

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 26th, 1983.

SAVE 1.10

EXTRA FINE, FINE OR REGULAR, TRADITION
Nabob Coffee
369 g VAC PAC BAG

2.59

OUR REGULAR PRICE 3.69

SAVE .26

MARVEL, SLICED
White Bread
675 g LOAF

.49

OUR REGULAR PRICE .75
Made with 100% pure vegetable shortening

SAVE 4.50

REG OR SUGAR FREE SPRITE, TAB, REGULAR OR DIET
Coca-Cola
CASE OF 24-10 FL OZ TINS

5.49

6 pack of 300mL returnable btl. available at our reg. price

OUR REGULAR PRICE 9.99

2% milk **SUPER BUY!**

PARTLY SKIMMED
Fresh 2% Milk
3 QUART BAG

1.69

SINGLE, THIN, PROCESS
Black Diamond Cheese Slices 500 g PKG

SAVE 60 **2.99**

OUR REGULAR PRICE 3.59

5 VARIETIES OF VEGETABLES
Green Giant 14 fl oz .69

REG OR SUGAR FREE SPRITE, TAB, REG OR DIET
Coca-Cola plus btl deposit 2 750 mL btl .99

4 VARIETIES
Heinz Soups 2 10 fl oz tins .79

POWDERED LAUNDRY
Surf Detergent

SUPER BUY! **2.69**

6 litre box

MAPLE LEAF
Tenderflake Lard 1 LB PKG

SAVE 40 **.79**

OUR REGULAR PRICE 1.19

ASST FLAVOURS
Jell-O Powders 3 3 oz pkgs 1.00

CONDENSED TOMATO
Heinz Soup 3 10 fl oz tins .99

TODDLER SIZE
Pampers Diapers box of 24 4.99

DECORATOR, 2 PLY
White Swan Towels

SAVE 60 **.89**

pkg of 2 rolls

OUR REGULAR PRICE 1.49

ALL PURPOSE OR VELVET
Robin Hood Flour 2.5 kg BAG

SAVE 46 **2.69**

OUR REGULAR PRICE 3.15

LIQUID BLEACH
Javex Fresh Scent 1.8 litre plat btl .99

1 PLY BATHROOM TISSUE, ASST COLOURS
White Swan Tissue pkg of 4 rolls 1.39

CAPRI, ASST COLOURS
Bathroom Tissue pkg of 4 rolls 1.19

WHITE SWAN, 2 PLY, ASST COLOURS
Facial Tissue

SAVE 30 **.79**

box of 200 sheets

OUR REGULAR PRICE 1.09

SAVE 1.77/kg **SAVE 80 lb**

The Butcher's Shop with supermarket prices

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

Boneless Round Roast

5.93 / 2.69

/kg / lb

OUR REGULAR PRICE 7.70/kg-3.49 lb

SAVE 1.54/kg-.70 lb

BONELESS, SIRLOIN TIP, INSIDE CUT ROUND OR
Rump Roast

6.37 / 2.89

/kg / lb

OUR REGULAR PRICE 7.91/kg-3.59 lb

SAVE .89/kg-.40 lb

SHANKLESS PICNIC SHOULDER, FRESH
Pork Roast

3.06 / 1.39

/kg / lb

OUR REGULAR PRICE 3.95/kg-1.79 lb

PREV. FROZEN, NEW ZEALAND, SHOULDER
Lamb Chops 4.39 / 1.99

/kg / lb

SHOULDER BUTT **SAVE .66/kg-.30 lb**
Pork Roast 3.51 / 1.59

/kg / lb

OUR REGULAR PRICE 4.17/kg-1.89 lb

FRESH, LEAN
Ground Beef 4.39 / 1.99

/kg / lb

BREAKFAST
Burns Sausages 3.73 / 1.69

/kg / lb

PICNIC SHOULDER OR SHOULDER BUTT
Pork Chops 3.73 / 1.69

/kg / lb

PRIDE OF CANADA, SWEET PICKLED
Cottage Rolls 4.83 / 2.19

/kg / lb

PREV. FROZEN, SLICED, SKINLESS
Beef Liver 1.74 / .79

/kg / lb

PRIDE OF CANADA
Bologna Chunks 3.51 / 1.59

/kg / lb

SIDE BACON, SLICED, REG OR COUNTRY MAPLE
Schneiders Bacon 500 g vac pac 2.99

OUR REGULAR PRICE 3.89 **SAVE .90**

REGULAR OR ALL BEEF
Pride of Canada Wieners 1 lb vac pac 1.79

THE FARM For Freshness & Savings

PROD. OF CALIFORNIA, SWEET, SEEDLESS
Navel Oranges

.10 each

PROD. OF ONTARIO
Fresh Mushrooms

.99 8 oz pkg

PROD. OF CALIFORNIA
Fresh Avocados 3 / 1.00

PROD. OF CALIFORNIA
Fresh Broccoli bunch .99

CANADA FANCY, PROD. OF U.S.A.
Granny Smith Apples 3 lb bag .99

PROD. OF FLORIDA, PINK, SEEDLESS
Large Grapefruit 5 / 1.00

CANADA NO 1 GRADE, PROD. OF ONTARIO
Green Cabbage 2 / .99

CANADA FANCY, PROD. OF ONTARIO
McIntosh Apples 1 lb bag 1.00

AYLMER, FANCY
Tomato Juice 48 FL OZ TIN

SAVE 60 **.99**

OUR REGULAR PRICE 1.59

JANE PARKER
Angel Cake 390 g cake .99

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

JANE PARKER, SNOWFLAKE OR
Twin Rolls pkg of 12 .89

IN OWN JUICE, CRUSHED SLICED OR TIDBITS
A&P Pineapple

SAVE 30 **.69**

19 fl oz tin

OUR REGULAR PRICE .99

FROZEN, BOSTON BLUE
Fish Fillets **SUPER BUY!** 3.06 / 1.39

/kg / lb

MCCAIN, FROZEN, CONCENTRATED
Orange Juice 12.5 fl oz tin .99

JANE PARKER, MIN
Sugar Donuts pkg of 24 1.09

JANE PARKER
Spanish Bar Cake 639 g cake 1.19

ORANGE PEKOE
Red Rose Tea Bags

SAVE 44 **1.89**

PKG. OF 60

OUR REGULAR PRICE 2.33

QUARTERS
Imperial Margarine 3 LB PKG

SAVE 80 **2.69**

OUR REGULAR PRICE 3.49

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

JANE PARKER, SLICED (MADE WITH 100% VEG SHORT)
Protein Bread 450 g loaf .59

PURE VEGETABLE
Primo Oil 3 litre plat cont 2.99

WHOLE KERNEL CORN
Green Giant Niblets

SAVE 30 **.59**

12 fl oz tin

OUR REGULAR PRICE .89