

YOU'LL DO BETTER AT A&P

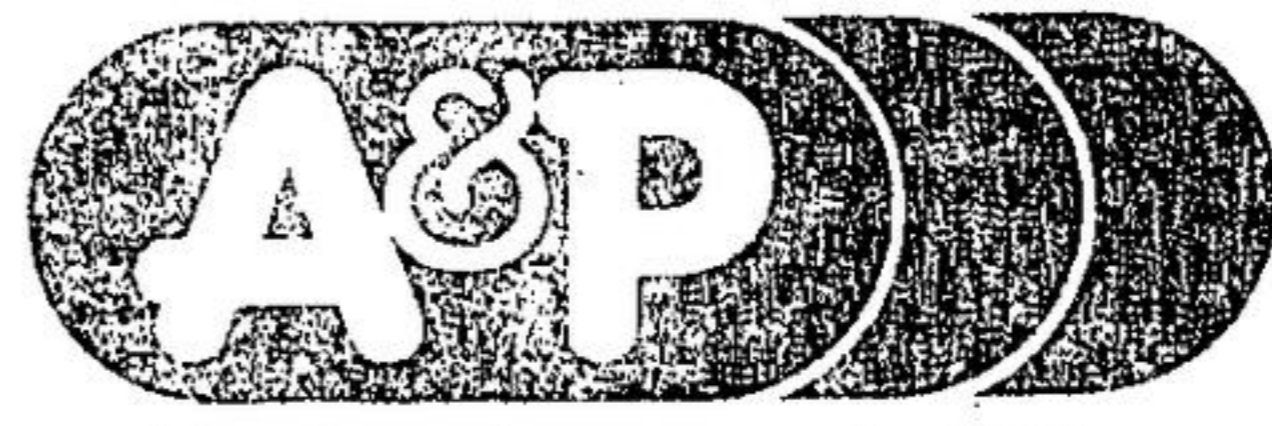
YOU'LL DO BETTER AT A&P

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

We redeem all food store coupons!

You'll do better with A&P's great...

SUPER BUYS



Prices effective thru Sat., January 22nd, 1983.

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SAVE 50

FROZEN, GOOD 'N MOIST, 3 VAR

Sara Lee Cakes

397 g PKG

1.39

OUR REGULAR PRICE 1.89

BUY 3 SAVE 77

A&P SLICED

White Bread

450 g-16 OZ LOAF

3/1.00

OUR REGULAR PRICE .59 EACH

2% milk

SUPER BUY!

PARTLY SKIMMED

Fresh 2% Milk

3 QUART BAG

1.79

SAVE UP TO 1.26

REGULAR OR KING SIZE

Canadian Cigarettes

CARTON OF 20'S OR 25'S

11.49

OUR REGULAR PRICE UP TO 12.75

WARNING: Health and Welfare Canada advises that danger to health increases with amount smoked - avoid inhaling.

ASSORTED VAR

Dare Cookies

450 g TIN TIE BAG

1.59

OUR REGULAR PRICE 2.19

REGULAR FILTER OR AUTOMATIC COFFEE

Mother Parkers

1 lb vac pac

2.99

BRIGHT & FANCY

Tomato Juice

48 fl oz tin

.99

ASSORTED VARIETIES, INCL ROMANOFF

Noodle Roni

6 oz pkg

.79

ASSORTED VARIETIES, INCL SPANISH

Rice-A-Roni

6.5 oz pkg

.69

SAVE 1.33/kg

The Butcher Shop

with supermarket prices

SAVE .60 lb

QUARTERS, BACKS ATTACHED

Fresh Chicken Legs

2.18 / .99

OUR REGULAR PRICE 3.51/kg-1.59 lb

JANE PARKER

Apple Pie

624 g SIZE

1.99

OUR REGULAR PRICE 1.69

JANE PARKER

Hot Cross Buns

pkg of 6

.99

FAVOURITE FIVE, GRAHAM SQUARE, MALLOWS OR SHORTBREAD FLAVOUR

Weston Cookies

400 g tin tie bag

1.89

A&P, GILT EDGE

All Purpose Flour

5 kg bag

3.99

FABRIC SOFTENER

Fleecy Liquid

3.6 litre plst bit

3.29

SUN PAC, FROZEN, CONCENTRATED

Orange Juice

12.5 fl oz tin

.79

OUR REGULAR PRICE .99

SAVE .20

SAVE 2.87/kg-1.30 lb

FIRST 5 RIBS ONLY

Prime Rib Roast

5.71 / 2.59

OUR REGULAR PRICE 8.58/kg-3.89 lb

SAVE .89/kg-.40 lb

SHANKLESS PICNIC SHOULDER

Fresh Pork Roast

3.06 / 1.39

OUR REGULAR PRICE 3.95/kg-1.79 lb

1/2 PRICE SALE!

REGULAR & DIET 7-UP

4.99

OUR REGULAR PRICE 9.99

case of 24/10 fl. oz. tins

(8 pack of 300 ml. returnable btl. available at our regular price)

SAVE 5.00

SILVERWOOD, CANADIAN SUPREME

Ice Cream

2 LITRE CARTON

3.59

OUR REGULAR PRICE 4.09

SOMERDALE FROZEN, STRAIGHT CUT

French Fries

5 lb bag

1.39

SEABOY, FROZEN, COOKED, BREADED

Fish Cakes

196 g

.89

1 PLY BATHROOM TISSUE, ASSORTED COLORS

Cottonelle

pkg. of 4 rolls

1.39

PRIME

Rib Steaks

6.59 / 2.99

OUR REGULAR PRICE 8.58/kg-3.89 lb

FRESH, SHOULDER BUTT

Pork Roast

3.51 / 1.59

OUR REGULAR PRICE 3.95/kg-1.79 lb

FRESH MEDIUM

Ground Beef

3.95 / 1.79

SLICED, PREVIOUSLY FROZEN, SKINLESS & DEVEINED

Beef Liver

1.74 / .79

SWIFT'S LAZY MAPLE, SLICED

Side Bacon

500 g vac pac

2.49

PICNIC SHOULDER OR SHOULDER BUTT

Pork Chops

3.73 / 1.69

PREV FROZEN, NEW ZEALAND, SHOULDER

Lamb Chops

4.39 / 1.99

SWIFT

Premium Wieners

1 lb vac pac

1.59

SWIFT OLD MILL

Breakfast Sausage

3.73 / 1.69

SWIFT REGULAR

Sliced Bologna

375 g vac pac

1.69

POWDERED

ABC Detergent

6 LITRE BOX

2.99

OUR REGULAR PRICE 4.29

WITH PORK, TOMATO SAUCE OR MOLASSES KIDNEY

Heinz Beans

14 oz tins

.69

IN TOMATO SAUCE, SPAGHETTI OR

Heinz Scarios

14 fl oz tin

.59

SILVERWOOD, DESSERT STYLE, ASST. FLAVOURS

Yogourt

175 g tubs

1.00

A PREMIUM BLEND

Bokar Instant Coffee

3.99

OUR REGULAR PRICE 4.79

SAVE .80

10 oz jar

THE FARM

For Freshness & Savings

CANADA NO. 1 GRADE, PROD. OF U.S.A.

Celery Hearts

.69

OUR REGULAR PRICE .99

PROD. OF MOROCCO, THE CANDY FRUIT

Sweet Clementines

2 lb tray

1.99

OUR REGULAR PRICE 2.49

CANADA FANCY, PROD. OF ONTARIO

McIntosh Apples

5 lb bag

1.99

CANADA NO. 1 GRADE, PROD. OF P.E.I. ALL PURPOSE

20 lb Bag Potatoes

2.69

PROD. OF TEXAS, DELICIOUS IN SALADS

Spinach

2/10 oz cello bags

1.69

PROD. OF FLORIDA, SEEDLESS, SIZE 40

Grapefruit

10/1.99

ORANGE PEKOE

Galway Tea Bags

1.19

OUR REGULAR PRICE 2.39

SAVE 1.20

limit 3 pkgs per family

box of 60

FROZEN CHICKEN BEEF OR TURKEY

Stouffer's Meat Pies

10 OZ PKG

1.59

OUR REGULAR PRICE 2.19

BRAVO

Vegetable Oil

3 litre cont

2.99

A&P

Macaroni & Cheese

225 g pkg

.49

BRAVO PLAIN

Spaghetti Sauce

28 fl oz tin

1.19

LIQUID

Javex Bleach

3.6 LITRE PLST JUG

1.49

OUR REGULAR PRICE 2.13

TOOTHPASTE

Ultra-Brite

50 ml tube

.99

ASSORTED PLAIN VARIETIES

Peek Frean Biscuits

200 g pkg

.89

INSTANT, HOT, REGULAR OR MARSH-MALLOW

Cadbury's Chocolate

500 g ctn

2.59

SPAGHETTI, READY CUT MAC, SPAGHETTI

Lancia Pastas

.99

OUR REGULAR PRICE 3.59

SAVE .60

500 g pkg

SUPER BUY!

A&P GEORGETOWN - 100 SMC LAIR AVE. OPEN TILL 9 P.M. MON.-FRI., SAT. TILL 6 P.M.

Kick the habit and smile!!

It takes grit to make New Year's resolutions stick—especially resolutions about quitting smoking. But keeping no-smoking resolutions doesn't have to be a grim business, the Ontario Lung Association maintains. In fact it can be quite the opposite. They have developed a new approach to quitting that highlights the upbeat aspects of practising healthier lifestyles. The Lung Association is presenting its new self-help program for smokers everywhere who want to kick the habit.

Called Freed from Smoking, the program emphasizes nutrition, exercise, personal rewards, assertiveness, and the positive benefits of saying "no thanks" to cigarettes. It offers a nuts-and-bolts way to quit smoking in 20 days—and make it stick for a lifetime.

Nine out of ten smokers say they would quit if there were a workable way. The problem is when and how to quit. The Lung Association believes it has developed a way to help smokers answer those questions for themselves. Whenever smokers are ready.

Most smokers quit by trying again and again. They are in effect practising quitting. Smokers who have tried to quit several—or plenty—of times are good candidates for Freedom from Smoking.

Wanting to quit, is the key to success. But sometimes finding how to quit can be critical.

Want to keep you no-smoking New Year's resolution for a lifetime? Contact the Halton Lung Association. They say: "It's a matter of life and breath."

Dental clinic at Manor

A dental clinic will be opened at Halton Centennial Manor, providing regional council is assured the project won't cost them anything.

The clinic, to be located in Martin House, would save Manor staff from having to bundle residents into the wheelchair van for trips to dentists in town.

Residents would, however, maintain the right to go to their own dentists even after the Manor facility is opened.

The Rotary Club of Milton is assisting in the project.

Computer work shop

Want to get more out of your home computer? Sheridan College is hosting two, two-day workshops on 6502 Assembly Language programming for the Pet, Apple and Atari computers on March 21, 22 and 23, 24 at the Oakville Campus.

The workshops are designed for people with experience at programming a computer, says Kem Luther, Ph. D., instructor for the course and a teacher in the School of Computer Studies at Sheridan.

By learning the assembly language, computer users will be better able to access their capacity, says Luther.