

Save .30 lb.



218 per kg
per lb. .99

Frozen Eviscerated Utility Grade
Young Turkeys
All available sizes

Save .50 lb.



306 per kg
per lb. 1.39

Heat & Serve
Smoked Cooked Ham
Shank Portion
6-8 lb. avg. size

RIGHT! NOW!

Get ready for **Summer Coupons**

Worth



on every \$10 purchase

Get your 'Get Ready For Summer' Coupons at Miracle Food Mart. For every \$10 purchase at Miracle Food Mart you get a \$1 'Get Ready' Coupon. With a \$20 purchase you get two \$1 'Get Ready' Coupons. With a \$30 purchase, you get three coupons, and so on.

Redeem your 'Get Ready For Summer' Dollar Coupons at Consumers Distributing. Each coupon is redeemable for \$1 on every \$10 (incl. tax) purchase of regular-priced* items from Consumers' New Summer '83 Catalogue.

*Not redeemable on sale-priced merchandise Early Buys or film and film processing

FULL DETAILS AVAILABLE AT ALL MIRACLE FOOD MART AND CONSUMERS DISTRIBUTING STORES

Consumers Distributing

Select Quality Meats

The Deli & B.B.Q.

Burns Pride of Canada
Boneless Smoked Picnics
4.5 lb. avg. size

439 per kg
per lb. 1.99

Pure Pork, Skinless
Maple Leaf Sausages
500 g pkg.

1.99

Ground from 100% Beef
Lean Ground Beef

417 per kg
per lb. 1.89

Cut from Canada Grade A Beef
Boneless Round Steak Roasts
3-4 lb. size, outside bottom round

593 per kg
per lb. 2.69

Clearview Turkey Farms
Roast Turkey Breast
Deli Sliced

110 per 100 g
per lb. 4.99

Clearview Turkey Farms
White & Dark Roast Turkey
Deli Sliced

.99 per 100 g
4.49 per lb.

Clearview Turkey Farms
Turkey Cold Cuts
Salami, Boursin, Pimento, Pimento & Olive
Deli Sliced

.66 per 100 g
2.99 per lb.

Frozen Eviscerated Young Grade A Turkeys
All available sizes

262 per kg
per lb. 1.19

Burns Pride of Canada Wieners
454 g pkg.

1.79

Burns Fancy Variety Cooked Meats
175 g

1.29

Dinner or All Beef Shoppy's Sausages
500 g pkg.

2.69

Clear Spring Rainbow Trout
10 oz pkg

2.49

Bluewater Ocean Snacks with Shrimp
8 oz. pkg.

1.99

Clearview Turkey Farms
Turkey Bologna
Deli Sliced

.44 per 100 g
1.99 per lb.

Frozen Eviscerated Grade A Young Butterball Turkeys
Sliced Side

306 per kg
per lb. 1.39

Burns Pride of Canada Bologna
375 g pkg.

1.79

Burns Store Packed Breakfast Link Sausages

375 per kg
per lb. 1.69

All Varieties Shoppy's Deli Smoked Sausage

439 per kg
per lb. 1.99

Clearview Turkey Farms
Turkey Polish Sausage
Deli Served

.44 per 100 g
1.99 per lb.

Highliner Fish Sticks or Fish in Batter
700 g pkg.

3.49

Pillers Cryovac Black Forest Ham
Avg. 3 lb. size

946 per kg
per lb. 4.29

Country Market Fresh Produce

The Bakery

Save .30 lb.

Product of Chile
Canada Fancy Grade
Packam Pears

152 per kg
per lb. .69

Save 100 lb.

Product of Chile
Canada No. 1 Grade
Black Grapes

218 per kg
per lb. .99

Save .16

Plain
Miracle Food Mart
English Muffins
pkg. of 6

.59

Save 100.

Product of U.S.A. or Mexico
Ontario No. 1 Grade
Green Sweet Peppers

218 per kg
per lb. .99

Save .80 lb.

Product of Mexico
Canada No. 1 Grade
Tomatoes
Large Size

218 per kg
per lb. .99

Flamingo Butter Tarts
pkg. of 12

1.89

Toastmaster Crumpets
pkg. of 6

.79

Brownberry Health Nut Bread
450 g loaf

.89

Granny's Bran Muffins
pkg. of 12

1.69

Tudor Bakery Hot Cross Buns
pkg. 6

1.29

Tudor Bakery Iced Butterhorns
pkg. 3

1.19

BULK FOODS
Available in selected stores only

Assorted Varieties
Bulk Cookies

.22 per 100 g
per lb. .99

Bulk Pretzel Sticks

.44 per 100 g
per lb. 1.99

Unpasteurized Canada Bulk 1st Grade
White Honey

.22 per 100 g
per lb. .99

Bulk Orange Marmalade

.20 per 100 g
per lb. .89

Product of U.S.A.
Florida Juice
Oranges 5 lb. bag

1.99

Product of U.S.A.
Canada No. 1 Grade
Head Lettuce

.69

Product of P.E.I.
Canada No. 2 Grade
Netted Onions
10 lb. bag

1.89

Product of Ontario
Canada No. 1 Grade
Carrots or Yellow Onions
2 lb. bag

2/100

Product of Ontario
Canada No. 1 Grade
Seedless Cucumbers

1.49

Product of Chile
Canada Fancy Grade
Granny Smith Apples

218 per kg
per lb. .99

Product of U.S.A.
Canada No. 1 Grade
Fresh Strawberries
Per Cup

1.79

Product of Ontario
Greenhouse Fresh Belgium Endive

439 per kg
per lb. 1.99

Product of Ontario
Canada No. 1 Grade
Fresh Mushrooms

439 per kg
per lb. 1.99

Easter Lilies
Minimum 5 Stems
8 inch pot

3.99

Product of U.S.A.
Canada No. 1 Grade
Sweet Corn

5/199

Product of Ontario
Canada No. 1 Grade
Waxed Rutabagas

2/100

Fresh from the Tropics
Large Size Bananas

108 per kg
per lb. .49

Product of U.S.A.
Seedless Raisins
450 g pkg.

2.29

Potted Mums
6 inch pot

3.99