

**CHOOSE
NUTRITION
NOW**

SUPER

SAVE 10% ON YOUR 1982 H&R

Miracle's Grocery Super Deals

Assorted Flavours
**Betty Crocker
Super Moist
Cake Mixes**
510 g box

1.19

Assorted Colours
**Royal Paper
Towels** 2 roll pkg

1.19

**Orlde Soya Oil
Soft Margarine**
210 tub

1.89

Frozen Plain, Crinkle or
Shoestring - 1.5 kg pkg
**McCain
French Fries**

1.88

Frozen Pepperoni or Deluxe
**McCain Lite Delle
Pizza** 315 g pkg

2.49

Frozen
Rich's Coffee
Rich 1 kg ctn

.99

Frozen, 2 loaves
**Rhodes Bread
Dough** 607 g bag

.99

Frozen Concentrated
**Picnic Orange
Juice** 12.5 oz tin

.69

Plain or Peanut
**M & M Chocolate
Candies** 7 oz bag

1.79

**Pringles
Potato Chips**
250 g pkg

1.99

**Carr Table Water
Crackers**
100 g pkg

.69

Miracle Food Mart Variety Mix or
**Steinberg Chocolate
Chip Cookies** 300 g bag

2.49

Silver Shred, Golden Shred,
Thick Cut or Betch Orange
**Robertson
Marmalades** 250 mL jar

1.59

Miracle Food Mart
**Tomato
Ketchup** 250 mL jar

1.59

Assorted Flavours
**Royal
Jelly
Powders** 45 g box

4/1.00

Christie
**Triscuit
Crackers**
250 g box

1.39

save .34

Decaffeinated (8 oz. jar) or
**Nescafe
Instant Coffee**
10 oz. jar

4.99

save 2.00

Kellogg's
**Bran Flakes
Cereal**
400 g box

.99

save .31

Save .20



**CHEFMASTER
MARGARINE**
1 LB. NET WEIGHT
MADE FROM 100% VEGETABLES

100% Vegetable Oil
Parchment Wrap

**Chefmaster
Margarine** .39

1 lb. pkg.

Save .86



**Miracle
Whip**
SALAD DRESSING
SAUCE A SALADE

**Kraft
Miracle
Whip** 1 litre jar each

1.99

Save 1.76

8 ROLLS
OULEAUX



Royale
PAPER HYGIENIQUE
BATH-ROOM TISSUE

Assorted Colours

**Royale
Bathroom
Tissue** 2.69

8 roll pkg. each

Save .26



**Champlain
White Sliced
Bread** 675 g loaf

Limit 4 loaves per family purchase.

.49

The Bakery

Grocery Direct Deals



Miracle Food Mart
Plain or Caraway
Deli Ryes
450 g loaf

.59



Without Gathers
Extra Absorbent 60's or
**Pampers
Toddler Diapers**
pkg. of 48

Save .78

8.99



In Oil or Water
Bye the Sea
**Chunk Light
Tuna** 6.5 oz. tin

Save .56

.99

Miracle Food Mart
**Deli Kaiser
Buns** 6 pk. of 4

.69

Miracle Food Mart
Cake Donuts
pk. of 12

.99

Dampier's Country Grains or
**Wheat & Oats
with Honey**

.99

**Toastmaster
Crumpets**
pk. of 6

.79

**Hostess
Cottage Slice
Cakes** 4 pk. of 4

1.39

**Granny's
Pecan Tarts**
pk. of 4

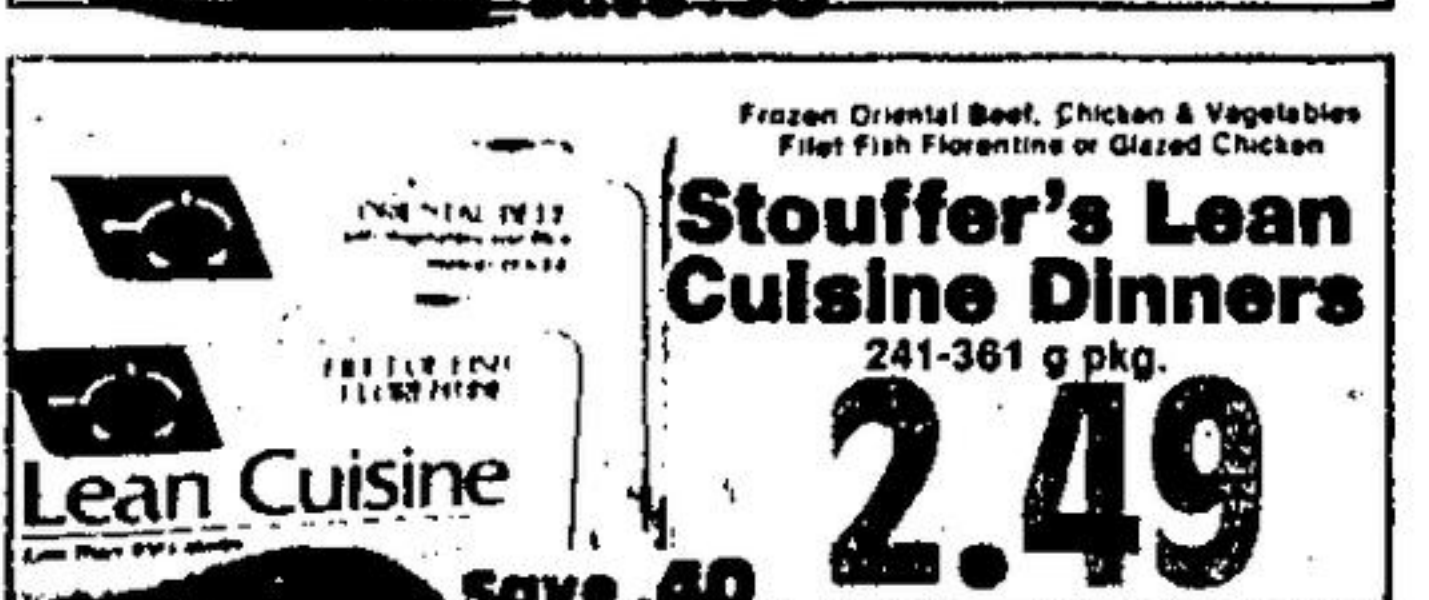
.99



Process Cheese Food
**Kraft
Cheese Whiz**
500 g jar

Save .66

2.99



Frozen Oriental Beef, Chicken & Vegetables
Filet Fish Florentine or Glazed Chicken
**Stouffer's Lean
Cuisine Dinners**
241-361 g pkg.

Save .60

2.49

**BEAUTIFUL,
IMPORTED
STONEWARE
TEA CUP**

ONLY

99¢

per
place setting
piece



THREE BEAUTIFUL PATTERNS AVAILABLE THROUGH
OUR ECONOMICAL FEATURE-OF-THE-WEEK PLAN...
Hand-decorated with superb craftsmanship, these three distinctive
patterns enable Mountain Wood Stoneware to complement any decor.
Serviceable, too! Every piece goes oven to table, and is dishwasher
and microwave safe. Mountain Wood Stoneware will be enjoyed for
many years to come. And now it can be yours at tremendous savings!

WITH EACH \$5.00 PURCHASE

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