P115 DIRECT DEALS

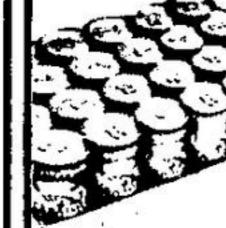
Savings of up to 30% passed directly to you every week.



🚹 i ittre jar

Was \$1.90

Save .12



Sugar Free Gingerale, Club Soda, Tonic Water,

reg. price plus deposits Was \$8.09 Save \$2.10



Product of Canada Beverly Hills Frozen

Individually Wrapped

Cut-Up



Instant Nescafe Coffee 10 oz. jar

Save \$1.08

Assorted Varieties Hostess Potato Chips :200 g pkg. EACH Was \$1.39 Save .20

Sole Fillets/BHighliner Was \$3.98

Fillets of Sole 14 oz. pkg.



Assorted Varieties Old Fashioned Recipe

Beatrice, ice Cream 2 litre ctn, EACH Was \$3.89

Save \$1.10

Family Digestive, Assorted, Fruit Creams Assorted Creams or Home Assorted

Peek Freans 7 Cookies 400 g bag Was \$1.98 Save .14

Lantic Icing Sugar or

Golden

Brown

Sugar

Mary Miles

Wieners

Was \$1.70

Cottage

Rolls

Fearmans Sliced Miles Side 'Bacon

Save .37 pkg.

Natures Best Corn 1211. 02. tin

Assorted Varieties Jello Jelly Powders 3 oz. pkg. Was .38

Was \$3.59 Assorted Variaties Kal Kan Cat Food

Nestie

Quick

Save .04 Was .41

Save .60

Save .12

Assorted Variables Ready to Serve Quaker Cereals 11 01. box Was \$1.28 Save .08 1 kg pkg.

Javex Bleach 3.6 litre bil. Was \$1.79

Sunlight Detergent Save .30 Was \$4.00

Canada No. 1 Grade

Potatoes

Product of P.E.I.

P.E.I.

50 lb. bag

Save .42

500 g Was \$2.10

> Pure Pork

Save .27 pkg. Mary Miles Sweet Pickled Pork

Canadian Queen Sausages

Dinner



Swift's Black Forest Ham Store Sliced | B. Save \$2.00 lb. Was \$5.99

Shopsy's Pastrami or Corned Beef Store Sliced lb.

Store Silced Premium Old World Swift's Salami

Product of Italy Fresh Chestnuts



Product of U.S.A. California

Hams

Seedless**/** Navel Oranges Size 138

Was \$5.99 Save \$1.70 lb.

Product of U.S.A. Florida White or Red 8/ Grapefruit

Product of U.S.A. Canada No. 1 Grade EACH 78 **Head Lettuce**

Product of U.S.A. Florida Tangelos Product of U.S.A. Sunmatd Brand Thompson

Save .50 lb.

Seedless Raisins 24 oz.

EACH 78

Product of U.S.A. Green Onlons or Radishes 8 oz. bag

Product of Mexico 12 Tangerines

Ontario Grown Assorted **Tropical Plants**

Product of Ontario
Canada No. 1 Grade
Carrots or

Yellow Onlons

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

Red Tomatoes

Product of U.S.A.

115 lb. tray

Fresh

Broccoll

Product of U.S.A. Washed and Trimmed Spinach 10 oz. bag

Swift's Premium Lunch Moats Bologna, Chicken, Mac & Cheese Was \$2.99 Save .80 lb.

Switt's Coll Polish Sausage Was \$2.69

Save .40 lb.

Was \$3.29 Wong Wing Chinese Style

Outch Lunch,

Ukranian, Italian

Chicken Was \$3.19 Save .70 lb. Product of U.S.A. Florida **Avocadoes**

For Indoor Planting **Potting Soil** 10 litre bag

Product of Italy Canada No. 1 Grade **Muscat Grapes**

Product of U.S.A. Canada No. 1 Grade **.98 Red Grapes**

Fresh from the Tropics 3lb/.99 Large Size Bananas

African Violets 4 inch pat

just like our customers.

foodmart

1.68

EACH 98

DUE TO COMPETITIVE PRICING, MARKET FLUCTUATIONS AND DISTRIBUTION COSTS, THE SAVINGS MAY BE GREATER IN SOME AREAS. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.