

# DEALS

**ENTER THE METRO ZOO CONTEST**

Win one of two free family trips\* and accommodation to Miami via Eastern Airlines. To enter draw, deposit your Family Pass Coupon at the Metro Zoo.

**EASTERN**

## Miracle's Select Quality Meats

**Save 100lb.**



**549 per kg**  
**249 per lb.**

Cut from Canada Grade A Beef  
**Boneless Full Round Steaks**  
Full Slice - Best when fried in liquid

**Save 110lb.**



**527 per kg**  
**239 per lb.**

Cut from Canada Grade A Beef  
**Boneless Round Steak Roasts**  
Outside bottom round Eye Removed

**Medium Ground Beef**

**373 per kg**  
**169 per lb.**

Fresh Ontario Quality Pork

**Boneless Pork Schnitzel** **439 per kg** **199 per lb.**  
Cut from the leg

**Veal Chops** **373 per kg** **169 per lb.**  
Cut from the Shoulder

**Burns Sliced Side Bacon** **2.89**  
500 g pkg

**Burns Pride of Canada Wieners** **1.69**  
454 g pkg

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

**Burns Pride of Canada Bologna** **1.39**  
375 g pkg

**Burns Pride of Canada Dinner Hams** **946 per kg** **429 per lb.**

**Unbranded or Burns Link Sausages** **395 per kg** **179 per lb.**  
Store Packed

**Burns Vintage Hams** **990 per kg** **449 per lb.**

**Land O Frost Sliced Meats** **.69**  
All varieties - 71 g pkg

**Unbranded Bacon** **483 per kg** **219 per lb.**  
By the piece

**Unbranded Wieners** **1.49**  
454 g pkg

**Unbranded Bologna Chunks** **284 per kg** **129 per lb.**  
Vacuum packed

**All varieties Shop's Deli Smoked Sausages** **615 per kg** **279 per lb.**

**Shop's Corned Beef or Pastrami** **2.59**  
pkg. of 4x50 g

**Potato, Macaroni or Cole Slaw** **1.29**  
500 g pkg

**Shop's Salads** **1.29**  
500 g pkg

**Sliced Beef Liver** **152 per kg** **.69 per lb.**

**Save 120lb.**



**659 per kg**  
**299 per lb.**

Cut from Canada Grade A Beef  
**Porterhouse, Wing or T-Bone Steaks**  
Tall on

**Save 130lb.**



**615 per kg**  
**279 per lb.**

Cut from Canada Grade A Beef  
**Sirlon Steaks**

Cut from the Leg

**Veal Scallopini**

**880 per kg**  
**399 per lb.**

Eviscerated Utility Grade

**Jumbo Roasting Chickens**

**262 per kg**  
**119 per lb.**

5-7 lb. size

## Country Market Fresh Produce

**Jumbo Hartley Walnuts**  
Product of U.S.A. California In Shell  
**218 per kg** **.99 per lb.**  
save .60lb.

**Fresh Broccoli**  
Product of U.S.A.  
**.79 each**  
save .20

Product of Ontario Canada No. 1 Grade  
**Green Cabbage** **2/100**  
Jumbo Size

Fresh from the Tropics  
**Large Size Bananas** **108 per kg** **.49 per lb.**

Product of Ontario Canada No. 1 Grade  
**Waxed Rutabagas** **2/100**

Product of U.S.A. Canada No. 1 Grade  
**Cauliflower** **1.59**  
Large Size

Product of P.E.I. Canada No. 2 Grade  
**Netted Gems Potatoes** **1.79**  
10 lb. bag

Product of U.S.A.  
**Green Onions or Radishes** **2/.88**  
8 oz. bag

Product of Ontario  
**Fresh Mushrooms** **1.59**  
8 oz. cup

Product of Morocco  
**Clementine Oranges** **218 per kg** **.99 per lb.**



**Navel Seedless Oranges**  
Product of U.S.A. California  
**12/99**  
save .80 dozen

**Fresh Nectarines**  
Product of Chile  
**218 per kg** **.99 per lb.**  
save

**Fresh Brussel Sprouts**  
Product of U.S.A.  
2 lb. bag  
**174 per kg** **.79 per lb.**  
save .20lb.

Product of Ontario  
**Cole Slaw** **.59**  
8 oz. bag

Product of U.S.A. Canada No. 1 Grade  
**Head Lettuce** **.79**

**Dieffenbachia** **4.99**  
8 inch pot

**African Violets** **1.49**  
4 inch pot

For indoor planting  
**Potting Soil** **.98**  
10 lb. bag

Product of U.S.A.  
**Sunmaid Brand Thompson Seedless Raisins** **.99**  
14x1/2 oz.



**Carrots or Yellow Onions**  
Product of Ontario Canada No. 1 Grade  
**2/100**  
save

## Bulk Foods

**Assorted Bulk Cookies** **.26 per 100 g** **119 per lb.**

**All Purpose Bulk White Flour** **.07 per 100 g** **.31 per lb.**

**With Pectin Strawberry or Raspberry Bulk Jam** **.28 per 100 g** **129 per lb.**

**Quick Cook Bulk Rolled Oats** **.11 per 100 g** **.49 per lb.**

**Assorted Varieties Bulk Peanut Butter** **.26 per 100 g** **119 per lb.**

**Bulk Bran Muffin Mix** **.28 per 100 g** **129 per lb.**

**Assorted Varieties Bulk Pasta** **.10 per 100 g** **.47 per lb.**

**Bulk Sultana Raisins** **.26 per 100 g** **119 per lb.**

## The Bakery

**Miracle Food Mart Plain, Cinnamon or Sugar Cake Donnettes** **.99**  
pkg. of 24

**Toastmaster Hot Cross Buns** **1.09**  
pkg. of 6

**Steinberg Cherry Pie** **1.49**  
395 g pkg

**Granny's Bran Muffins** **1.69**  
pkg. of 12

**Gold or Silver Steinberg Pound Cake** **1.49**  
395 g pkg

**Tudor Bakery Apple Strudel** **1.29**  
240 g pkg

**Tudor Bakery Fresh Baked Rolls** **1.29**  
600 g pkg

ALL PRICES EFFECTIVE WED JAN 26 TO TUES FEB 1, 1983 MIDNIGHT EXCEPT BAKERY ITEMS UNTIL SAT JAN 29 1983 IN METRO TORONTO • MISSISSAUGA • OAKVILLE • THORNHILL • BRAMPTON • MALTON • MARKHAM • OSHAWA • A.J.A. • WHITBY • GEORGETOWN • BOWMANVILLE • ORILLIA • BARRIE. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.