

# CONSTANT DISCOUNT PRICING

**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>
Partly Skimmed 2% Fresh Milk 3 qt. bag <b>1.89</b>	ChAMPLAIN White Sliced Bread 24 oz. loaf <b>.59</b>	Granulated Miracle Food Mart White Sugar 2 kg bag <b>1.39</b>
		Canada First Grade Miracle Food Mart Butter 1 lb. pkg. <b>1.98</b>
		Liberty Vegetable Oil 3 litre btl. <b>2.99</b>
		Processed Kraft Single Cheese Slices 500 g pkg. of 24 slices <b>2.51</b>
		Miracle Food Mart Tomato Ketchup 32 fl. oz. btl. <b>1.61</b>
		Macaroni & Cheese Kraft Dinner 225 g box <b>.45</b>

## GROCERY DIRECT DEALS

		Assorted Colours Viva Towels 2 roll pkg. <b>.99</b>
Regular or Diet Pepsi Cola EACH <b>.24</b> 750 ml btl. plus deposit	Chase and Sanborn Ground Coffee 1 lb. bag <b>2.48</b>	Assorted Colours Kleenex Facial Tissue pkg. of 200 <b>.79</b>
		Fancy Whole Kernel Green Giant Niblets Corn 12 fl. oz. tin <b>.48</b>
		Condensed Campbell's Tomato Soup 10 1/2 fl. oz. tin <b>.29</b>
		FBI Pure Apple Juice 48 fl. oz. btl. <b>.99</b>
		White or Yellow Capri Bathroom Tissue 4 roll pkg. <b>.89</b>
		Assorted Varieties (No Meat) Heinz Strained Baby Food and Juices 4.5 fl. oz. jar <b>.32</b>


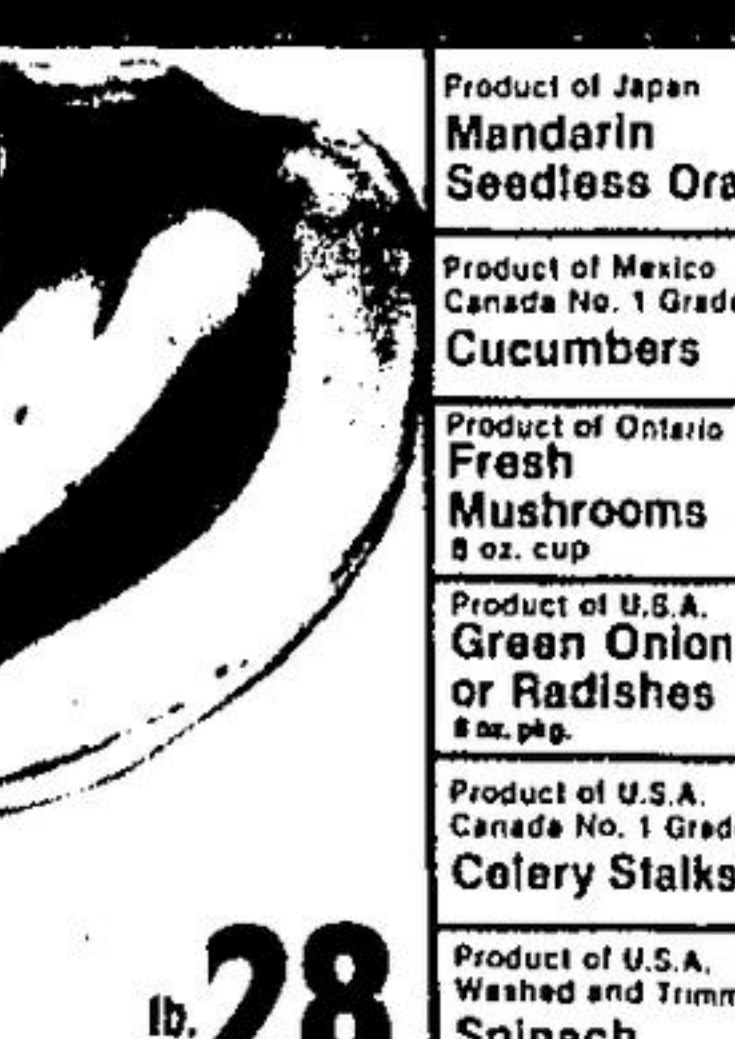
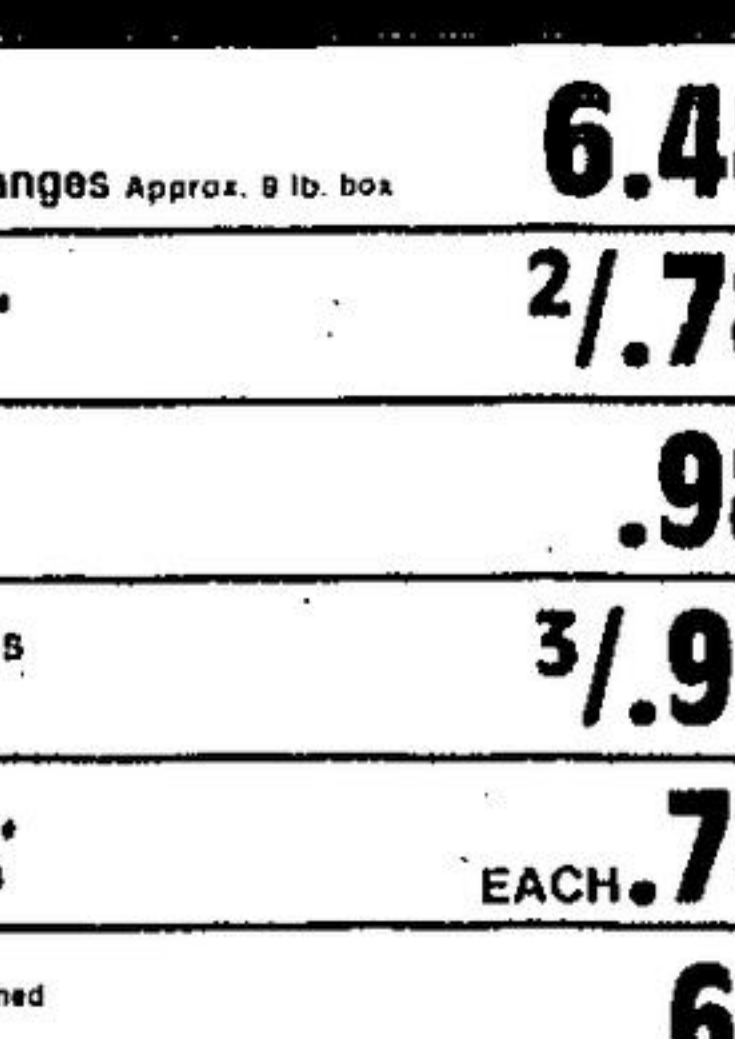

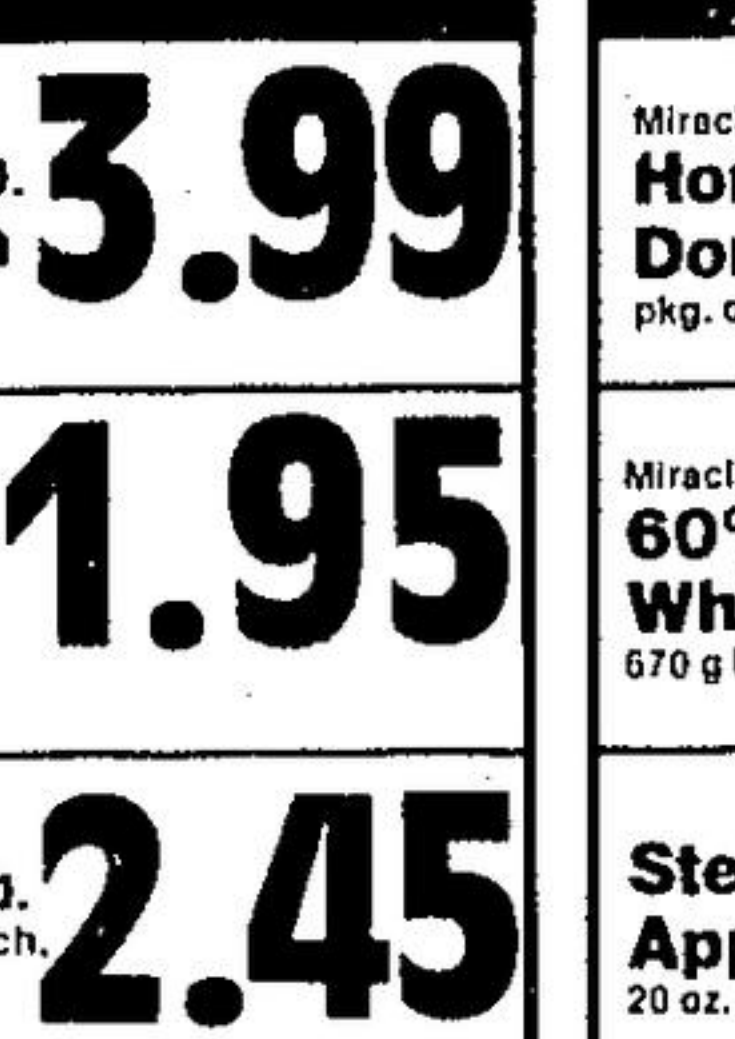
## CONSTANT DISCOUNT PRICING MEAT

		Grade A Beef Lean Boneless Stew Beef 1 lb. <b>1.88</b> <small>A cold weather favourite</small>
Cut from Best Quality Grade A Beef Cross Rib Roast 4-6 lb. size <b>1.88</b>	Cut from Quality Grade A Beef Chuck Steaks <b>1.58</b>	Grade A Beef No Cap Rib Steaks 1 lb. <b>2.98</b> <small>Broil or pan fry</small>
		Cut from Best Quality Grade A Beef Brisket Plate Beef <b>.88</b>
		Fresh Ontario Quality Pork Leg of Pork Roasts 3-7 lb. size, Butt portion <b>1.38</b>
		Utility Grade Oven Ready Chickens 3-4 lb. size <b>.96</b>
		Frozen Chicken Legs Part back attached Sold in 4.4 lb. ctns. at \$5.24 <b>1.19</b>
		Swift's Premium or Lazy Maple Bacon Sliced Side, 500 g <b>2.23</b>

## MEAT DIRECT DEALS

		Whole Shell On Cooked Arctic Shrimp 500 g pkg. <b>2.98</b>
SHOP EARLY FOR BEST SELECTION	Whole Part Skinned Smoked Cooked Ham 15-20 lb. size <b>1.18</b> <small>(Shank portion 5-7 lb. size \$1.28 lb.)</small>	Regular or Dinner Shoppy's Beef Sausages 500 g pkg. <b>2.59</b>
Frozen Oven Ready Utility Grade Young Turkeys <b>.89</b> <small>All sizes. Limit 1 turkey per family. (Frozen Grade 'A' Turkeys \$1.08 lb.)</small>		Sliced Side Mary Miles Bacon 500 g pkg. <b>1.48</b>
		Mary Miles Wieners 1 lb. pkg. <b>1.39</b>
		Shoppy's Pate de Foie or Pate de Champagne 200 g pkg. <b>1.56</b>
		Top Quality Maple Leaf Sausage Meat 500 g <b>1.48</b>
		Frozen Grade A Cornish Hens <b>1.68</b>

## PRODUCE DEALS

	Product of Japan Mandarin Seedless Oranges Approx. 8 lb. box <b>6.48</b>
	Product of Mexico Canada No. 1 Grade Cucumbers <b>2/.78</b>
	Product of Ontario Fresh Mushrooms 8 oz. cup <b>.98</b>
	Product of U.S.A. Green Onions or Radishes 8 oz. pkg. <b>3/.99</b>
	Product of U.S.A. Canada No. 1 Grade Celery Stalks EACH <b>.78</b>
Fresh from the Tropics Large Size Bananas <b>.28</b>	Product of U.S.A. Washed and Trimmed Spinach 10 oz. bag <b>.68</b>

## DELI

Famous for Quality Schneider's Olde Fashioned Ham Store Sliced <b>3.99</b>
Famous for Quality Schneider's Coil Polish Sausage Store Cut <b>1.95</b>
Famous for Quality Schneider's Lunch Meats <b>2.45</b> <small>Chicken, Mac &amp; Cheese, Dutch, Luncheon, Pickle &amp; Pimento, Headcheese</small>

## BAKERY

Miracle Food Mart Honey Glazed Donuts pkg. of 9 <b>.89</b>
Miracle Food Mart 60% Whole Wheat Bread 670 g loaf <b>.69</b>
Steinberg Apple Pie 20 oz. pkg. <b>1.29</b>

**NO CHARGE FOR BAGS** When used for your purchase  
**OR RE-USE YOUR BAGS FOR YOUR ORDER AND WE PAY YOU 4¢ A BAG.**  
 To reduce waste and promote ecology.

# miracle foodmart®

ALL PRICES EFFECTIVE UNTIL TUES. DEC. 15, 1981 EXCEPT BAKERY ITEMS UNTIL SAT. DEC. 12, 1981  
 -WE RESERVE THE RIGHT TO LIMIT QUANTITIES.