

YOU'LL DO BETTER AT A&P

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You'll do better with these great!

We redeem all food store coupons!

A&P reserves the right to limit quantities to normal family requirements!

SUPER BUYS



Prices effective thru Saturday, August 14th, 1982.

TRADITION NABOB
REGULAR, FINE OR EX FINE
Nabob Tradition Coffee
1 LB VAC PAC
2 69
OUR REGULAR PRICE 3.69

ALL POPULAR BRANDS, REG OR KING SIZE
Canadian Cigarettes
CARTON OF 20'S OF 25'S
10 69
OUR REGULAR PRICE UP TO 11.79

Sprite or Coca-Cola
LIMIT 3 CASES PER FAMILY PURCHASE
CASE OF 24-10 FL OZ TINS
4 69
OUR REGULAR PRICE 9.99

The All Natural Ice Cream
SEALTEST, ASSORTED FLAVOURS
2 LITRE CARTON
2 99
OUR REGULAR PRICE 3.99

ASSORTED VARIETIES
Primo Pastas 500 g. pkg **.59**
OUR REGULAR PRICE .89
PRIMO PLAIN Spaghetti Sauce 14 fl oz tin **.59**
HOT DOG CORN OR HAMBURGER
McLarens Relish 375 mL jar **.79**
HAMBURGER BUNS OR
Wiener Rolls pkg of 12 **.89**

SAVE 2.64/kg **1.20 lb**
Boneless Round Roast
CUT FROM CANADA'S FINEST GRADE "A" BEEF
OUTSIDE CUT, EYE REMOVED
5 49 / 2 49
/kg / lb
OUR REGULAR PRICE 8.13/kg-3.69 LB

NORDICA, 2% PARTLY SKIMMED
Cottage Cheese 750 g ctn **1 99**
OUR REGULAR PRICE 2.39
A&P FROM CONCENTRATE
Orange Juice 64 fl oz tin **1.59**
PROCESS. PLAIN OR CARAWAY
Dofino Cheeses 200 g pkg **1.49**
COLBY OR BRICK CHEESE
Black Diamond 225 g pkg **1.69**

JANE PARKER, SLICED, 100%
Whole Wheat Bread
or Marvel White Bread
Made with 100% pure vegetable shortening
24 oz 675 g loaf
.49
OUR REGULAR PRICE .70

SUNSQUEEZE, CONC. CLEAR OR PINK
Frozen Lemonade
12.5 fl oz tin **.39**
OUR REGULAR PRICE 2 FOR .99

SOLID LIGHT
Clover Leaf Tuna 7 oz tin **1 39**
OUR REGULAR PRICE 1.65
NO. 1 GRADE, LIQUID
Billy Bee Honey 1 kg jar **3.99**
KOSHER, WITH GARLIC
Heinz Dill Pickles 1.5 litre jar **1.99**
SWIFT'S HOLIDAY
Luncheon Meat 340 g tin **1.39**

RUMP, SIRLOIN TIP OR INSIDE CUT ROUND
Boneless Beef Roasts **5 93 / 2 69**
OUR REGULAR PRICE 8.36/kg-3.79 LB
FRESH
Lean Ground Beef 439 /kg / lb **1 99**
GREAT ON THE B.B.Q.
Cube Steak 725 /kg / lb **3 29**
GREAT ON THE B.B.Q. INSIDE
Round Steak 770 /kg / lb **3 49**
Eye of Round Roast 880 /kg / lb **3 99**

SEA BUOY FROZEN
Fish Cakes 196 /kg / lb **.89**
OLD SOUTH, 100% FROZEN, CONC. FLORIDA
Orange Juice 16 2/3 fl oz tin **1.59**
MAC & CHEESE OR SPINACH SOUFFLE, FROZEN
Stouffer Entrees 12 oz pkg **1.39**
CHICKEN A LA KING
Lasagna 10 5/8 oz pkg **2.29**
LEAFER, SLICED
Mushrooms 10 fl oz tin **.99**

ABC BRAND
Pink Salmon
7.75 oz tin
.99
SUPER BUY!

SAVE .67/kg-.30 lb **SAVE .45/kg-.20 lb**
Fresh Chicken Legs **2 84 / 1 29**
OUR REGULAR PRICE 3.51/kg-1.59 LB
QUARTERS, WITH BACKS ATTACHED
Fresh Chicken-Breasts **3 06 / 1 39**
OUR REGULAR PRICE 3.51/kg-1.59 LB
QUARTERS, WITH BACKS & WINGS ATTACHED

GINGER ALE, TONIC OR SODA
Pure Spring Beverages
case of 24 10 fl oz tins
5 99
OUR REGULAR PRICE 9.99

LIBBY'S, TOMATO SAUCE, SPAGHETTI, ZOODLES OR
Alpha-Getti 14 fl oz tin **.59**
OUR REGULAR PRICE .81
J.B. GRANNY SMITH RECONSTITUTED
Apple Juice 48 fl oz tin **.99**
CONCENTRATED ENFALAC, SMLAC SML
Baby Formula 425 mL tins **26.99**
JANOR, JUICES & MEATLESS VARIETIES OF
Heinz Baby Foods 2 7.5 fl oz jars **.89**

THE FARM
For Freshness & Savings
CANADA NO. 1 GRADE, PROD. OF ONTARIO.
Fresh Celery Stalks each **.39**
CANADA NO. 1 GRADE, PROD. OF CALIFORNIA OR SEEDLESS
Green Grapes 2 18 /kg / lb **.99**
CANADA FANCY PROD. OF SOUTH AFRICA SWEET
Granny Smith Apples 2 18 /kg / lb **.99**
PROD. OF ONTARIO, 4 VARIETIES INCL LEMONADE
J. B. Fruit Drinks 64 fl oz **.99**
PROD. OF SOUTH AFRICA, LARGE SIZE 88'S
Sweet Oranges 10 **2.99**
PROD. OF U.S.A., RIPE, SWEET
Whole Watermelon each **2.99**
CANADA NO. 1 GRADE, PROD. OF ONTARIO
Corn-On-The-Cob 12 **1.69**
PROD. OF U.S.A., LARGE, SWEET
Fresh Blueberries pint **1.49**
PROD. OF CALIFORNIA, SUGAR SWEET
Fresh Strawberries quart **1.99**

MAC & CHEESE
Kraft Dinner 225 g pkg **.49**
TOOTH PASTE
Pepsodent 100 mL tube **1.39**
MAXI SIZE REGULAR OR DEODORANT
Stayfree Pads pkg of 30 **2.99**
ASSORTED COLOURS
J-Cloths pkg of 20 **2.49**

EX ABSORBENT 60'S OR TODDLER 48'S
Pampers Diapers
8 99
OUR REGULAR PRICE 9.89

PREMIUM BLEND
Bokar Instant Coffee
10 oz jar
3 99
OUR REGULAR PRICE 4.79

Is your pet running its own flea market?

This is the time of year when fleas seem to become the most troublesome. Summer holidays often are a major factor in flea outbreaks. Absence of the pet during the vacation, forces the fleas to seek other sources of food. When you return after your holidays, the fleas are jumping 'knee high' to greet you. Occasionally, when pets are boarded, they will pick up fleas and bring them home with them.

What do they look like? Fleas are small, wingless insects varying in length from one to three eighths of an inch in length. They are dark brown and very flattened on the sides. Fleas are good jumpers and can jump up five or six inches. This is why flea bites often show up first on the ankles and legs below the knees.

The most common flea is the cat flea which is equally at home on both cats and dogs. Female fleas lay their eggs on the pet or in the pet's bedding. The eggs hatch into small, hairy, legless worms. These worms feed in the area of the pet's bed and are seldom noticed. The worms change into pupae and from the pupae emerge the adults. Adult fleas can go for several months without feeding. The females must have a blood meal before they can lay eggs.

Why do fleas jump? It has been shown that carbon dioxide is the main stimulant for fleas. Since all animals breathe out carbon dioxide, the flea has an early warning of its presence. Carbon dioxide is in fact the main stimulant for many parasites. Try putting a little dry ice out on a warm summer evening and watch how it attracts mosquitoes.

What is a sand flea? 'Sandfleas' is just another name given to the cat and dog flea. In warmer areas such as the southern states, fleas can live out in the yard and are often referred to as 'sandfleas'. There is a sand flea which lives in the ocean but it is not an insect and it does not bite.

How can I check for fleas? One way to check for fleas in the home is to put on a light colored pair of pants and socks. Tuck the cuffs into the socks and walk slowly through the house. The dark coloured fleas when they jump on to the light coloured clothing are easily seen.

Controlling fleas involves treating the house and the pet at the same time. The entire house should be treated as fleas are active and can spread throughout the home. Flea collars are usually not sufficient for treating the pet. A flea powder or shampoo should be used on the animal taken to the vet.

Prior to treating the house, it is a good idea to go through and vacuum the house thoroughly. This will help to physically remove some of the fleas. Make sure you dispose of the vacuum bag after as the fleas may still be alive in the bag. In treating the house, all perimeters, cracks and crevices should be treated. As well, carpeting and the under sides of chesters, fields, chairs and beds should be treated. Do not spray bedding or the surfaces of furniture that people will contact. If fleas are in the bedding, wash in hot water.

Bob Cameron Urban Pest Control