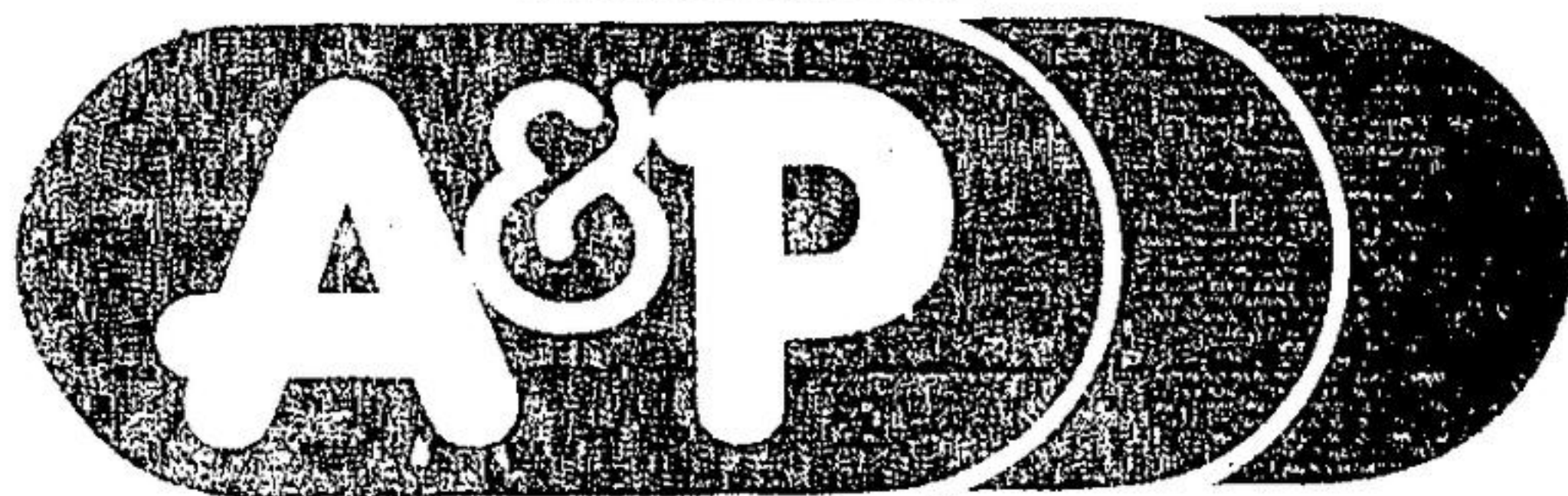


You'll do better at...

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

We redeem all food store coupons.



Prices effective thru Saturday, February 19th, 1983.

SAVE 70

BOKAR COFFEE

A PREMIUM BLEND
Bokar Bean Coffee
CUSTOM GROUND, 1 LB BAG

2.99

3 lb bag 8.79
our reg price 10.89
save 2.10

OUR REGULAR PRICE 3.69

SAVE 40

JANE PARKER, SLICED 60% OR 100% WHOLE WHEAT OR CRACKED
Brown Bread
675 g LOAF

made with 100% pure vegetable shortening

.49

OUR REGULAR PRICE .89

SAVE 74

MARTINS
VITAMINIZED
APPLE JUICE

MARTINS, PURE
Apple Juice
48 FL OZ TIN

.89

OUR REGULAR PRICE 1.63

SAVE 60

Star-Kist
CHUNK LIGHT TUNA

CHUNK LIGHT IN OIL OR SPRING WATER
Star-Kist Tuna
6.5 OZ TIN

.99

OUR REGULAR PRICE 1.59

CHOCOLATE OR STRAWBERRY 350 mL PLST BTL
Milkmate Syrups

1.39

OUR REGULAR PRICE 1.79

DELUXE II 520 g OR SNACK 380 g, ASST VAR
Duncan Hines Cake Mixes pkg **1.19**

ANN PAGE
Peanut Butter 1.5 kg jar **4.59**

ASST VAR INCLUDING CHOICE PEAS
Aylmer Vegetables 19 fl oz tin **.69**

CHEFMASTER, PARCHMENT WRAPPED
Margarine

39 lb

SUPER BUY!

DAYTIME 30'S, EX ABSORB 24'S, OVERNIGHTS 22'S
Pampers Diapers

3.99

OUR REGULAR PRICE 4.49

JANE PARKER (PKG OF 12-149)
Hot Cross Buns pkg of 8 **.99**

TOOTHPASTE
Ultra-Brite 3 50 mL tubes **1.69**

McCAIN, FROZEN, CONCENTRATED
Apple Juice 12.5 fl oz tin **.99**

SPAGHETTI, SPAGHETTINI, OR READY CUT MACARONI
Lancia Pastas

.79 750 g pkg

SUPER BUY!

CANADIAN SUPREME, ASST FLAVOURS 1 LITRE CTN
Silverwood Ice Cream

1.69

OUR REGULAR PRICE 2.25

MINI, ASST VARIETIES
Nestle Puddings pkg of 4 5 oz tins **1.59**

BLUE, BROWN OR WHITE
Jergens Cream Soap 350 mL, 1st cont **1.99**

ASST VARIETIES
Nine Lives Cat Food 3 4 oz tins **1.00**

WHITE SWAN, 2-PLY
Decorator Towels

89 pkg of 2 rolls

SAVE 60

OUR REGULAR PRICE 1.49

The Butcher Shop

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
OUTSIDE CUT, EYE REMOVED

Boneless Round Roast

5.93/kg / 2.69 lb

OUR REGULAR PRICE 7.69/kg-3.49 lb

SAVE 1.54/kg-.70 lb

BONELESS, SIRLOIN TIP, INSIDE CUT ROUND OR
Rump Roast

6.37/kg / 2.89 lb

OUR REGULAR PRICE 7.91/kg-3.59 lb

SAVE 1.10/kg-.50 lb

COMBO PKG: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUTS, 8 PER PKG
Loin Pork Chops

4.17/kg / 1.89 lb

OUR REGULAR PRICE 5.27/kg-2.39 lb

FRESH, LEAN Ground Beef 4.39/kg / 1.99 lb	PREV FROZEN, SLICED SKINLESS & DEVEINED Beef Liver 1.74/kg / .79 lb
FRESH RIB OR 3 TO 3 1/2 LB TENDERLOIN Pork Loin Roasts 4.17/kg / 1.89 lb	TOWN CLUB, SWEET PICKLED Cottage Rolls 4.39/kg / 1.99 lb
ROAST OR CHOPS Pork Loin CENTRE CUT 6.15/kg / 2.79 lb	BREAKFAST Burns Sausages 3.51/kg / 1.59 lb
PORK LOIN RIB PORTION, COUNTRY STYLE Spare Ribs 4.39/kg / 1.99 lb	8 VARIETIES INCL PORK & BEEF Schneider's Sausages 500 g pkg 2.49
FRESH APPROX 50 MED GR BEEF'S 10 PORK COMBO Ground Meat 3.51/kg / 1.59 lb	4 VARIETIES INCL RED HOTS Schneider's Wieners 1 lb vac pac 1.89
TOWN CLUB, SLICED Side Bacon 500 g vac pac 2.39	SHOPPY'S COLE SLAW OR Potato Salad 500 g tub 1.29
EVISCERATED, PREV FROZEN Grade 'A' Chickens 2.18/kg / .99 lb	NEW ZEALAND, FROZEN, SHOULDER Lamb Chops 4.39/kg / 1.99 lb

1-PLY WHITE SWAN, ASST COLOURS PKG OF 4
Bathroom Tissue

1.39

OUR REGULAR PRICE 1.89

pkg of 144 **3.89**
Tetley Tea Bags

WHITE SWAN, 2-PLY, ASSORTED COLOURS
Facial Tissue box of 200 sheets **.79**

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

ROBIN HOOD, LARGE FLAKE, QUICK COOKING, MINUTE
Old Mill Oats

.99 1.35 kg pkg

SAVE 50

OUR REGULAR PRICE 1.89

2 kg BAG
Brilliant Yellow Sugar

1.79

OUR REGULAR PRICE 2.49

BLUE WATER, FROZEN, THRIFT PACK 32 oz pkg
Fish & Chips **2.69**

JANE PARKER 539 g cake
Spanish Bar Cake **1.19**

JANE PARKER, HAMBURGER BUNS OR 2 pkgs of 8
Wiener Rolls **.99**

MOUNTAIN DEW, PEPSI FREE, SUGAR FREE PEPSI FREE, REG OR DIET
Pepsi-Cola

5.99 OUR REGULAR PRICE 9.99

8 pack of 300 mL rt. btl. available at our reg. price.

4 ASSORTED VARIETIES INCLUDING MOUNTAIN DEW
Pepsi-Cola 750 mL Btl **2.99**

OUR REGULAR PRICE .75 EACH PLUS BTL DEPOSIT

JANE PARKER 390 g cake
Angel Cake **.99**

JANE PARKER 624 g size
Cherry Pie **1.49**

JANE PARKER 624 g size
Pumpkin Pie **1.29**

ASST VAR INCL OATMEAL & CHOCO CHIP
Dad's Cookies

1.49 450 g tin 16 bag

SAVE 70

OUR REGULAR PRICE 2.19

THE FARM
For Freshness & Savings

PROD. OF CALIFORNIA, SEEDLESS
Sweet Navel Oranges

.10 each

PROD. OF CALIFORNIA
Fresh Avocados 3/100

CANADA NO 1 GRADE, PROD. OF ONTARIO
Fresh Rhubarb 2.18/kg / .99 lb

CANADA FANCY, PROD. OF WASHINGTON
Granny Smith Apples 3 lb bag 1.99

CANADA NO 1 GRADE, PROD. OF FLORIDA
Fresh Celery Hearts

.69 bunch

OUR REGULAR PRICE .99

CAN EX FANCY, PROD. OF B.C., RED & GOLDEN
Delicious Apples 1.52/kg / .69 lb

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

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