

miracle Foodmart UP TO HALF

Miracle's Grocery Super Deals

Pantry Shelf Flaked White Tuna 184 g tin **1.79**

Assorted Flavours Delsile Set Style Yogurt 175 g tin **.49**

Nordica 2% Cottage Cheese 500 g tin **1.59**

Assorted Colours Scotties Facial Tissue pkg. of 200 **.99**

Frozen Chicken or Shrimp Chun King Dinners 11 oz pkg **1.89**

Frozen Concentrated Five Alive Fruit Beverage 167.71 oz tin **1.49**

Orville Redenbacher Gourmet Popping Corn 425 g jar **1.39**

Hunt's Italian Tomato Sauce 28 fl. oz tin **1.29**

Libby's Red Kidney Beans 1411 oz tin **.79**

Assorted Varieties Ready to Serve Habitant Soup 611 oz tin **.39**

Rise & Shine Lemonade Crystals 276 g pkg. of 3 **.99**

Gold Premium Maxwell House Ground Coffee 355 g tin **3.39**

Mellow Roast Instant Coffee 4 oz jar **3.99**

Ramlosa Mineral Water 680 mL bot **.79**

Chocolate or Custard Creme Kingsdale Cookies 150 g pkg. **.49**

Assorted Varieties, Pouch Pack Monarch Cake & Icing Mixes 210-250 g pouch **2/1.00** 1/4 Off

Orange Pekoe Red Rose Tea Bags pkg. of 60 **1.69**

Half Price!

HEINZ BEANS TOMATO SAUCE

With Pork or In Tomato Sauce

Heinz Beans 14 fl. oz. tin **.49**

Half Price!

Coke

Sprite, Diet Coke or **Coca-Cola** 3/.99

750 mL bot. (Plus .30 each bottle deposit.)

HIT WIN Bonus Product

Plastic Food Wrap Glad Wrap 60 m box **1.49** 1/4 Off

Glad Sandwich Bags pkg. of 200 **1.99**

1/3 Off

LANCIA

Assorted Varieties: Spaghetti

Lancia Pasta 1 kg pkg. **.99**

1/3 Off

Sealtest

2% M.F. Partly Skimmed Milk

2% Fresh Milk 2 litre carton **.99**

Limit 3 per family purchase. Price effective until Sat. May 7 '83 only.

The Bakery

Grocery Direct Deals

1/4 Off

Miracle Food Mart Cracked Wheat or 60% Whole Wheat Bread 875 g loaf **.59**

Vachon Swiss Roll or Jos. Louis pkg. of 6 **1.69**

Miracle Food Mart Plain English Muffins pkg. of 6 **.59**

Miracle Food Mart Cake Donettes pkg. of 24 **.99**

Dempster's Crusty Vienna Loaf 875 g loaf **.69**

Tudor Bakery White Bread 450 g loaf **2/1.00**

Tudor Bakery available at selected stores only.

1/3 Off

YORK

Smooth or Crunchy **York Peanut Butter** 500 g jar **1.59**

1/3 Off

McCain

Frozen Peas, Peas & Carrots or Mixed Vegetables **McCain Vegetables** 1 kg bag **1.39**

1/4 Off

MARGARINE

Blue Bonnet Soft Margarine 1 lb. bowl **.99**

1/4 Off

Cottonelle

Assorted Colours 'Cottony Soft' **Cottonelle Bathroom Tissue** 8 roll pkg. **2.89**

Nabisco Shredded Wheat 500 g box **1.89**

All Purpose Robin Hood Flour 5 lb bag **5.49**

Butter or Graham Keebler Ready Pie Crust 170 g pkg **1.09**

Maple Leaf Tenderflake Lard 1 lb pkg **.99**

Lawry's Meat Tenderizer 51 g pkg **1.19**

Assorted Varieties (No Meat) Heinz Strained Baby Foods & Juice 4.5 fl. oz jar **.38**

Liver & Beef Chunks, Beef Stew, Beef Chunks or Beef & Cheese Dr. Ballard's Specialty Dog Food 560 g tin **.99**

Purina Dog Chow 8 kg bag **8.99**

Fresh Scent Javex Liquid Bleach 3.4 litre jug **1.99**

Liquid Fleecy Fabric Softener 3.0 litre jug **2.99**

Powder, Rose or Odour Killer Aircare Solid Air Freshener 200 g pkg **1.29**

Windex Window Cleaner 1.5 litre bot **1.99**

Q-Tips Cotton Swabs pkg. of 100 **1.19**

Efferdent Denture Tablets pkg. of 48 **1.99**

Miracle Food Mart Maxi Pads or Maxi Thin Shields pkg. of 20 **2.89**

Gallo Olive Oil 3 litre tin **7.99**

Bravo Tomato Paste 3.5 fl. oz. bot **2/.88**

Canadian Bravo Plum Tomatoes 20 fl. oz. bot **.89**

Primo Lasagna 500 g pkg **.99**

Red Kidney Beans or Unico Chick Peas 28 fl. oz. bot **.99**

1/4 Off

Kraft Macaroni & Cheese Dinner 225 g pkg. **2/.98**

Selected Varieties Stouffer's Lean Cuisine Entrees 241-361 g pkg. **2.49**

HIT N WIN Bonus Item

Selected Varieties Highliner Seafood Soups 10 fl. oz. tin **1.39**

Condensed Heinz Tomato Soup 10 fl. oz. tin **4/1.44**

Primo Vegetable Oil 3 litre jug **2.99**

Beautiful Imported Stoneware

A DIFFERENT FEATURE ITEM ON SALE EACH WEEK

FEATURE OF THE WEEK

Mountain Wood Dinnerware

BREAD & BUTTER DISH

WITH \$5.00 PURCHASE **.99**

We cheerfully accept all competitors coupons!

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