

miracle... \$1.44 Days

Was 89¢
Miracle Food Mart
Cracked Wheat or 60%



Whole Wheat Bread

24 oz. loaf

3/144

Available only till Sat. August 30, 1980

Save 63¢ SPECIAL!

Club Soda, C Plus Orange, Wink,
Sugar Free Gingerale or



Canada Dry Gingerale

EACH

24x10 fl. oz. tins
6x10 fl. oz. btl. plus
60¢ deposit \$1.69

444

SPECIAL!

Maxi Bowl

Kraft Parkay Soft Margarine

2 lb. tub

144

Save 63¢ SPECIAL!

Was 98¢

Frozen, Concentrated, Unsweetened
Miracle Food Mart

Florida Orange Juice

12 fl. oz. tin

2/144

Save 46¢ SPECIAL!

Was \$3.99

Assorted Grinds

Nabob Ground Coffee

1 lb. bag

289

Save \$1.10 SPECIAL!

Processed

Kraft Single Cheese Slices

500g pkg. of 24

199

Save 40¢ SPECIAL!

Was \$2.39

Crunchy or Smooth

Squirrel Peanut Butter

500g jar

.99

Save 54¢ SPECIAL!

Was \$1.19

Frozen Concentrated

Welch's Grape Juice

12 fl. oz. tin

.99

Save 20¢ SPECIAL!

- Miracle Food Mart
Glazed Donuts
pkg. of 9 **2/1.44**
- Oakrun English Muffins
pkg. of 6 **3/1.44**
- Assorted Flavours
Village Yogurt
125g cup **6/1.44**
- Lipton
Chicken Noodle Soup
pkg. of 2 **3/1.44**
- General Mills Cheerios
300g box **.99**
- Assorted Varieties
Pep Dog Food
25.5 oz. tin **4/1.44**
- Liquid
Palmolive Detergent
500ml. btl. **.99**
- Quik!
Sandwich Bags
pkg. of 100 **2/1.44**
- Assorted Flavours
Hostess Potato Chips
200g bag **.99**

Frozen Ready to Cook
Grade B

Young Turkeys

6-14 lb. size

1.88

Save up to \$4.20
per turkey **SPECIAL!**

Part Skinned
Smoked Cooked Ham

5-7 lb. avg. size
shank portion

Save up to
\$3.50 per ham **SPECIAL!**

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

Large Size Cantaloupes

(72¢ each) **2/144**

SPECIAL!

Product of U.S.A.
Canada Fancy Grade

Red or Golden Delicious Apples

3 lb. bag **144**

SPECIAL!

Was \$1.69

Heinz Tomato Ketchup

32 fl. oz. btl.

144

Save 45¢ SPECIAL!

Was \$1.63

Meatball, Irish or
Puritan Beef Stew

24 fl. oz. tin

2/244

Save \$1.22 SPECIAL!

- Fresh Meaty
Pork Hocks **LB.44**
- Frozen Ready to Cook Grade A
Young Ducks
3-4 lb. size **LB.98**
- Frozen Ready to Cook
Grade A Chickens
2-4 lb. size limit 2 per family **LB.88**
- Top Quality
Maple Leaf Side Bacon
500g (17.6 oz) **1.74**
- Product of U.S.A.
Red Grapes **LB.88**
- No. 1 Grade
Ontario Head Lettuce
(48¢ each) **3/1.44**
- No. 1 Grade
Ontario Staked Tomatoes
4 quart basket **2.44**
- No. 1 Grade
Ontario New Potatoes
10lb Bag **1.58**
- Product of U.S.A.
Canada No. 1 Grade
Prune Plums **LB.58**
- Product of U.S.A.
Canada Fancy Grade
Bartlett Pears **LB.68**
- Product of U.S.A.
Seedless Grapes **LB.98**
- Fresh from the Tropics
Large Size Bananas **3 lb/.99**
- No. 1 Grade
Ontario Sweet Green Peppers **LB.58**

TUDOR BAKERY
Available at Selected Stores Only

Homemade Goodness
Bran or Blueberry Muffins
pkg. of 6
Available until Aug. 30 only
Quatly Every Time
Kaiser Buns
pkg. of 6
Available until Aug. 30 only
Fresh From the Oven
French Bread
16 oz. loaf (45¢)
Available until Aug. 30 only

.99

.99

2/\$1

Was \$2.24

Store Sliced
Cooked Ham

12 ounces **144**

Save 80¢
per 12 oz. **SPECIAL!** (\$1.92 lb.)

Product of U.S.A.
California

Valencia Oranges

Size 113 **12/144**

SPECIAL!

Was \$6.29

Powdered
ABC Detergent

12 litre box **499**

Save \$1.30 SPECIAL!