

Miracle's 'Beef at it's Best'



FRESH QUALITY MEAT

Our Reg. Price \$1.88
Cut from Best Quality Canada Grade A Beef

BLADE ROASTS

1.28

LB.

Save 60¢ lb. Limit 2 per Family **SPECIAL**

Our Reg. Price \$1.88
Cut from Best Quality Canada Grade A Beef

SHORT RIB CHUCK ROASTS

1.28

LB.

Save 60¢ lb. Limit 2 per family **SPECIAL**

Our Reg. Price \$2.18
Cut from Best Quality Canada Grade A Beef

CROSS RIB ROASTS
Ideal oven roast

1.58

LB.

Save 60¢ lb. **SPECIAL**

Our Reg. Price \$3.28
Cut from Best Quality Canada Grade A Beef

NO CAP RIB STEAKS

2.28

LB.

Save 1.00 lb. **LIMIT 4 STEAKS PER FAMILY SPECIAL**

Our Reg. Price \$1.28
Frozen Oven Ready Utility Grade

YOUNG DUCKS

98¢

LB.

Save 30¢ lb. **BEST BUY**

Our Reg. Price \$2.00
Frozen Oven Ready Utility Grade

ROASTING CHICKENS
2-4 lb. size

66¢

LB.

Save 16¢ lb. Limit 3 per Family **BEST BUY**

Cut from the picnic shoulder

BONELESS PORK ROASTS
whole or half

1.18

LB.

SPECIAL

Top Quality Sliced, 6 oz. pkg.

MAPLE LEAF LUNCH MEATS

78¢

Best Buy

Cut from the shoulder

BONELESS PORK BUTT ROASTS
whole or half

1.18

LB.

SPECIAL

Top Quality Regular

MAPLE LEAF SIDE BACON
1 lb. pkg.

1.48

SPECIAL

Frozen Canada Packers Meaty Narrow

PORK BACK RIBS
Bake or broil

1.98

LB.

SPECIAL

Top Quality Regular

MAPLE LEAF SKINLESS WIENERS
1 lb. pkg.

1.58

SPECIAL

YOUR GROCERY ORDER

Our Reg. Price \$1.75
Mira Mart Processed

SINGLE CHEESE SLICES
1 lb. pkg.

1.49

Save 26¢ or 14% **BEST BUY**

Our Reg. Price \$1.45
Smooth or Crunchy

SQUIRREL PEANUT BUTTER
500 g jar

99¢

Save 46¢ or 31% **BEST BUY**

Our Reg. Price 52¢
Premium Quality

SEALTEST YOGURT
175 g cup

39¢

Save 13¢ or 25% **BEST BUY**

Our Reg. Price \$1.15

DELISLE COTTAGE CHEESE
500 g tub

89¢

Save 26¢ or 22% **BEST BUY**

Our Reg. Price \$1.59
Premium Quality

GOLD SEAL PINK SALMON
7 1/2 oz. tin

1.19

Save 40¢ or 25% **BEST BUY**

Our Reg. Price \$3.99
Toddler Disposable

PAMPER'S DIAPERS
pkg. of 24

3.33

Save 66¢ or 16% **BEST BUY**

LIPTON'S CHICKEN NOODLE SOUP
240 g pkg.

99¢

BEST BUY

From the Tudor Bakery "MIRACLE'S IN-STORE BAKERY"

Reconstituted

MARTIN'S APPLE JUICE
48 fl. oz. tin

79¢

BEST BUY

Old Fashioned

APPLESAUCE LOAF CAKE
14 oz.

1.19

MAXWELL HOUSE GROUND COFFEE
1 lb. bag

3.79

BEST BUY

Tangy and Sweet

LEMON MERINGUE PIE
20 oz.

1.39

HARVEST-FRESH PRODUCE

Our Reg. Price \$3.88
Canadian Grown No. 1 Grade

WINTER KEEPING P.E.I. POTATOES
50 lb. bag

2.98

Save 90¢ **BEST BUY**

Product of U.S.A.

FLORIDA WHITE GRAPEFRUIT

8/\$1

BEST BUY

Product of U.S.A.
Canada No. 1 Grade

RED TOMATOES

58¢

LB.

BEST BUY

Ontario Grown
Canada No. 1 Grade

CARROTS OR YELLOW ONIONS
2 lb. bag

3/99¢

BEST BUY

Fresh from the Tropics

LARGE SIZE BANANAS

29¢

LB.

BEST BUY

Product of U.S.A.

AVOCADOES

2/\$1.00

BEST BUY

Product of U.S.A.

RED EMPEROR GRAPES

78¢

LB.

BEST BUY

Product of U.S.A.
Washed and Trimmed

SPINACH
10 oz. bag

68¢

BEST BUY

Product of U.S.A.
Canada No. 1 Grade

HEAD LETTUCE

58¢

BEST BUY

Product of Ontario

APPLE CIDER
64 fl. oz.

98¢

BEST BUY

FALL FAVOURITES

Miracle Food Mart
Cracked Wheat or

60% WHOLE WHEAT BREAD
24 oz. loaf

49¢

BEST BUY

Our Reg. Price \$1.83
Best, Irish or Meatball

PURITAN STEWS
24 fl. oz. tin

1.39

Save 44¢ or 24% **BEST BUY**

Condensed

AYLMER TOMATO SOUP
10 fl. oz. tin

5/\$1

or 20¢ each **BEST BUY**

Quick Fries

FROZEN FRENCH FRIES
2 lb. bag

28¢

BEST BUY

ALL PRICES EFFECTIVE NOV. 7 to 13, 1979 IN METRO TORONTO • MISSISSAUGA • OAKVILLE • THORNHILL • BRAMPTON • MALTON • MARKHAM • OSHAWA • GEORGETOWN • ORILLIA • BOWMANVILLE • BARRIE • WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



Check out for less!