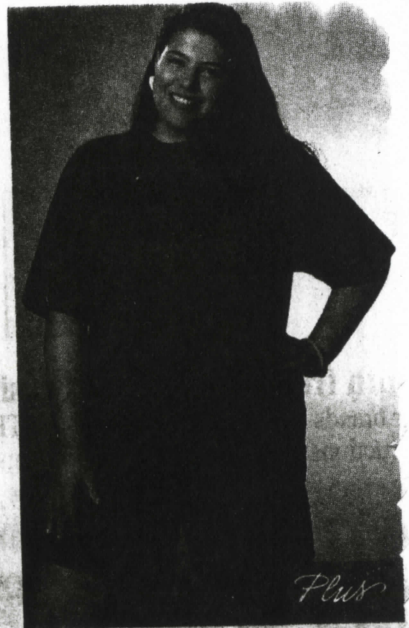
specials on *Aide* number six.  
 Children whining. Musac. Computers.  
 Cars. Our window of intimacy is a  
 tight two and a half minute reprieve  
 from our clerking jobs. I know him.  
 He knows me. We reach out thru the  
 receipt/gst/new 20 dollar bill chat  
 and hold briefly our venn diagram  
 OVERLAP. We love.



Barbie doll: society's 'breast obsession'

BRIAN WILLER/MACLEAN'S

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*Plus*

**2- PCE. \$12 set**

Ladies' full-figure pull-on short set of  
 cool & comfortable 100% cotton knit.  
 Choose from various colours. 38-44.





NO RE...  
AND WITHOUT...  
G.S.T. #R1021

CARDS & WRAP  
ITEM DISC 10'

The SAVE ON clerks (many) have plastic wrist holders to ease repetitive digit syndrome.

At the bakery, I have bandaids for frequent cuts. We all complain about our backs. The trays are wide and awkward. There are no sick days or vacation leave. No benefits. We're parttime.

The CBC tonight says the TEAMSTERS want to join the CLC. Or renew something. What does this mean?

Our major competitor is on strike. So, we are busy, sort of.

Now Safeway wants to go on strike, too.

It would make everything at the Bakery even more nuts. I hope they can resolve. I am inagining

being on strike at our shop. Ha Ha Ha.

Quel conception... Imagining management (in leather and in spandex and their BM fucking W's parked outside)-- and preventing them from operating the store and begging our regulars not to purchase. Not to cross the picket line.

Would they? We would have a better chance than they would at SAVE ON FOODS . Its an issue of:

SCALE....., 2.2 lb to the Kilogram.

VF TISSUE  
PORK HOCKS  
BN/SOUP 1151  
0.385KG @ 2.50/K  
G/PEAS 520 1.00  
0.615KG @  
TURTLE BEANS 2.5  
0.440KG @  
LIMA BNS 659 2  
K/ROSE RICE  
WW/FLOUR 639  
0.535KG @  
SELECT ITEM

TH  
MA



When-Chicken-Legs-are-only-66¢-per-lb; and-you've-loads-in-freezer-Skin.

Marinate chicken overnight in:

- 1 cup of peach/pear/orange juice
  - 2 tablespoons soya sauce
  - 2 tablespoons peanut butter
  - loads of minced garlic and ginger
  - dash of chile paste ) optional
- Shake. Roll in grape nut cereal buds and bake at 350 degrees for around one hour or so. Add marinade as needed to pan to keep from scorching.

\*\* \*\* \* \*\* \* \* \* \*

When-Chicken-Legs-are-only-66¢-per-pound-and-you've-loads-in-freezer:

Skin. Saute in onion and garlic. Add  $\frac{1}{4}$  cup water to roasting pan. Add Chicken. Swab chicken pieces with un-diluted frozen orange juice concentrate. Add garlic and potatoe and carrots and green peppers. Bake at 350 deg rees for around an hour. Serve with cous cous or rice.



RECEIVED  
FEBRUARY 1941



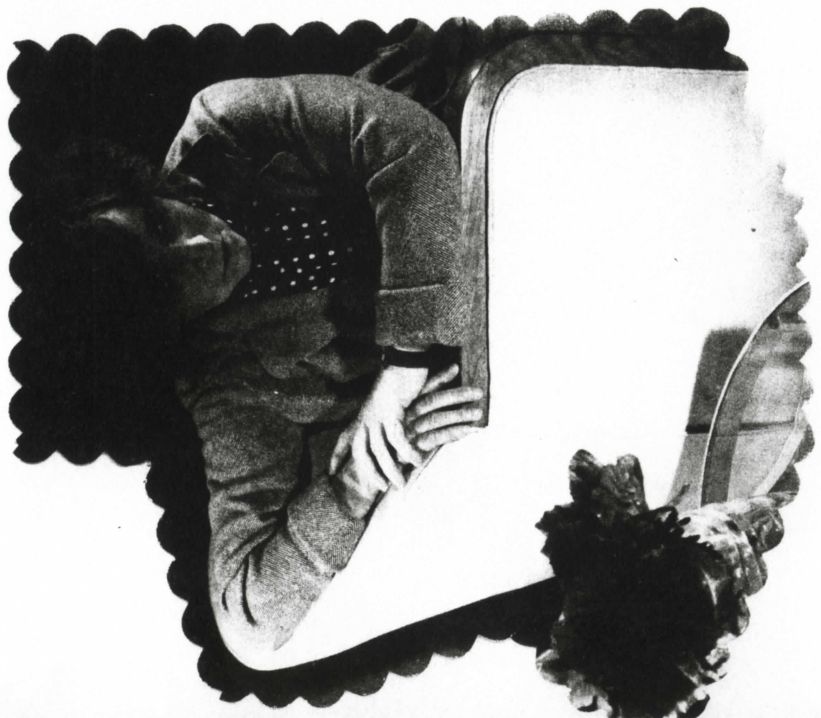
COOKIE CUTTER CRACKERS

Stir: 3/4 c. whole wheat flour  
1/4 c. yellow cornmeal  
1/4 c. parmesan cheese  
1 tsp. baking powder

Cut in: 1/4 c. margerine

Sitr in: 1/4 c. milk (mixed with 1 tbls.  
vinegar and 1/4 tsp. baking soda)

Make a stiff dough. Dust with whole wheat flour and roll out very thin and bake on lightly floured pans at 375 degrees for 3 - 5 minutes or so... Store in a tin.



## Hi Fiber Corn Bread

Heat oven to 375 degrees and grease a pan.

Mix: 1 cup cornmeal  
 $\frac{1}{2}$  c. bran  
 $\frac{1}{2}$  c. whole wheat flour  
2 teaspoons baking powder

Add wet to dry and bake for 30 min.

1 cup buttermilk (or sour milk)  
1 beaten egg  
1/3 cup vegetable oil  
1/3 cup brown sugar or honey  
1/3 cup



**PEACEMAKER** — Rigoberta Menchu, a Quiche Indian from Guatemala, smiles after she has won the Nobel Peace Prize for defending indigenous peoples' rights.