

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 Sat., March 26th, 1983.

SAVE .26

MARVEL, SLICED
White Bread

675 g LOAF

.49

OUR REGULAR PRICE .75

SAVE 1.10

NABOB
TRADITION, REG, FINE OR EX FINE
Nabob Coffee

369 g VAC PAC

2.59

OUR REGULAR PRICE 3.69

SAVE 4.00

REGULAR OR DIET
Case of 24-7 UP

10 OZ TINS

5.99

OUR REGULAR PRICE 9.99

HEINZ
Canada's Finest
TOMATO JUICE

SAVE .60

HEINZ, FANCY
Tomato Juice

48 FL OZ TIN

.99

OUR REGULAR PRICE 1.59

JANE PARKER (PKG OF 12-1.49) PKG OF 8
Hot Cross Buns **SAVE .40** **.99**

OUR REGULAR PRICE 1.39

OREO OR PIRATES
Christie Cookies 450 g tin tie **1.99**

JANE PARKER, SLICED (100% PURE VEG SHORT) 675 g loaf **.59**

JANE PARKER, GOLD
Pound Cake 510 g cake **.99**

SOFT MARGARINE
Blue Bonnet

SAVE .86

1.79

2 lb tub

OUR REGULAR PRICE 2.65

INSTANT, WITH CHICORY 8 OZ JAR
Encore Coffee **SAVE 1.00** **4.79**

OUR REGULAR PRICE 5.79

4 ASST VARIETIES, INCL CHOCOLATE CHIP 700 g tin tie **2.79**

Dare Cookies

TOMATO 3 10 fl oz tin **.99**

Heinz Soup

KELLOGG'S CEREAL 475 g pkg **1.99**

Special 'K'

MACARONI & CHEESE
Kraft Dinner

SAVE .20

.49

225 g pkg

OUR REGULAR PRICE .69

ASSORTED FLAVOURS 2 LITRE CTN
Ann Page Ice Cream **SAVE .40** **2.39**

OUR REGULAR PRICE 2.79

ASSORTED FLAVOURS 3 3 oz pkgs **1.00**

Jell-O Powders

SWANSON, FROZEN, BEEF, CHICKEN OR TURKEY 8 oz pkg **.69**

Meat Pies

ASSORTED VARIETIES 28 fl oz tin **.99**

Habitant Soups

HEREFORD
Corned Beef

SAVE .70

1.99

12 oz tin

OUR REGULAR PRICE 2.69

SAVE 1.55/kg .70/lb

Butterball Turkeys

FROZEN, Eviscerated Grade 'A' - A&P Basted or Swift Deep Basted

6 to 12 lb average

2.18 /kg / .99 lb

Limit 2 with minimum \$20.00 order excluding this item

OUR REGULAR PRICE 3.73/kg - 1.69 lb

SAVE 1.54/kg - .70 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF BONELESS SIRLOIN TIP, INSIDE CUT ROUND OR

Rump Roast

500 g PKG **6.37 / 2.89**

OUR REGULAR PRICE 7.91/kg - 3.59 lb

SAVE 1.60

MAPLE LEAF, IDEAL FOR STUFFING

Sausage Meat

500 g roll **.99**

OUR REGULAR PRICE 2.59

READY TO SERVE CLUB, SUGAR PLUM

Whole Hams **6.15 / 2.79**

MAPLE LEAF, READY TO SERVE, PICNIC STYLE

Pork Shoulders **3.73 / 1.69**

MAPLE LEAF SWEET PICKLED, VAC PAC

Cottage Rolls **4.39 / 1.99**

FROZEN, Eviscerated, 4 to 5 lb average

Grade 'A' Ducks **2.62 / 1.19**

FROZEN, UTILITY GRADE, 4 to 7 lbs. average

Roasting Chickens **2.62 / 1.19**

SAVE 1.78/kg .80/lb

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

Round Roast **5.93 / 2.69**

OUR REGULAR PRICE 7.69/kg - 3.49 lb

BETTY CROCKER, ALL VARIETIES 400 g PKG
Snack 'N Cake Mixes **SAVE .40** **1.19**

SEALTEST, LIGHT 'N LIVELY 500 g cin **1.49**

Cottage Cheese

FIESTA STYLE, ASSORTED FLAVORS 2 175 g tubs **.99**

Gay Lea Yogurt

PURE CORN 1 litre cont **2.49**

Mazola Oil

A&P CHOICE
Tomatoes

SAVE .46

.69

28 fl oz tin

OUR REGULAR PRICE 1.15

FROZEN, BLUE WATER 24 OZ PKG
Fish Fries or Fish Sticks **SAVE .90** **2.99**

OUR REGULAR PRICE 3.99

FROZEN, BROWNIES 13 OZ, BANANA 14 OZ 1 pkg **1.59**

Sara Lee Cakes

STRAINED, MEATLESS 3 4.5 fl oz jars **.99**

Heinz Baby Foods

NEWBORN, 'E' box of 48 **5.99**

Pampers Diapers

ASSORTED COLOURS
Viva Towels

SAVE .60

.99

pkg of 2 rolls

OUR REGULAR PRICE 1.59

ASST COLOURS BOX OF 200 SHEETS
Kleenex Facial Tissue **SAVE .34** **.89**

OUR REGULAR PRICE 1.23

1-PLY BATHROOM TISSUE, ASST COLOURS pkg of 4 rolls **1.59**

White Swan

FABRIC SOFTENER 5 litre plast jug **3.59**

Fleecy Liquid

TOOTHPASTE, 1/2 PRICE SALE 100 ml tube **1.04**

Pepsodent

LIQUID
Javex Bleach

SAVE .64

1.49

3.6 litre plast jug

OUR REGULAR PRICE 2.13

THE FARM

For Freshness & Savings

CANADA NO. 1 GRADE, PROD. OF TEXAS **Green Cabbage** each **.69**

CANADA FANCY, PROD. OF ONTARIO, ALL PURPOSE 5 lb bag **1.99**

Ida Red Apples

CANADA NO. 1 GRADE, PROD. OF ONTARIO 2 2 lb bags **.99**

Fresh Carrots

PROD. OF CALIFORNIA, JUICY, SEEDLESS, LARGE RED **Grapefruit** 5/1.99

PROD. OF CALIFORNIA **Green Onions** 3/1.00

CANADA NO. 1 GRADE, PROD. OF ONTARIO, YELLOW 5 lb bag **.99**

Cooking Onions

2.18 / .99 lb **.10 each**