

Consumers
Distributing

Exciting new offer

Christmas Jewellery* Coupon worth \$3

miracle
Foodmart

All Jewellery (except watches) from Consumers 1982/83 catalogue, inside front cover to page 34

Miracle's Grocery Super Deals

- Gay Lea Sour Cream 500 ml. tub **1.39**
- Plain or Rippled Humpty Dumpty Potato Chips 200 g. pkg. **1.39**
- Assorted Varieties Voortman Festive Cookies 200 g. pkg. **.79**
- Hires Root Beer, Pure Spring Gingerale, Tonic, Club Soda or Regular or Sugar Free Orange Crush 750 ml. Bd. **.49**
Plus .50 deposit.
- Assorted Colours Delsey Bathroom Tissue 4 roll pkg. **1.69**
- In Tomato Sauce, With Pork or With Pork & Molasses Libby's Beans 19 fl. oz. tin **1.09**
- Solid Light Unico Tuna 3 1/2 oz. tin **.69**
- Lancia Lasagna 500 g. pkg. **.99**
- Primo Canadian Plum Tomatoes 28 fl. oz. tin **.79**
- Shrimp or Lobster Newburg Stouffer's Frozen Entrees 6.5 oz. pkg. **2.99**
- Miracle Food Mart Cream Cheese 250 g. pkg. **1.39**
- Peas, Corn or Mixed Vegetables Green Giant Frozen Vegetables 1 kg. bag **1.99**
- Selected Varieties Green Giant Frozen Vegetables in Sauce 250 g. pkg. **1.29**
- Crinkle or Straight Cut McCain Frozen Superfries 1 kg. bag **1.44**
- Frozen Stouffer Macaroni & Cheese 12 oz. pkg. **1.49**
- Frozen 9" Pla Shell 3's or Gainsborough Puff Pastry 14 oz. pkg. **1.69**
- Frozen Cherry or Strawberry Sara Lee Cheese Cake 567 g. pkg. **3.33**

Assorted Colours
Kleenex
Facial Tissue
pkg. of 200

.89

Hi Dri Paper Towels 2 roll pkg. **1.09**

Save **.27**



Homepride
Old Country Crusty Bread **.49**
450 g. loaf
Price effective until Sat. Dec. 11th only.

Save **.54**



Miracle Food Mart
Pure Apple Juice each **.99**
48 fl. oz. tin

Orange Pekoe
Lipton
Tea Bags
pkg. of 50

1.49

Rich or Milk Flavour Carnation Instant Hot Chocolate 500 g. jar **2.49**

Save **4.70**



Regular or Sugar Free Hires Root Beer, Pure Spring Gingerale or Club Soda, or Regular or Sugar Free
Orange Crush **4.99**
24x280 mL tins
(Orange Crush 6x300 mL. blla. regular price plus .15 each bottle deposit.)

Save **1.00**



Assorted Flavours Beatrice
Super Good Ice Cream **2.99**
2 litre cont. each

Powdered
Tide
Detergent
12 litre box

8.99

Scented or Unscented Bounce Fabric pkg. of 40 Softener Sheets **3.69**

Grocery Direct Deals

Baking

All Popular Brands
Canadian Cigarettes
Carton of 200
Price effective until Sat. Dec. 11th only.

11.99
REGULAR SIZE
12.09
KING SIZE

WARNING: Health & Welfare Canada has determined that smoking can be hazardous to your health. Avoid inhaling.

Assorted Grinds
Maxwell House Ground Coffee
369 g. Vac Pack

2.59

Assorted Varieties Uncle Ben's Stuff N Such 170 g. pkg. **1.09**

Nescafe Instant Coffee
10 oz. Jar

4.99

Monarch Soft Margarine 1 lb. tub **1.09**

With Gathers
Extra Absorbent pkg. of 60 or
Pampers Toddler Diapers
pkg. of 48

9.79

Natures Organic Conditioner or Shampoo 450 ml. bil **2.49**

All Purpose or
Monarch Cake & Pastry Flour
2.5 kg. bag

1.79
WITH COUPON BELOW

Sweetened Condensed Eagle Brand Milk 300 ml. tin **1.75**

Crisco Shortening
1 lb. pkg.

.99

Maple Leaf Tenderflake Lard 1 lb. pkg. **.99**

- Assorted Varieties Puritan Stews 24 oz. tin **1.99**
- Miracle Food Mart Sockeye Salmon 7 1/2 oz. tin **1.99**
- Clam or Seafood Mariner Chowders 15 fl. oz. Bd. **1.29**
- Sliced, Crushed or Tidbits Ardmona Pineapple 14 fl. oz. tin **.69**
- Welch's Concord or White Grape Juice 48 fl. oz. Bd. **1.29**
- Welch's Concord or White Grape Juice 48 fl. oz. Bd. **2.19**
- Ocean Spray Cranapple or Cranberry Cocktail 40 fl. oz. Bd. **2.29**
- Fry's Cocoa 250 g. Bd. **3.20**

BULK SAVINGS Available at Selected Stores

- Assorted Varieties Bulk Cookies per 100 g. **.26** **1.19**
- Canada 1st Grade Bulk White Honey per 100 g. **.31** **1.39**
Unpasteurized
- Mincemeat Pie Filling per 100 g. **.22** **.99**
- Green or Yellow Bulk Split Peas per 100 g. **.11** **.49**
- All Purpose Bulk White Flour per 100 g. **.09** **.39**
- Raspberry or Strawberry Bulk Jam per 100 g. **.22** **.99**
With Pectin
- Bulk Peanut Butter per 100 g. **.22** **.99**
Assorted Varieties
- Bulk Sultana Raisins per 100 g. **.22** **.99**

- Regular or Super Kotex Sanitary Napkins pkg. of 12 **1.49**
- Surtec Garbage Bags pkg. of 10 **1.49**
- Glad Heavy Weight Garbage Bags pkg. of 40 **4.49**
- 40, 60 or 100W Miracle Food Mart White Light Bulbs 2 pack **.99**
- AA, C, D, 8V or AAA Eveready Energizer Batteries per pkg. **1.99**
- Tyall Christmas Gift Wrap 8 roll pkg./24x500 cm **1.99**
- Regular or Drip Grind Sanka Coffee 1 lb. Vac Pack **3.99**

- Feather Flake or Featherstrip Dalton's Dessicated Coconut 200 g. pkg. **1.19**
- Granulated Miracle Food Mart White Sugar 2 kg. bag **1.39**
- Club House Rice Flour 5 oz. box **.79**
- Miracle Food Mart Chocolate Chips 250 g. pkg. **1.79**
- E.D. Smith Apple Pie Filling 18 fl. oz. tin **1.39**

- St. Lawrence Corn Oil 3 litre tin **4.99**
- Lantic Yellow Sugar 1 kg. bag **1.19**
- Stafford Mincemeat With Rum 500 mL. cont. **2.49**
- Lantic Icing Sugar 1 kg. bag **1.45**
- Carnation Evaporated Milk 385 mL. tin **.63**

SUPER DEAL COUPON VALUE .50

This coupon is worth .50 off the Direct Deal retail of one 2.5 kg bag of All Purpose or
Monarch Cake & Pastry Flour
Limit one coupon per purchase.
Valid until Tues. Dec. 14'82 only.
Redeemable at Miracle Food Mart.

1.79 WITH THIS COUPON
Our Direct Deal Retail 2.29

SAVE WITH Price Freeze

Items until Jan. 1'83