

MIRACLE FOOD MART

SAVE 23¢



CHEFMASTER MARGARINE
1 LB. NET WEIGHT
COLOURED
100% VEGETABLE OIL
PARCHMENT WRAP

Our Reg. Price 62¢
39¢
EACH

BEST BUY

UP TO \$1.12 SAVINGS PER STEAK



Our Reg. Price \$3.78 lb.
Cut from the Loin No Tail Porterhouse Wing or

T-BONE STEAKS NO TAIL
Cut from Best Quality Canada Grade A Beef
1 1/2 lb. size

2.88
LB.

Limit 6 steaks per family
SPECIAL!

UP TO \$1.35 SAVINGS PER STEAK



Our Reg. Price \$3.58

SIRLOIN STEAKS
Cut from Best Quality Canada Grade A Beef
1 1/2 lb. size

2.68
LB.

Limit 3 per Family
SPECIAL!

SAVE 30¢



Our Reg. Price 98¢
Product of U.S.A.

FRESH STRAWBERRIES
Pint cup

68¢

SPECIAL!

Regular or 1%
DARIFRESH COTTAGE CHEESE
1 kg tub

Our Reg. Price \$2.27

1.89

Save 38¢ or 16%

BEST BUY

All Purpose
FIVE ROSES FLOUR
2.5 kg bag

Our Reg. Price \$1.99

1.19

Save 80¢ or 40%

BEST BUY

Plain Bravo
SPAGHETTI SAUCE
28 fl. oz. tin

Our Reg. Price \$1.19

89¢

Save 30¢ or 25%

BEST BUY

Instant Coffee
MAXWELL HOUSE
10 oz. jar

Our Reg. Price \$8.99

5.59

Save \$1.40 or 20%

BEST BUY

Choice
AYLMER WHOLE TOMATOES
19 fl. oz. tin

Our Reg. Price 74¢

63¢

Save 11¢ or 14%

BEST BUY

UP TO \$4.20 SAVINGS PER ROAST

Our Reg. Price \$3.28
Boneless Outside

BOTTOM ROUND ROASTS
Cut from Best Quality Canada Grade A Beef
4-6 lb. size

2.58
LB.

SPECIAL!

UP TO \$4.20 SAVINGS PER ROAST

Our Reg. Price \$3.28 lb.
Regular Bone in

RUMP ROAST
Cut from Best Quality Canada Grade A Beef
4-6 lb. size

2.58
LB.

SPECIAL!

Fresh from the Tropics
LARGE SIZE BANANAS

3lb./99¢

BEST BUY

Product of U.S.A.
Canada Fancy Grade

ANJOU PEARS

78¢
LB.

BEST BUY

Ontario Grown No. 1 Grade

YELLOW ONIONS OR CARROTS
2 lb. bag

3/99¢

BEST BUY

Product of Chile

BLACK GRAPES

98¢
LB.

BEST BUY

Product of U.S.A.
Canada Fancy Grade

GOLDEN DELICIOUS APPLES

2LB./\$1

BEST BUY

QUALITY BEEF SALE!

COUPON VALUE 25¢

WITH THIS COUPON AND THE PURCHASE OF A 2 lb. tub of (Best Buy Price \$1.79) Soft Maxi-Bowl

KRAFT PARKAY MARGARINE

1.54

miracle logo

Limit one purchase per Coupon
Coupon valid until Tues. March 25, 1980
REDEEMABLE ONLY AT MIRACLE FOOD MART

SAVE 34¢

Our Reg. Price \$1.13
Pure

MITCHELL'S APPLE JUICE
48 fl. oz. tin

79¢

BEST BUY

SAVE WITH OVER 300 SPECIAL PRICES EVERY WEEK!

The Tudor Bakery

SAVE 40¢

Our Reg. Price \$1.89
Tangy Sweet

LEMON MERINGUE PIE
20 oz. 567 g

1.49

"MIRACLE'S IN STORE BAKERY"

Everyone's Favourite

ENGLISH MUFFINS
pkg. of 8

Our Reg. Price 2/\$1.50

Save 31¢

2/1.19

Fresh Baked

CRUSTY ROLLS
pkg. of 8

Our Reg. Price 95¢

Save 16¢

79¢

Canadian Queen

SLICED LUNCH MEATS
175 g (approx. 6.2 oz.), bologna, chicken, mac & cheese

58¢
SPECIAL!

Canadian Queen

SLICED COOKED HAM
175 g (approx. 6.2 oz.)

1.08
SPECIAL!

Mary Miles

SLICED SIDE BACON
500 g (approx. 17.6 oz.)

1.28
SPECIAL!

Mary Miles Boneless

DINNER HAMS
3 lb. avg. size

1.98
SPECIAL!

Product of U.S.A. Florida

HONEY TANGERINES

12/98¢
BEST BUY

Ontario Grown, Fancy Grade
Controlled Atmosphere

RED DELICIOUS APPLES

1.38
BEST BUY

Product of U.S.A.

FLORIDA WHITE OR RED GRAPEFRUIT

8/1.44
BEST BUY

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

HEAD LETTUCE

58¢
BEST BUY

Chicken Noodle
LIPTON SOUP
pkg. of 2

49¢
BEST BUY

Assorted Colours

WHITE SWAN TOWELS
2 roll pkg.

Our Reg. Price \$1.33

1.09
BEST BUY

Save 24¢ or 18%

Bake-It

BRAN MUFFINS
pkg. of 6 (available until Mar. 22 only)

69¢
BEST BUY

Assorted Colours White Swan

FACIAL TISSUE
pkg. of 200

Our Reg. Price 93¢

69¢
BEST BUY

Save 24¢ or 25%

Boneless Inside

TOP ROUND STEAKS
Cut from Best Quality Canada Grade A Beef

2.98
SPECIAL!

A cold weather favourite
Boneless

LEAN STEW BEEF
Cut from Best Quality Canada Grade A Beef

1.98
SPECIAL!

Save 40¢ lb.

Product of U.S.A., California Seedless

NAVEL ORANGES

12/1.68
BEST BUY

Boneless

SIRLOIN TIP ROASTS
Cut from Best Quality Canada Grade A Beef

2.88
SPECIAL!

Save 60¢ lb.

Assorted Colours Swans Down

BATHROOM TISSUE
4 roll pkg.

Our Reg. Price \$1.47

1.09
BEST BUY

Save 38¢ or 25%

Miracle Food Mart

GARBAGE BAGS
pkg. of 20

Our Reg. Price \$2.29

1.79
BEST BUY

Save 50¢ or 21%

Chicken or

SHOPSY'S BEEF PIES
2 pie pack, 250 g

Our Reg. Price \$1.08

88¢
SPECIAL!

Save 20¢ pkg.

No. 1 Frozen

PINK PACIFIC SALMON
3-5 lb. size

Our Reg. Price \$2.18 lb.

1.78
SPECIAL!

Save up to \$2.00 each

ALL PRICES EFFECTIVE MAR. 19 TO 25, 1980 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!

**MARCH IS KIDNEY MONTH
HELP THE KIDNEY FOUNDATION IN THE**

"FIGHT FOR LIFE"

WE REDEEM ALL FOOD STORE COUPONS INCLUDING COMPETITORS'!

BEST BUY A BEST BUY IS AN EXTRA SAVING MADE POSSIBLE BY AN UNUSUAL PURCHASE OR A MANUFACTURER'S TEMPORARY ALLOWANCE.