

Favourites...



Quality Foodfest Meats

Save .70



Grade A Frozen
Butterball Turkeys **2.18** per kg **.99** per lb.
all available sizes
limit one per family
While quantities last

Save



Utility Grade Frozen
Young Turkeys **1.96** per kg **.89** per lb.
all available sizes

Fully Cooked
Smoked Ham
shank portion
5-7 lb. avg.

2.62 per kg **1.19** per lb.
Save .70

Maple Leaf Sausage Meat
500 g pkg.

1.29

Bluewater Boston Blue Fish Sticks
350 g pkg.

1.99

- Grade A Frozen Young Turkeys all available sizes **2.14** per kg **.97** per lb.
- Mary Miles Boneless Dinner Ham 7-7 1/2 lb. avg. **5.49** per kg **2.49** per lb.
- Smith's Brown & Serve Sausage 250 g pkg. **1.99**
- Peters Polish Sausage **4.39** per kg **1.99** per lb.
- Peters Sliced Chicken Loaf or Bologna 215 g pkg. **1.49**
- Grade A Frozen Ducks **2.62** per kg **1.19** per lb.
- Smith's Boneless Sugar Plum 1/4 Ham **7.69** per kg **3.49** per lb.
- Debi Fresh Regular or All Beef Shoppy's Wieners 454 g pkg. **1.69**
- Sliced Pillars Lunch meats 4 varieties 125 g pkg. **1.09**
- Peters Pepperoni or Hungarian Smoked Sausage **8.13** per kg **3.69** per lb.
- Fully Cooked Smoked Ham Shank portion 5-7 lb. avg. **2.84** per kg **1.29** per lb.
- Smith's Lory Maple Sliced Side Bacon 500 g pkg. **2.49**
- Cut from Canada Grade A Beef Rib **7.25** per kg **3.29** per lb.
- Steaks cap off Braunschweiger or Fine Liver **3.73** per kg **1.69** per lb.
- Pillars Chubs Family Size **2.59**
- Highliner Fish & Chips 32 oz pkg. **2.49**
- Frozen in Brine Lobster 200 g **2.49**
- Sliced Braising Ribs **4.39** per kg **1.99** per lb.

Save 1.60



Cut from Grade A Beef
Prime Rib Roast **6.15** per kg **2.79** per lb.
4-6 lb. avg.

Save



Old Fashioned Style
Fumet Boneless Smoked Picnic Shoulder **4.39** per kg **1.99** per lb.
5-6 lb. avg.

Harvest of Produce Values

Save .60

Product of Italy
Canada No. 1 Grade
"Italia" Muscat Grapes **2.18** per kg **.99** per lb.

Save .30

Product of U.S.A.
Canada No. 1 Grade
Head Lettuce each **.69**

Save .26

Product of U.S.A.
Sweet Yams **.73** per kg **3/99** per lb.
3 lb.

Save 1.00

Product of U.S.A.
New Crop in shell
California
Jumbo Hartley Walnuts **2.18** per kg **.99** per lb.

- Product of Ontario Canada No. 1 Grade Carrots or Yellow Onions 2 lb. bag **.59**
- Product of U.S.A. Canada No. 1 Grade Tomatoes large size **2.18** per kg **.99** per lb.
- Product of U.S.A. or Ontario Fresh Broccoli each **.99**
- Product of Ontario Canada No. 1 Grade Waxed Rutabagas each **.69**
- Product of U.S.A. Canada Fancy Grade Red or Golden Delicious Apples **1.96** per kg **.89** per lb.
- Product of Ontario Ontario Fresh Mushrooms **4.39** per kg **1.99** per lb.
- Product of U.S.A. Fresh Avocados each **.99**
- Product of Ontario Canada No. 1 Grade Cauliflower large size each **.99**
- Product of U.S.A. Canada No. 1 Grade Red Grapes **2.18** per kg **.99** per lb.
- Product of Ontario Pepper Squash **3/99**
- Product of P.E.I. Canada No. 1 Grade P.E.I. Potatoes 5 lb. bag **1.59**
- Product of Ontario Washed and Trimmed Spinach 10 oz. bag **.99**
- Product of Ontario Canada No. 1 Grade Fresh Parsnips 2 lb. bag **1.69**
- Product of U.S.A. Honey Dew Melon Extra Large Size **2.99**

You could win a trip for 2 to Vancouver for the 1983 Grey Cup!



That's Right! You could win one of 14 trips for 2 starting September 28, 1983. There will be 2 lucky winners every week for 7 weeks.

For complete details on how you could win this fantastic trip for 2 to Vancouver to see the Grey Cup, look for the contest display and entry blanks in your local Miracle Food Mart. Good Luck!

Plus!

- Free in-store sampling seasonal recipes and demonstrations
- Miracle's Dollarsworth™ money-saving certificates!
- Fall savings in every department throughout the store

LET THE DELI DO IT!
Complement your Thanksgiving Dinner

Pillars European Salami Hungarian, Pork, Pepperseed, German, Paprika, Cervelat, Gypsy Deli Sliced	1.10 per 100 g 4.99 per lb.	Clearview Farms Turkey Breast Roast Deli Sliced	1.32 per 100 g 5.99 per lb.
Pillars Black Forest Ham Deli Sliced	1.10 per 100 g 4.99 per lb.	Product of Canada Brie or Camembert Cheese Deli Served	1.10 per 100 g 4.99 per lb.
		Cherry Pie or Orange Tour Eiffel Pate Deli Served	.66 per 100 g 2.99 per lb.
		Famous for Quality Schneiders Kielbassa Deli Served	.72 per 100 g 3.29 per lb.