

# 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, March 12th, 1983.

**SAVE 1.00**

**INSTANT Nescafe Coffee**  
10 OZ JAR

**4.99**

OUR REGULAR PRICE 5.99

**2% milk SUPER BUY!**

**Fresh 2% Milk**  
3 QUART BAG

**1.79**

**SAVE 4.00**

**MOUNTAIN DEW REGULAR OR DIET, PEPSI FREE, SUGAR FREE PEPSI FREE**  
**Pepsi-Cola**  
CASE OF 24-10 FL OZ TINS

**5.99**

OUR REGULAR PRICE 9.99

**SAVE .44**

**JANE PARKER, SLICED 100% whole wheat Bread**  
675 g LOAF

**.49**

OUR REGULAR PRICE .93  
made with 100% pure vegetable shortening

**YORK, SMOOTH OR CRUNCHY 500 g JAR**

**Peanut Butter**

**SAVE .70**

**1.89**

OUR REGULAR PRICE 2.59

**MASTER ROAST COFFEE, AUTOMATIC, DRIP OR REGULAR**  
**Maxwell House**

**2.89**

**SWEET MIXED, YUM YUMS, BABY DILLS OR SWEET PICKLES**  
**Bick's Pickles**

**1.59**

**AYLMER Choice Tomatoes**

**.89**

**SAVE 1.76/kg** **The Butcher Shop** **SAVE .80 lb**

**CUT FROM CANADA 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

**CORN OIL OR UNSALTED SOFT TWIN BACK OF 8 OZ TUBS**

**Fleischmann's Margarine**

**SAVE .44**

**1.39**

OUR REGULAR PRICE 1.83

**JANE PARKER, SLICED (100% PURE VEGETABLE SHORTENING)**  
**Old-Fashioned Bread**

**.59**

**D'LITES, ROCKY ROUNDS, SUNDAES**  
**Weston's Cookies**

**1.29**

**JANE PARKER (PKG OF 12-1.49)**  
**Hot Cross Buns**

**.99**

**PURE Bravo Vegetable Oil**

**SAVE 2.00**

**2.99**

3 litre pld cont

OUR REGULAR PRICE 4.99

**BONELESS, SIRLOIN TIP, INSIDE CUT ROUND OR**

**SAVE 1.54/kg**

**Rump Roast**

**6.37/kg / 2.89/lb**

OUR REGULAR PRICE 7.91/kg - 3.59 lb

**CLOVER LEAF Sockeye Salmon**

**1.99**

7 1/2 oz tin

OUR REGULAR PRICE 2.69

**FRUIT BOTTOM Beatrice Yogourt**

**175 g TUBS**

**SAVE .59**

**2.99**

OUR REGULAR PRICE .79 EACH

**ROBIN HOOD, STRAWBERRY GRAHAM**  
**Cheesecake Mix**

**1.59**

**ROBIN HOOD, ASSORTED VARIETIES**  
**Pudding Mixes**

**.79**

**STUFFED MANZANILLA**  
**Unico Olives**

**.99**

**FRESH, LEAN Ground Beef**

**4.39/kg / 1.99/lb**

**CUT FROM CANADA GRADE 'A' BEEF - TENDERIZED**  
**Cube Steak**

**7.25/kg / 3.29/lb**

**FRASERVALE, FROZEN Fish & Chips**

**500 g PKG**

**SAVE .70**

**1.99**

**ASSORTED VARIETIES Lancia Pastas**

**SAVE .66**

**.99**

1 kg pkg

OUR REGULAR PRICE 1.65

**COMBINATION PACK - CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS, LOIN**

**SAVE 1.10/kg**

**Pork Chops**

**4.17/kg / 1.89/lb**

OUR REGULAR PRICE 5.27/kg - 2.39 lb

**RHODES, FROZEN, WHITE Bread Dough**

**2.59**

**VEGETABLE Campbell's Soup**

**.39**

**POWDERED ABC Detergent**

**5.49**

**1-PLY BATHROOM, ASST COLOURS**

**White Swan Tissue**

**SAVE .50**

**1.39**

OUR REGULAR PRICE 1.89

**NEW ZEALAND, FROZEN, SHOULDER Lamb Chops**

**4.39/kg / 1.99/lb**

**RIB OR 3 TO 3 1/2 LB TENDERLOIN PORTION**  
**Pork Loin Roasts**

**4.17/kg / 1.89/lb**

**ROAST OR CHOPS**  
**Centre Cut Pork Loin**

**6.15/kg / 2.79/lb**

**PORK LOIN RIB PORTION, COUNTRY STYLE**  
**Spare Ribs**

**4.39/kg / 1.99/lb**

**RIB PORTION BONELESS Pork Loin**

**5.93/kg / 2.69/lb**

**BONELESS Centre Cut Pork Loin**

**6.59/kg / 2.99/lb**

**APPROXIMATELY 50% BEEF & 50% PORK**  
**Ground Meat**

**3.51/kg / 1.59/lb**

**PREVIOUSLY FROZEN**  
**Grade 'A' Ducks**

**2.62/kg / 1.19/lb**

**BRIGHT'S, FANCY Tomato Juice**

**.99**

48 fl oz tin

OUR REGULAR PRICE 1.59

**ASSORTED COLOURS Royale Towels**

**1.19**

**DETERGENT Palmolive Liquid**

**3.99**

**ASSORTED VARIETIES Pamper Cat Food**

**1.00**

**THE FARM**

**PROD. OF CALIFORNIA Navel Oranges**

**.86/kg / .39/lb**

**PROD. OF CHILE THE NATURAL SNACK Black Grapes**

**2.18/kg / .99/lb**

**PROD. OF CALIFORNIA Avocados**

**3/1.00**

**CANADA FANCY, PROD. OF ONTARIO McIntosh Apples**

**1.99**

**CANADA NO. 1 GRADE, PROD. OF ONTARIO Fresh Carrots**

**2.99**

**PROD. OF CALIFORNIA Green Onions**

**3 bunches 1.00**

**PROD. OF FLORIDA, LARGE, JUICY, SEEDLESS Pink Grapefruit**

**5/1.99**

**PROD. OF CALIFORNIA Sunkist Lemons**

**5/.99**

**SUNPAC, FROZEN, CONC., 100% FLORIDA Grapefruit or Orange Juice**

**12.5 FL OZ TN**

**SAVE .20**

**.79**

OUR REGULAR PRICE .99

**GREEN GIANT PEAS & CORN Sweetlets & Niblets**

**SAVE UP TO .36**

**.59**

12 fl oz tin

OUR REGULAR PRICE UP TO .95

**MONARCH, ASST VARIETY MIXES, 210 g PKG OR MOST PLUS**

**Cake Mixes**

**.59**

**A&P CHOICE, 'IN PEAR JUICE' Apricot Halves**

**.79**

**ASSORTED VARIETIES INCLUDING FANCY PEAS**  
**Del Monte Vegetables**

**.89**

**A&P WITH THIS COUPON 1.00 OFF**

on the purchase of five-12.5 fl oz tins of SunPac frozen, concentrated

**Orange Juice**

LIMIT: one coupon per purchase. Valid until March 12, 1983. Feature price .79 tin without coupon.