

WE KNOW WHAT IT TAKES TO FEED A FAMILY-



Nutrition...WELL BALANCED VALUES FOR TASTY HEALTHY WELL BALANCED MEALS!

DATE OF SALE... FEB. 15-16-17-18 /78

CANADA GRADE 'A' BEEF
BLADE BONE REMOVED

SHORT RIB OR BLADE ROASTS

69¢

lb.

CANADA GRADE 'A' BEEF

CROSS CUT OR BONELESS SHOULDER ROASTS

89¢

lb.

CANADA NO. 1 ONTARIO 10 lb. BAG

POTATOES **58¢**

PRODUCE OF USA SIZE 112's

SUNKIST ORANGES DOZ. **143¢**

FROM THE TROPICS

BANANAS lb. **22¢**

CANADA NO. 1

RUTABAGAS lb. **10¢**

CANADA NO. 1 LARGE

COOKING ONIONS 5 lb. BAG **58¢**

CANADA NO. 1

MUSHROOMS lb. **119¢**

CANADA GRADE 'A' BEEF
ROUND BONE FULL CUT

SHOULDER STEAKS

109¢

lb.

CANADA GRADE 'A' BEEF
BONELESS

STEWING BEEF

109¢

lb.

SWIFT'S PREMIUM

SMOKED PICNICS

129¢

lb.

READY TO EAT
5 TO 6 lb. AVG.

FRESHLY MINCED

MEDIUM GROUND BEEF

99¢

lb.

Swifts Premium OVEN ROAST
CORNED BEEF CRY. OVAC

179¢

lb.

Swifts Premium 1/2 CRY. OVAC
COTTAGE ROLLS SWEET PICKLED

139¢

lb.

Lazy Maple
SAUSAGE 1 lb. PKG.

129¢

Swift Premium SLICED
COOKED HAM 6 oz. PKG.

119¢

Swifts Premium
POLISH COIL

129¢

lb.

Swifts Premium SLICED
SIDE BACON 1 lb. PKG.

159¢

ZEST SUPER SIZE SOAP 3 BAR PACK **159¢**

KOTEX NEW FREEDOM FEMININE NAPKINS 12's **99¢**

SCOPE MOUTHWASH 3/4 M.L. 12 FL. OZ. **149¢**

SECRET DEODORANT SCENTED OR UNSCENTED 6oz. PERISOL **149¢**

CREST TOOTHPASTE REG. OR MINT FLAVOUR 100 M.L. **129¢**

TAME CREAM RINSE 3 VARIETIES 8 FL. OZ. **129¢**

EARTH BORN SHAMPOO 5 VARIETIES 225 M.L. PREPARED **99¢**

UNCLE BENS RICE CONVERTED 32oz. **148¢**

NIBLETS BRAND WHOLE KERNEL CORN

39¢

12 FL. OZ. TINS

KLEENEX TWIN PACK PAPER TOWELS

79¢

PKG

CREAM OF MUSHROOM 10 FL. OZ.

Carnival Soup **4/98¢**

1.5 LITRE 52.8 FL. OZ.

Ivory Liquid **199¢**

15 FL. OZ. TINS

Zip Dog Food **5/98¢**

NEW FROM GENERAL FOODS!
GROUND 1 lb. TIN

MELLOW ROAST COFFEE WITH GRAIN **349¢**

ASS'T. COLOURS

KLEENEX FACIAL TISSUE 200/2PLY **65¢**

ASS'T. COLOURS

DELSEY TOILET TISSUE 2 ROLL PACK **59¢**

TOP BREED

GOURMET DOG DINNER 2 Kg. **169¢**

OLD TYME TABLE SYRUP 32 FL. OZ. **129¢**

GOLD SEAL 7 3/4 OZ. TIN

Sockeye Salmon **138¢**

ORANGE OR APPLE 48 FL. OZ.

C Plus Drink **48¢**

LIBBY RED 28 FL. OZ.

Kidney Beans **58¢**

24 FL. OZ. JAR

AYLMER RASPBERRY or STRAWBERRY JAM or ORANGE SEVILLE MARMALADE

98¢

2.27 Kg. 80 oz.

BOLD POWDERED DETERGENT

238¢

MAZOLA OIL 32 FL. OZ. **179¢**

CREAMY

SKIPPY PEANUT BUTTER 5 lb. **259¢**

FABRIC SOFTENER

BOUNCE SHEETS 20's **108¢**

SALADA TEA BAGS SIZE 120's **389¢**

REG. OR BUTTERMILK

QUAKER MUFFETS 500gr. **69¢**

ASS'T.

PUSS-N-BOOTS FLAVOUR MORSELS 12oz. **75¢**

ASS'T.

NINE LIVES CAT FOOD 6 1/2 FL. OZ. **3/88¢**

ORANGE FLAVOUR

TANG CRYSTALS 4 X 3 1/2 OZ. PACK **109¢**

ASS'T.

BETTY CROCKER STIR N FROST 13.4 OZ. **98¢**

ASS'T.

NESTLES PUDDINGS 15 FL. OZ. **49¢**

CHOICE HALVES 14 FL. OZ.

AYLMER BARTLETT PEARS **49¢**

2 lb CANADA FIRST GRADE

CARNATION SKIM MILK POWDER **198¢**

BROWN 7/8oz. ONION 7/8oz. MUSHROOM 7/4oz.

CLUBHOUSE GRAVY MIX **398¢**

LIBBY 10 FL. OZ.

ALPHAGETTI or ZOODLES (IN TOMATO SAUCE) **53¢**

DEEP BROWN

LIBBY BEANS WITH PORK 28 FL. OZ. **69¢**

FROZEN REG. OR CRINKLE CUT

McCain Super Fries 2 lb. **78¢**

HUNT JEMINA FROZEN REG. OR BLUEBERRY

WAFFLES 10oz. **68¢**

HIGHLINER FROZEN COD OR HADDOCK

FISH STICKS 8oz. **98¢**

WESTON BAKE-N-SERVE 10oz. REG. 69¢

BREAD PLAIN OR CINNAMON **63¢**

WESTON "A" REG. 79¢

APPLE TURNOVER **73¢**

WESTON LEMON

JELLY ROLL 12oz. **83¢**

WESTON 6 1/2 REG. 83¢

HOT CROSS BUNS **77¢**

WOODLAND

Free Delivery!
140 MILL ST.
ACTON, ONT.

..A NAME YOU CAN TRUST..

MON - WED. 9am - 6pm
THURS. & FRI. 9am - 9pm
SAT. 9am - 6pm

TO BE FAIR TO ALL OUR CUSTOMERS... WE RESERVE THE RIGHT TO LIMIT QUANTITIES