

# CONSTANT DISCOUNT PRICING

Over 3,000 regular prices reduced

# PLUS DIRECT DEALS

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

## CONSTANT DISCOUNT PRICING GROCERY

		Assorted Flavours Frontenac Ice Cream 2 litre ctn. <b>1.56</b>
<b>1.89</b>	<b>.59</b>	100% Vegetable Oil Soft Chefmaster Margarine 1 lb. tub <b>.53</b>
		Canada First Grade Miracle Food Mart Butter 1 lb. pkg. <b>1.98</b>
		Fancy Whole Kernel Green Giant Niblets Corn 12 fl. oz. tin <b>.58</b>
		Kellogg's Corn Flakes 875 g box <b>1.42</b>
		Granulated Miracle Food Mart White Sugar 2 kg bag <b>1.39</b>
		Frozen Concentrated Unsweetened Miracle Food Mart Orange Juice 12.5 fl. oz. tin <b>1.13</b>

## GROCERY DIRECT DEALS

		Assorted Varieties Primo Pasta 900 g cello bag <b>.99</b>
<b>1.24</b>	<b>1.08</b>	Mother Parker Instant Coffee 10 oz. jar <b>4.52</b>
		Regular or Diet Pepsi-Cola 750 ml btl. (plus btl. deposit) <b>.49</b>
		Orange Pekoe Tolley Tea Bags pkg. of 72 <b>1.99</b>
		All Purpose Robin Hood Flour 2.5 kg bag <b>2.33</b>
		Frozen Assorted Varieties Cavendish French Fries 2 lb. pkg. <b>1.19</b>
		With or Without Garlic or Pickle Onions Black Dill Pickles 1 litre jar <b>1.49</b>



## CONSTANT DISCOUNT PRICING MEAT

		Cut from Best Quality Grade A Beef Cross Rib Roast 4-6 lb. size <b>1.88</b>
<b>1.58</b>	<b>2.98</b>	Cut from Best Quality Grade A Beef Boneless Lean Stew Beef <b>1.88</b>
		Utility Grade Frozen Oven Ready Chickens 3-4 lb. size <b>.98</b>
		Ground from 100% Beef Regular Ground Beef <b>1.48</b>
		Fresh Ontario Quality Pork Leg of Pork Roasts 5-7 lb. size butt portion <b>1.19</b>
		Swift's Sliced Premium or Lazy Maple Side Bacon 500 g <b>2.23</b>
		Top Quality Regular or All Beef 1 lb. pkg. Maple Leaf Wieners 1 lb. pkg. <b>1.79</b>

## MEAT DIRECT DEALS

		Schnedlers Sliced Kent Side Bacon 500 g <b>1.98</b>
<b>.89</b>	<b>.98</b>	Famous for Quality Schnedlers Sliced Corned Beef 3.150 g <b>2.10</b>
		Bluewater Haddock Fish & Chips 10 oz. pkg. <b>1.50</b>
		Thaw and Enjoy Highliner Cooked Shrimp 8 oz. pkg. <b>4.37</b>
		Frozen Pink Pacific Salmon <b>1.98</b>
		Individually Wrapped Highliner Fillets of Sole 14 oz. pkg. <b>3.86</b>
		Beverly Hills Frozen Cut-Up Rabbits <b>1.98</b>



## PRODUCE DEAL

		Product of U.S.A. Washed and Trimmed Spinach 10 oz. bag <b>EACH .48</b>
		Product of Ontario Fresh Mushrooms <b>lb. 1.58</b>
		Product of U.S.A. Canada No. 1 Grade Head Lettuce <b>EACH .58</b>
		Product of U.S.A. Navel Seedless California Oranges Size 113 <b>12/.98</b>
		Product of U.S.A. or B.C. Canada Fancy Grade Golden Delicious Apples <b>lb. .48</b>
		Product of U.S.A. Canada No. 1 Grade Celery Stalks <b>EACH .78</b>
		Product of U.S.A. Canada No. 1 Grade Large Tomatoes <b>.38</b>

## DELI

		Country Kitchen Maple Leaf Black Forest Ham 5 lbs. Sliced <b>3.99</b> Was \$5.99 Save \$2.00 lb.
		Top Quality Coil Polish Maple Leaf Polish Sausage Store Cut <b>2.29</b> Was \$2.99 Save .70 lb.
		Top Quality Store Sliced Maple Leaf Lunch Meats Chicken, Mac & Cheese, Dutch, Headcheese <b>2.19</b> Was \$3.19 Save \$1.00 lb.

## BAKERY

		Miracle Food Mart Cracked Wheat or 60% Whole Wheat Bread 880 g pkg. <b>.59</b>
		Steinberg Apple Pie 20 oz. pkg. <b>1.29</b>
		Date & Nut Hostess Loaf 20 oz. pkg. <b>1.33</b>
		Mille-Feuilles or Vachon Jos & Louis pkg. of 6 <b>1.59</b>

We're a little smarter ... just like our customers

# miracle foodmart

ALL PRICES EFFECTIVE UNTIL TUES. DEC. 1, 1981 EXCEPT BAKERY ITEMS UNTIL SAT. NOV. 28, 1981. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.