

**Play HIT WIN**  
 Win up to \$200  
 \*In Miracle Food Mart Gift Certificates With enclosure of label or facsimile from participating products.  
 FULL DETAILS AVAILABLE AT ALL MIRACLE FOOD MART STORES.

# Super

## Miracle's Grocery Super Deals

**"New Item"**  
 White **Paper Towels** .99  
 2 roll pkg

Assorted Flavours  
**Astro Yogurt** 1.39  
 100 g pkg  
 Medium or Old  
**Schneider's Cheddar Cheese** 3.49  
 371 g pkg  
 Corn Oil, Sunflower Oil, or Unsalted  
**Fleischmann's Soft Margarine** 1.29  
 211 g tub  
 Chocolate or Marble Frozen  
**McCain Supreme Cakes** .99  
 200 g box

Frozen  
**Rhodes White Bread Dough** pkg of 2 .99  
 907 g bag  
 Regular or Mini  
**Steinberg Marshmallows** .69  
 120 g bag  
 Plain or Salted  
**Steinberg Crackers** 1.19  
 180 g box

Plain  
**Chef Boy ar Dee Spaghetti Sauce** .99  
 251 g can  
 Peas, Peas & Carrots,  
 Mixed Vegetables, or  
 Green Lima Beans  
**Libby's Vegetables** 14 fl oz tin .69

Unseasoned  
**Dole Pineapple Juice** 1.55  
 44 fl oz tin  
 Assorted Flavours  
**Quench Crystals** 2.79  
 61 g canister  
 Lemonade, Pink Lemonade or Lemon/Lime  
**Reamone Crystals** 2.89  
 61 g canister

Carnation **Coffee Mate** 1.99  
 300 g jar

Miracle Food Mart  
 Fancy **Whole Kernel Corn** 3/1.44  
 12 fl oz tin

Powdered  
**Cascade Dishwasher Detergent** 5.99  
 2.5 kg box

Liquid  
**Ivory Detergent** 2.69  
 1 litre

Save 1.24  
**Tide Detergent** 3.99  
 6 litre box.  
 Limit 3 boxes per Family

Save .46 each btl  
**Coca-Cola** 750 ml btl  
 plus .30 each bottle deposit

Same Varieties Available in 24 x 280 ml tins **5.99**  
 each **.29**

Assorted Varieties  
**Duncan Hines Cake Mixes** 1.29  
 520 g box

Sealed Assorted Varieties  
**Ice Cream Parlour Ice Cream** 1.89  
 1 litre cont.

Miracle Food Mart  
 Chunk or Flaked  
**Light Tuna** 1.09  
 6.5 oz tin

Cloverleaf **Pink Salmon** 1.59  
 7.5 oz tin

Save 10.29  
**Pampers** 8.49  
 Without Gathers, Disposable  
**Extra Absorbent Diapers** pkg of 60 or  
**Toddler's Diapers** pkg of 48

Save .70  
**Hostess Potato Chips** .99  
 Assorted Varieties  
 200 g bag

### The Bakery

Save .40  
**Rudolph's Flan Cakes** .99  
 200g

Miracle Food Mart  
**Deli Buns** .89  
 pkg of 8

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

Tudor Bakery  
**Kaiser Buns** 12/1.09

Bamby  
**White Bread** .69  
 450 g

Hostess  
**Chocolate Bar Cake** .99  
 340 g

Tudor Bakery  
**Apple Pie** 1.79  
 660 g

### Grocery Direct Deals

Save up to 2.40  
**Rothmans Cigarettes** 11.49  
 King Size Special Mild or Extra Light Only  
 Carton of 200  
 Limit 2 cartons per family purchase

Save .60  
**Sealtest Cottage Cheese** 1.19  
 500 g tub

Save .28  
**Kal Kan Cat Food** .59  
 Large Can

Save .46  
**McCormicks Cookies** 1.79  
 400 g bag

Economy  
**Mother Parkers Tea Bags** 1.79  
 pkg of 100

Regular or Fruit Flavour  
**Red Rose Ice Tea Mix** 2.69  
 500 g pkg

**Labrador Spring Water** 1.39  
 1.89 lit

**Uncle Ben's Converted Rice** 3.49  
 2 kg bag

Assorted Varieties  
**Country Crisp Granola Bars** 1.39  
 254 g box

Carnation **2% Evaporated Milk** 3/.99  
 160 ml tin

**Crisco Vegetable Oil** 5.99  
 3.25 ltr

**Primo Vegetable Oil** 2.99  
 3.25 ltr

Pink or White Bath Size  
**Camay** pkg of 3 or  
 Coast regular size pkg of 4  
**Bar Soaps** 300-420 g pkg 1.99

Rain  
**Spray 'n Wash** 2.29  
 1.80 ltr

**Amaze Stain Remover** 2.59  
 534 g cont.

**Kellogg Honey Nut Corn Flakes** 1.99  
 525 g box

Assorted Colours  
**Classique Facial Tissues** .89  
 pkg of 100

**Kleenex Boutique Napkins** 2.19  
 pkg of 150

**Reynold's Aluminum Foil** 2.09  
 18" x 25' box

Regular, Mint or Gel  
**Crest Toothpaste** 1.88  
 150 ml tube

Regular or Deodorant  
**New Freedom Maxi Pads** 3.29  
 pkg of 30

With Pork, in Tomato Sauce, or with Pork and Molasses  
**Libby's Beans** .79  
 19 fl oz tin

Liquid  
**Downy Fabric Softener** 3.29  
 2.16 ltr

**Certo Liquid Pectin** 1.19  
 170 ml btl

Standard  
**Bernardin Mason Lids** .69  
 pkg of 12

Medium  
**Mason Jars** 3.99  
 1 Litre case of 12

**Good Humor Popsicles** 1.49  
 pkg of 12

Bath Size pkg of 3 or Regular Size pkg of 4  
**Jergen's Bar Soap** .99  
 360-390 pkg

Save .90  
**Cottonelle Bathroom Tissue** 2.99  
 8 roll pkg

**COUPON VALUE \$1.00**

This Coupon is worth \$1.00 off the total purchase price of four 12.5 fl oz tins of: Frozen Concentrated  
**Sun Pac Grapefruit or Orange Juice** 4/2.16  
 YOU PAY .54 EACH  
 Our Regular Retail 1.09  
 Our Direct Deal Retail .79 each  
 Limit one coupon per purchase  
 Coupon valid Wednesday July 20th to Tuesday July 26th, 1983 only.  
 Redeemable at Miracle Food Mart.