

Play HIT WIN
 Follow the Star Jags on grocery racks.
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

Pieces and Stems Miracle Food Mart Mushrooms 10 fl oz tin **.79**

Plain or Assorted Flavours

Gay Lea Swiss Style Yogurt 100 g tub **1.39**

Heinz, Mozzarella, Farmers or Copy

Baden Cheese 257 g pkg **1.99**

Blue Bonnet Soft Margarine 1 lb tub **.89**

Frozen Supercrisp or Super Patties

McCain Potatoes 24 oz bag **.99**

Spaghetti, Fettuccine Alfredo or Chicken Chow Mein Frozen

Stouffers Entrees 227-340 g pkg **1.89**

Frozen Concentrated Lemonade, or Clear or Pink

Minute Maid Lemonade 12.5 fl oz tin **.79**

Smooth

Kraft Peanut Butter 150 g jar **2.69**

Unico Tomato Paste 3.5 fl oz tin **2/.88**

Kraft Mayonnaise 150 ml jar **1.99**

Heinz White Vinegar 4 litre jug **2.29**

Miracle Food Mart

Spaghetti in Tomato Sauce 14 fl oz tin **.59**

Miracle Food Mart (No Salt)

Whole Kernel Corn 12 fl oz tin **.59**

Choice

Clark Whole Kernel Corn 7 fl oz tin **3/.99**

Frozen Concentrated Sun Squeeze Orange Juice 12 fl oz tin **.69**

Diet Pepsi, Pepsi Free, Pepsi Free Sugar Free, Mountain Dew or

Pepsi Cola 750 ml botl

3/1.44

Plus .30 each bottle deposit

Miracle Food Mart

Whole Tomatoes 11 oz tin **.79**

save .40

Maple Leaf Creamery Butter 1 lb 454 g

Maple Leaf Creamery Butter

Canada No.1 Grade Salted Maple Leaf Butter 1 lb. pkg **1.99**

Limit 2 lbs per family purchase. Price effective until Sat. Aug. 6'83 Only

Half Price

CLARK BEANS WITH PORK AND TOMATO SAUCE 14 fl oz tin

Clark Beans **.49**

With Pork or in Tomato Sauce

Assorted Colours Viva Paper Towels 2 roll pkg **.99**

Scotties White Facial Tissue 40 g of 200 **.89**

save .54

Cottonelle Bathroom Tissue 4 roll pkg **1.49**

Assorted Colours Cottonelle

HIT WIN

save .50

Sunlight Liquid Detergent 500 ml botl **.99**

Sunlight

Shell Motor Oil 10W30 1 litre tin **1.19**

Miracle Food Mart

Garbage Bags 40 g of 10 **.99**

The Bakery

Grocery Direct Deals

save .50

Flamingo Butter Tarts pkg of 12 **1.69**

Miracle Food Mart

Plain, Cinnamon or Sugar Cake Donuts 50 g of 12 **.99**

Miracle Food Mart

Rye Breads 450 g **.69**

Tudor Bakery

Bran Muffins 2 kg of 8 **.99**

Hostess Cottage Slice Cake 567 g **1.29**

Miracle Food Mart

Pineapple Layer Cake 450 g **1.69**

Tudor Bakery

Hot Dog or Hamburger Buns 6's **.79**

save .50

Assorted Varieties Primo Pasta 900 g pkg **.99**

PRIMO

save 2.20

Sunlight Powdered Detergent 12 litre box **7.49**

Sunlight

HEAVY DUTY CLEANING POWER

save 1.00

Liberty Vegetable Oil 3 litre jug **2.99**

Liberty

save .10

Island Queen Flaked White Tuna 6 oz tin **1.19**

ISLAND QUEEN

FLAKED WHITE TUNA

Fancy No. 1 and No. 2 size

Miracle Food Mart

Peas 10 lb 45.4 kg **2/1.00**

Lemonade, Pink Lemonade, or Lemon, 900 g of 3

Realmon Crystals 275 g pkg **1.29**

Tang Orange Crystals 240 g and 500 g **1.49**

Light, Regular or Tropical

Nestle Iced Tea Mix 225 - 500 g tin **2.99**

Apple and Cranberry or Date and Raisin

Post Fruit and Fibre Cereal 400 - 450 g box **1.79**

Frozen

Maple Leaf Peas 2 lb pkg **1.49**

All Purpose Flour 5 lb bag **2.69**

Five Roses Flour 5 lb bag **2.69**

Maple Leaf Tenderflake Jars 3 lb jar **2.99**

St. Lawrence Corn Oil 1 litre botl **2.29**

Beehive Corn Syrup 1 litre botl **2.29**

French's Pickling Spice 170 g can **1.99**

Kellogg's Rice Krispies 725 g box **2.69**

Beef Chunks, Beef Steaks, Liver & Beef or Puppy Plus

Dr. Ballard's Specialty Dog Food 3 lb bag **.63**

Milkbone Flavour Snacks 500 g pkg **1.89**

Purina Cat Chow 2 lb bag **3.29**

Purina Meow Mix 1 lb bag **1.99**

Assorted Varieties

Purina Tender Vittles 500 g pkg **1.69**

Orange Pekoe Tetley Tea Bags pkg of 144 **3.99**

Both Size Baking

Fresh Deodorant Soap 130 g pkg **.79**

Assorted Sizes

Quikkl Freezer Bags 9 x 12 1/2" **.59**

Kingsford Charcoal Briquets 15 lb bag **4.39**

Mason Jars Medium 1 litre Case of 12 **3.99**

Raid House & Garden Spray 350 ml botl **4.99**

Plain

Primo Spaghetti Sauce 28 fl oz tin **.99**

save 1.00

Chocolate Chip, Chocolate Fudge, Coconut Cream or Oatmeal Raisin

Dare Cookies 400 - 450 g bag **1.39**

Chocolate chip

save 1.00

Assorted Flavours

Miracle Food Mart

Soft Drinks 750 ml botl **3/.99**

Plus .30 each bottle deposit

Diet Pepsi, Pepsi Free, Pepsi Free Sugar Free, Mountain Dew, Team or

Pepsi Cola 24 x 280 ml tins **5.99**

We cheerfully accept all food store coupons! **miracle foodmart** **miracle foodmart**