



# CHECK AND COMPARE

price, quality, trim, and selection with any food store

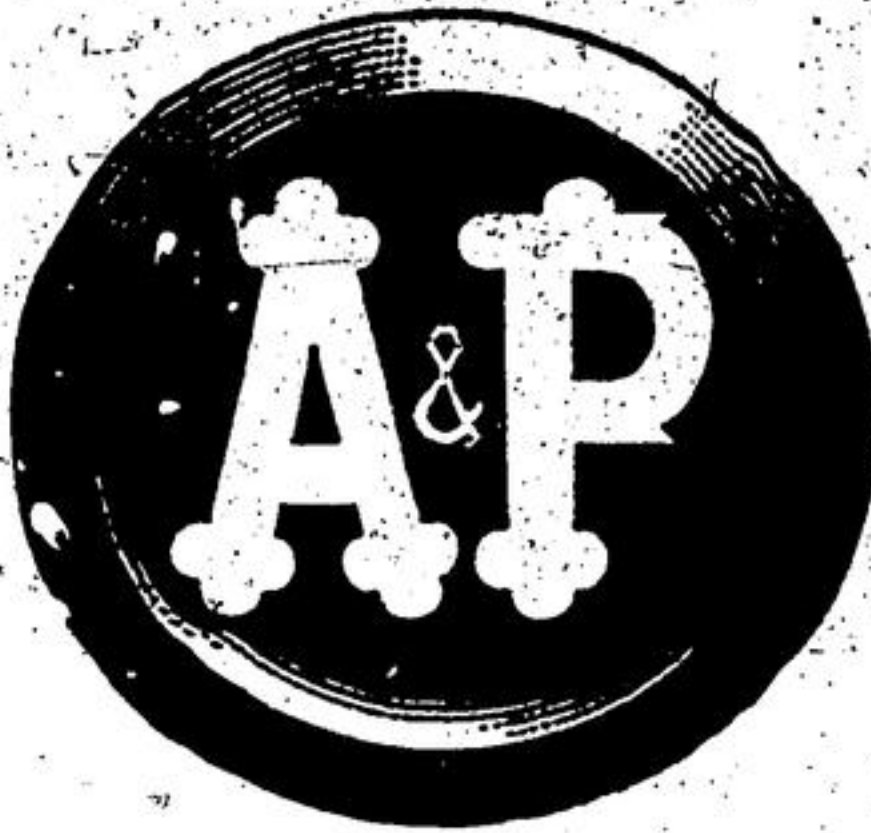
**It's a Good Bet...NOBODY IN TOWN SELLS BETTER MEAT!**

## Canada's Finest Red Brand Steer Beef

All Boneless Cuts. Remember... No Fat Added To Beef Roasts... Not At A&P

- BOTTOM CUT**  
**ROUND STEAK ROAST**  
**RUMP ROAST**  
**SIRLOIN POINT ROAST**  
**FULL SLICE OR MINCED**  
**ROUND STEAK**

Your Choice  
**lb 99¢**



- YOUR CHOICE**  
**WING** **STEAK or ROAST**  
**SIRLOIN STEAK**  
**TOP ROUND**  
**STEAK or ROAST**

**\$ 1.09**  
**lb**

Cut from the eye of Sirloin Point

**\$ 1.39**  
**lb**  
**CUBE STEAK**

### Seafood Selection!

- SOLE FILLETS** A&P Brand, Frozen Reg. Price 73¢ — SAVE 4¢ 16-OZ PKG **69¢**  
**FISH STICKS** A&P Brand Cod, Frozen, Breaded Reg. Price 65¢ — SAVE 12¢ 16-OZ PKG **53¢**  
**PERCH BATTER FRIED** A&P Brand, Frozen Reg. Price 69¢ — SAVE 10¢ 12-OZ PKG **59¢**

### Fresh Produce!

ONT. GROWN, TABLE STOCK, No. 1 GRADE

**POTATOES**  
**\$ 1.39**  
**50-LB BAG**

CANADA FANCY, IDEAL FOR EATING AND COOKING

**LOBO APPLES**  
**39¢**  
**3-LB BAG**

- ONT. GROWN NO. 1 GRADE CAULIFLOWER** HEAD **39¢**  
**ONIONS** Ont. Grown, Yellow Cooking, No. 1 Grade 5-lb bag **45¢**  
**PARSNIPS** Ont. Grown No. 1 Grade 2-lb bag **39¢**  
**PEARS** Washington Bartlett, Large Size, No. 1 Grade 6 for **49¢**  
**TURNIPS** Ont. Grown, Washed and Waxed, No. 1 Grade lb **10¢**

MAPLE LEAF BRAND, VACUUM PACK

- COOKED HAM** 6-OZ PKG **69¢**  
 MAPLE LEAF BRAND, BY THE PIECE ANY SIZE CUT  
**BEEF BOLOGNA** LB **43¢**  
 MAPLE LEAF BRAND, PURE-PORK  
**SAUSAGE MEAT** LB **59¢**  
 SHOPPER'S, VACUUM PACK  
**WIENERS** ALL BEEF LB **69¢**  
 MAPLE LEAF BRAND, BULK  
**POLISH SAUSAGE** LB **79¢**

CANADA GRADE A, EVisCERATED, FROZEN

- BOILING FOWL** 5 to 7 **49¢**  
 SUPER RIGHT QUALITY, SKINLESS, SLICED  
**BEEF LIVER** LB **59¢**  
 BURNS  
**BULK SAUSAGE** LB **59¢**  
 BURNS BRAND, JELLIED  
**PORK HEADCHEESE** LB **59¢**

MARY MILES, VACUUM PACK

**WIENERS** 2-LB PKG **99¢**  
 DON'T FORGET JANE PARKER WIENER ROLLS Pkg. of 8 33¢ Pkg. of 12 43¢

For Variety and Value—Shop at A&P.

- SALADA TEA BAGS** ORANGE PEKOE box of 60 bags **76¢**  
 Choice Quality  
**A&P PRUNE PLUMS** 4 14-oz tins **99¢**  
 Whole White, Choice Quality Reg. Price 2 tins 43¢ — SAVE 9¢  
**A&P POTATOES "NEW PACK"** 5 19-oz tins **99¢**  
 Choice Quality, Red Pitted Reg. Price 31¢ tin — SAVE 3¢  
**A&P CHERRIES "NEW PACK"** 2 14-oz tins **59¢**  
 Snyder's French Style Reg. Price 2 tins 45¢ — SAVE 14¢  
**GREEN BEANS "NEW PACK"** 5 14-oz tins **99¢**

**SCOTTIES FACIAL TISSUE**  
**2** BOXES OF 400 **73¢**  
 Reg. Price 2 boxes 77¢ — SAVE 4¢

- LIPTON'S SOUP** Chicken Noodle pkg of 2 2-oz pkgs **26¢**  
**CANNED MEATS** Puritan Irish, Beef or Meat Ball Stew 24-oz tin **56¢**  
**NESCAFE INSTANT COFFEE** 14¢ Off Deal — Save an Extra 5¢ at A&P! 6-oz jar **1.09**  
**NESTLES QUIK** Chocolate Drink SAVE 5¢ 1-lb cin **58¢**  
**CAKE or ICING MIXES** Monarch Pouch Pack 5 19-oz pkgs **99¢**  
**ST. LAWRENCE OIL** For Salads, Baking or Frying SAVE 5¢ 25-oz bil **64¢**  
**FRITO CORN CHIPS** Twin Pack SAVE 4¢ 10-oz pkg **49¢**  
**BOKAR COFFEE** VIGOROUS AND WINERY SAVE 6¢ 1-lb bag **75¢** SAVE 18¢ 3-lb bag **2.19**

Libby's  
**TOMATO JUICE**  
 48 OZ.  
**3 FOR 89¢**

JANE PARKER  
**APPLE PIE**  
**45¢**  
 FULL 8-INCH 24-OZ SIZE  
 SAVE 10¢

MODERNE  
**FACIAL TISSUE**  
**3 FOR 89¢**

A&P'S OWN 8 O'CLOCK  
**COFFEE**  
**65¢**  
 1-LB BAG  
 Custom Ground  
 SAVE 8¢  
 3-LB BAG \$1.89 — SAVE 24¢

### Fresh Baked Foods!

- Jane Parker Reg. Price 43¢ — SAVE 4¢  
**ENGLISH FRUIT CAKE** 25-OZ SIZE **39¢**  
 Jane Parker  
**BLUEBERRY MUFFINS** PKG OF 6 **39¢**  
 Jane Parker Daily Dated, Sliced Reg. Price 29¢ loaf — SAVE 5¢  
**RAISIN BREAD** 2 16-OZ LOAVES **49¢**  
 Jane Parker, Date Filled Reg. Price 39¢ — SAVE 4¢  
**COFFEE CAKE** 8-OZ SIZE **35¢**  
 Marvel Brand, Sliced  
**WHITE BREAD** 24-OZ LOAF **21¢**

### Beauty Aid Buys!

- Tame with Body Sugg. Retail \$1.39  
**TONI CREAM RINSE** 8-fl-oz bil **96¢**  
 Bayer, Fast Relief from Pain Reg. Price 88¢ — SAVE 5¢  
**ASPIRIN** bottle of 100 tablets **79¢**  
 Cold Water Detergent 15¢ Off Deal  
**ARCTIC POWER** giant size box **89¢**  
 SAVE UP TO 32¢ OVER OTHER BRANDS  
 A&P FLUORIDE  
**TOOTHPASTE** 5½-oz Tube **79¢**

### Frozen Foods!

- Rich's Frozen Reg. Price 53¢ — SAVE 4¢  
**COFFEE RICH** 32-oz cin **49¢**  
 Morton, Frozen (8 Varieties) Reg. Price 46¢ — SAVE 6¢  
**CREAM PIES** 14-oz pkg **39¢**  
 MEATLESS VARIETIES, STRAINED  
**HEINZ BABY FOOD**  
**4** 4½-OZ JARS **53¢**

Pantry Shelf  
**APPLE JUICE**  
 48 OZ. **29¢**

ASSORTED FLAVOURS  
**JELL-O POWDERS**  
**10¢**  
 3-OZ PKG

NO-BAKE CHEESECAKES  
 Featured in October  
**Family Circle**  
 Now on Sale 20¢

All prices shown in this ad guaranteed through Saturday, September 20th, 1968.