

YOU'LL DO BETTER AT A&P

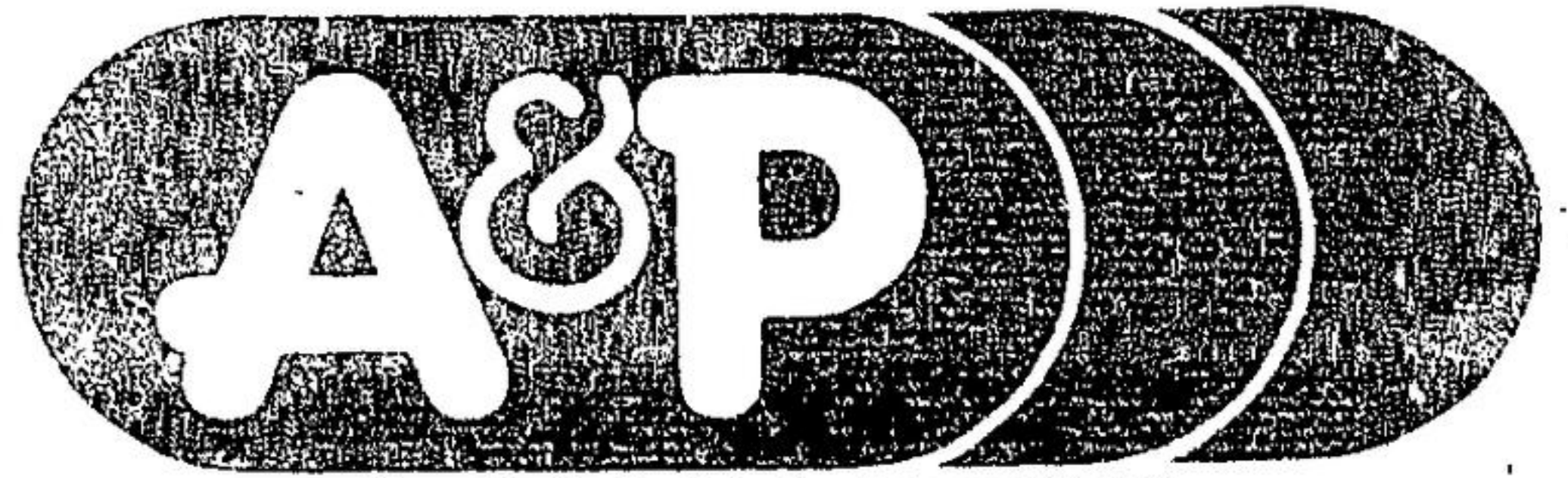
You'll do better with our great

SUPER BUYS

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!



Prices effective thru Saturday, February 12th, 1983.

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

YOU'LL DO BETTER AT A&P

Miracle Whip
1 LITRE JAR
1.99
OUR REGULAR PRICE 2.69

SAVE .70

Lancia Pastas
750 g PKG
.79

3 ASSORTED VARIETIES

SUPER BUY!

Wildmere Butter
POUND
1.99
OUR REGULAR PRICE 2.29

Wildmere BUTTER BEURRE

SAVE .30

Limit 3 lbs per family purchase

Fab Detergent
6 LITRE BOX
2.99
OUR REGULAR PRICE 5.25

POWDERED

SAVE 2.26

Tomato Juice
10 FL OZ TIN
3/1.00
OUR REGULAR PRICE .53 EACH

HEINZ, FANCY

BUY 2 SAVE .77

JANE PARKER, SLICED (100% PURE VEG SHORT)
Raisin Bread 450 g loaf **.79**

JANE PARKER
English Muffins pkg of 6 **.83**

JANE PARKER (PKG OF 12 - 1.49)
Hot Cross Buns pkg of 6 **.99**

White Bread
675 g loaf
.49
OUR REGULAR PRICE .75

MARVEL, SLICED

SAVE .26

Made with 100% pure vegetable shortening

Habitant Soups
28 FL OZ TIN
.89
OUR REGULAR PRICE 1.19

READY-TO-SERVE, ASST VAR

SAVE 30

NABISCO
Shreddies 675 g pkg **1.79**

CARNATION, INSTANT
Coffee-Mate 500 g jar **2.39**

CARNATION, RICH, MARSHMALLOW MILK
Hot Chocolate 500 g cin **2.59**

Crush Beverages
case of 24-10 fl oz tins
5.99
OUR REGULAR PRICE 9.99

REG OR SUGAR FREE, 5 ASST VAR

SAVE 4.00

6 pack of 300 mL returnable bottles available at reg price

Pink Salmon
7 1/4 OZ TIN
1.49
OUR REGULAR PRICE 1.83

GOLD SEAL

SAVE 34

PLAIN, ASSORTED CUTS
Lancia Noodles 375 g pkg **.79**

BRAVO
Plum Tomatoes 28 fl oz tin **.89**

CHICK PEAS, LENTILS, WHITE OR RED KIDNEY, ROMANO
Bravo Beans 19 fl oz tin **.69**

Peek Frean Cookies
400 g tin
1.39
OUR REGULAR PRICE 2.25

ASSORTED PLAIN VARIETIES

SAVE .86

The Butcher Shop
with supermarket prices

SAVE .88/kg

SAVE .40 lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF

Blade or Chuck Short Rib

BEEF ROASTS

3.95/kg / 1.79 lb
OUR REGULAR PRICE 4.83/kg - 2.19 lb

SAVE .88/kg - .40 lb

BLADE, CHUCK SHORT RIB OR SHOULDER
Boneless Beef Roasts **4.39/kg / 1.99 lb**
OUR REGULAR PRICE 5.27/kg - 2.39 lb

QUARTERS, WITH BACKS ATTACHED
Fresh Chicken Legs **2.18/kg / .99 lb**
OUR REGULAR PRICE 3.51/kg - 1.59 lb

FRESH, MEDIUM
Ground Beef **3.95/kg / 1.79 lb**

NEW ZEALAND SPRING, HOPT CUT FROZEN
Lamb Legs **5.49/kg / 2.49 lb**

SHOULDER CUTS (STRIP OR CURLED) 554g - 2.29 lb
Stewing Beef **4.39/kg / 1.99 lb**

NEW ZEALAND SPRING, FROZEN, SHOULDER
Lamb Chops **4.39/kg / 1.99 lb**

BONELESS BEEF
Brisket Point **5.05/kg / 2.29 lb**

A&P REGULAR OR THICK SLICED
Side Bacon 500 g rec pac **2.59**

GRADE A EVISCERATED (2031g AVERAGE)
Frozen Ducks **2.84/kg / 1.29 lb**

BURNS, BREAKFAST
Sausages **3.51/kg / 1.59 lb**

SUPER BUY!

UTILITY GRADE, EVISCERATED
Frozen Chickens **2.40/kg / 1.09 lb**
2 TO 3 kg AVERAGE

EXCELLENT FOR BRAISING
Blade Steaks **3.95/kg / 1.79 lb**
OUR REGULAR PRICE 4.83/kg - 2.19 lb

Palmolive Liquid
1 LITRE PLST BTL
2.99
OUR REGULAR PRICE 3.29

DETERGENT

SAVE 30

FABRIC SOFTENER
Free 'N Soft 33 g pkg **3.29**

LOTION MILD
Jergens Soap pkg of 4 bars **1.19**

JERGENS, BLUE, BROWN OR WHITE
Cream Soap 350 mL cont **1.99**

Velour Tissue
pkg of 4 rolls
1.39
OUR REGULAR PRICE 1.89

BATHROOM TISSUE, ASST COLOURS

SAVE 50

Gay Lea Yogurt
175 g TUB
.36
OUR REGULAR PRICE .73

SWISS, STYLE

SAVE 37

CHICKEN NOODLE
Lipton Soup Mix pkg of 4 envs **1.49**

CHOICE, ASSORTED VARIETIES
Aylmer Vegetables 19 fl oz tin **.69**

TOMATO
Heinz Soups 3 10 fl oz tins **.99**

Old Dutch Bleach
1.36 litre plst jug
1.19
OUR REGULAR PRICE 1.79

LIQUID

SAVE 60

Pancake Syrup
750 mL BTL
1.99
OUR REGULAR PRICE 2.59

AUNT JEMIMA, 3 ASST VAR

SAVE 60

AUNT JEMIMA, REG, BUTTERMILK, BUCKWHEAT
Pancake Mix 1 kg pkg **1.69**

CAMPBELL'S, VEGETABLE
V-8 Juice 28 fl oz tin **.99**

SCHNEIDERS, CRISPYCRUST LARD OR
Crispyflake Shortening 1 lb pkg **.79**

THE FARM
For Freshness & Savings
PRODUCT OF MEXICO, SWEET, RIPE

Fresh Pineapples **.99** each

PROD. OF CALIFORNIA, SEEDLESS, SIZE 138'S
Navel Oranges **.10** each

PROD. OF U.S.A., DELICIOUS BAKED
Fresh Yams 3 lbs **.99**

CANADA FANCY, PROD. OF ONTARIO
McIntosh Apples 5 lb bag **1.99**

PROD. OF CALIFORNIA, DELICIOUS
Avocados 3/1.00

PROD. OF CALIFORNIA
Fresh Broccoli bunch **.99**

CANADA EXTRA FANCY, PROD. OF B.C. RED OR GOLDEN
Delicious Apples 1 1/2 kg **.69**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Fresh Carrots 2 lb bag **.99**

Five Roses Flour
3.5 kg bag
2.99
OUR REGULAR PRICE 4.19

ALL PURPOSE, REG OR UNBLEACHED

SAVE 1.20