

Deals!!!

save .70 lb

Ground from 100% Beef
Medium Ground Beef

370 per kg / **168** per lb.

Brown N Spicy Mustard .73

Cut from Canada Grade A Beef

save 1.50 lb

Boneless Round Steaks
Full Slice

547 per kg / **248** per lb.

Heinz 57 Sauce .88

Cut from the Leg

Fresh Pork Schnitzel
Thin sliced boneless pork. Bread and fry.

635 per kg / **288** per lb.

Cut from Canada Grade A Beef

Flank Steaks **855 388**

Cut from Canada Grade A Beef

Boneless Strip Loin Steaks **1429 648**

No waste value trimmed

Cut from Canada Grade A Beef

Boneless Rib Eye Steaks **1208 548**

Frozen Utility Grade Oven or BBQ Ready

Roasting Chickens **216 98**

3-4 lb. size

Frozen Part Back Attached

Chicken Legs **260 118**

Sold In 2 kg ctns. at \$5.20

Frozen Grade A Young

Miracle's Own Deep Basted Turkeys **326 148**

Under 12 lb. size

Regular or All Beef

Schneider's Bologna 500 g pkg. **2.87**

Schneider's Ham Steaks 175 g pkg. **2.16**

Burn's Sliced

Pride of Canada Side Bacon 500 g pkg. **2.68**

Burn's

Pride of Canada Wieners 454 g pkg. **1.68**

Burn's Sliced

Pride of Canada Cooked Ham 175 g pkg. **1.69**

Fresh Ontario Quality Pork

Leg of Pork Roasts **370 168**

5-7 lb. size bull portion

Cut from Canada Grade A Beef

Sirloin Steaks **767 348**

Sliced

Fresh Beef Liver Steaks **218 99**

Frozen Dressed

Freshwater Whitfish **172 78**

Bluswater

Haddock Fish Fries 8 oz. pkg. **1.91**

Highliner

Cod in Batter 350 g pkg. **2.22**

save .20 lb

Miracle's Own 100% Pure Canadian
Beef Patties
Quarter Pound Size
(Appx. 10 lb. cartons at \$1.58 lb.)

370 per kg / **168** per lb.

Miracle's Own Tomato Ketchup 1.59

Cut from Canada Grade A Beef

save 1.30 lb

Boneless Round Steak Roasts
Outside Bottom Round

591 per kg / **268** per lb.

Woodman's Regular Horseradish 1.19

Cut from the Leg, Boneless Inside

Top Round Pork Roasts
3-4 lb. avg. size

613 per kg / **278** per lb.

Cut from the Leg, Boneless Outside

Bottom Round Pork Roasts
3-4 lb. avg. size

591 per kg / **268** per lb.

Country Market Fresh Produce

Product of Ontario Canada No. 1 Grade

Sweet Corn

8/96

Product of U.S.A.

Whole Watermelon

199 each

Product of Ontario Canada No. 1 Grade

Golden Plums **218 99**

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

Large Size Sweet Cantaloupes each **.99**

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

Large Size Tomatoes **218 99**

Fresh from the Tropics

Large Size Bananas **108 49**

Product of Ontario Canada No. 1 Grade

Green Cabbage each **.79**

Product of Ontario Canada No. 1 Grade

Greenhouse Seedless Cucumbers each **.89**

Product of Ontario Canada No. 1 Grade

New Crop Ontario Potatoes 10 lb. bag **1.99**

Product of Ontario Canada No. 1 Grade

Head Lettuce each **.49**

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

Red Plums

218 per kg / **.99** per lb.

The Deli & B.B.Q.

Famous for Quality

Schneider's Mixed Cold Cuts
Beerwurst, Jagdwurst, Spiced Ham, Hurlinger, Jumbo Summer - Deli Sliced

.88 per 100 g / **399** per lb.

Famous for Quality

Schneider's Blue Ribbon Bologna **.44** per 100 g / **199** per lb.

Deli Sliced

Shopy's

Deli Fresh Potato & Egg Salad **.42** per 100 g / **189** per lb.

Deli Served

Famous for Quality

Schneider's Foot Long Wieners **.44** per 100 g / **199** per lb.

Ideal for the B.B.Q.

Famous for Quality

Schneider's Mixed Lunch Meats **.64** per 100 g / **289** per lb.

Selected Varieties - Deli Sliced

Product of U.S.A.

Fresh Nectarines

174 per kg / **.79** per lb.

Product of Ontario

Green Onions or Bunch Radishes

3/99

Product of South Africa

Outspan Navel Oranges Size 112 **12/2.69**

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

Green Sweet Peppers **218 99**

Product of Ontario Canada No. 1 Grade

Fresh Cauliflower each **.99**

Product of U.S.A.

Fresh Mangoes each **.99**

Product of Ontario

African Violets 4 inch pot **1.49**

Product of Ontario

Assorted Tropical Plants 4 inch pot each **.99**

2.8. Brand from Concentrate

Lemonade or Fruit Punch 84 fl. oz. **1.49**

Product of Ontario

Fresh Green or Wax Beans

139 per kg / **.59** per lb.

The Bakery

Dampster's

Dark, Plain or Caraway Rye Bread **.69**

350 g

Miracle Food Mart, Cracked Wheat or

60% Whole Wheat Bread **.69**

675 g/24 oz. loaf

Granny's

Apple Pie's **1.19**

pkg. of 5

Bake-Rite

Brownies **1.19**

pkg. of 6

Miracle Food Mart

Glazed Donuts **.99**

pkg. of 9

Flamingo

Butter Tarts **1.69**

pkg. of 12

Dampster's

Long Scone Loaf **.69**

375 g/24 oz. loaf

ALL PRICES EFFECTIVE WED. JULY 21 TO TUES. JULY 27, 1982 MONDAY EXCEPT BAKERY ITEMS UNTIL SAT. JULY 24, 1982 IN METRO TORONTO • MISSISSAUGA • OAKVILLE • THORNHILL • BRAMPTON • MALTON • MARKHAM • OHAWA • AJAX • WHITBY • GEORGETOWN • BOWMANVILLE • ORILLIA • BARRE. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.