

Deals



Miracle's Select Quality Meats

Half Price

Fearmans
Mary Miles Wieners
375g **.69**

Save .60 lb.

Fresh Ontario Quality Pork
Leg of Pork Roast
Butt Portion 5-7 lb. Avg. **2.18** per kg **.99** per lb.

Fully Cooked
Swift Premium Ham
Butt portion or Shank quarters
3.28 per kg **1.49** per lb.

Pride of Canada Sliced Side Bacon 500g **2.69**
Pride of Canada Burns Cooked Ham 175g **1.49**
Pride of Canada Burns Bologna 375g **1.59**
Pride of Canada Burns Cooked Meats 8 varieties 175g **1.29**
Pride of Canada Burns Dinner Hams 571259 **5.12** per kg **2.59** per lb.
Pride of Canada Burns Sausage Sticks 500g **2.89**

Fresh Ontario Quality Pork
Fresh Pork Schnitzel
Cut from the Leg
6.15 per kg **2.79** per lb.

Pride of Canada Burns Wieners 150g **1.89**
Swifts Premium Fully Skinned Whole Hams 306 **1.39** per kg **1.39** per lb.
Frozen New Zealand Lamb Shoulder Chops (Greater 880) 373 **1.69** per kg **1.69** per lb.
Frozen New Zealand Boneless Lamb Shoulder Roasts 461 **2.09** per kg **2.09** per lb.
Frozen New Zealand Lamb Loin Chops (Greater 880) 703 **3.19** per kg **3.19** per lb.

Save .80 lb.

Ground from 100% Beef
Lean Ground Beef
4.17 per kg **1.89** per lb.

Save 1.00 lb.

Cut from Canada Grade A Beef
Boneless Round Steak
Full Cut **5.05** per kg **2.29** per lb.

Fresh Boneless Chicken Breasts
8.13 per kg **3.69** per lb.

Highliner Sole Fillets 16 oz **3.69**
Highliner Boston Blue Fish Fillets 16 oz **1.69**
Cut from Canada Grade A Beef Sliced Braising Ribs 328 **1.49** per kg **1.49** per lb.
Bluewater Boston Blue Fish & Chips 4 oz **1.09**
Maple Leaf Beef Burgers Great for 880 750g **3.69**
Squid 1 lb box **3.99**

Country Market Fresh Produce

The Deli & B.B.Q.

Save 1.00

Product of Ontario Canada No. 1 Grade First of the season
Ontario Fresh Peaches
4 litre basket **2.99**

Save 20¢

Product of U.S.A. Canada No. 1 Grade
Large Size Cantaloupes
.79

Save 1.00

Product of U.S.A. Larger Size
Fresh Honeydew Melons
1.99

Save

Product of Ontario Canada No. 1 Grade
Ontario Celery Stalks
.79

LET'S TALK TURKEY Turkey Cold Cuts High Protein - Low Fat

Clearview Farms White Turkey Roast Deli Sliced **1.32** per 100g **5.99** per lb.
Deli Sliced Clearview Farms Turkey Bologna **.48** per 100g **2.19** per lb.
Deli Sliced Clearview Farms Turkey Cold Cuts Salami, Ocserwurst, Jagdwurst, Tyroler **.72** per 100g **3.29** per lb.
Deli Served Clearview Farms Turkey Polish Sausage **.50** per 100g **2.29** per lb.
Deli Sliced Clearview Farms White & Dark Turkey Roast **1.10** per 100g **4.99** per lb.

Save

Product of Ontario
Ontario Fresh Green or Wax Beans
1.52 per kg **.69** per lb.

From Concentrate J.B. Brand Lemonade or Fruit Punch 64 oz (1.82 L) **1.29**
Product of U.S.A. Canada No. 1 Grade Red Grapes **2.18** per kg **.99** per lb.
Product of U.S.A. Fresh Nectarines **2.18** per kg **.99** per lb.
Product of U.S.A. Florida Fresh Limes **10/100**
Product of U.S.A. Whole Watermelon 20 lb. avg. 1g size **3.99**
Product of U.S.A. Canada No. 1 Grade Sweet Mangoes - Large size **each .99**
Product of U.S.A. Ontario Field Cucumbers **3/.99**
Product of Ontario Canada No. 1 Grade Ontario New Potatoes 10 lb bag **2.99**
Product of Ontario Canada No. 1 Grade Ontario Field Carrots or Yellow Onions 2 lb bag **.89**
Product of Ontario Canada No. 1 Grade Thompson Seedless Raisins 1 lb box **.99**
Product of U.S.A. Florida Fresh Mint Thompson Seedless Raisins 1 lb box **.99**
Product of Ontario Canada No. 1 Grade Washed and Trimmed Spinach 10 oz bag **.99**
Product of Ontario Canada No. 1 Grade Sweet Corn **5/.99**

Bulk Savings

Bulk Ju Jubes **.22** per 100g **.99** per lb.
Bulk Bacon Bits **.44** per 100g **1.99** per lb.
Bulk Lemonade Crystals **.22** per 100g **.99** per lb.
Chocolate Chip, Oatmeal, Maple Leaf Cream, Chocolate Vanilla Cream or Chocolate Fudge Bulk Assorted Cookies **.24** per 100g **1.09** per lb.
Bulk Blanched Peanuts **.22** per 100g **.99** per lb.
Bulk Iced Tea Mix **.22** per 100g **.99** per lb.

ALL PRICES EFFECTIVE WED. AUG. 10'83 TO MIDNIGHT TUES. AUG. 16'83 EXCEPT BAKERY, DELI, MEAT AND PRODUCE ITEMS UNTIL SAT. AUG. 13'83 IN METRO TORONTO—MISSISSAUGA—OAKVILLE—THORNHILL—BRAMPTON—MILTON—MARKHAM—OSHAWA—AJAX—WHITBY—GEORGETOWN—BOWMANVILLE—ORILLIA & BARRIE. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.