

# Switch 'n Save

## LAST WEEK TO GET A FREE BURGER KING WHOPPER COUPON WHEN YOU SHOP MIRACLE FOOD MART.

**Assorted Grinds**  
**Nabob Ground Coffee** 369 g vac pac **2.99**

Sugar Molasses or Caramel Flavour  
**Voortman Cookies** 300 g pkg **.99**

Regular or Rye  
**Christie Crispmates** 100 g pkg **.79**

Frozen Fancy  
**Maple Leaf Peas** 2 to bag **1.49**

Frozen Assorted Varieties  
**Brookpark Meat Pies** 227 g pkg **2/1.44**

Frozen Assorted Varieties  
**Cheemo Perogies** 400 g pkg **1.29**

Frozen Assorted Flavours  
**Farmhouse Cream Pies** 12 or pkg **1.49**

Frozen Concentrated Assorted Flavours  
**Honey Dew Drinks** 17.5 fl oz tin **.89**

Assorted Varieties  
**Nelson Chocolate Candy Bars** pkg of 4 **1.49**

Chocolate Chip or Vanilla  
**Miracle Food Mart Cookies** 100 g pkg **2.49**

Sweet & Sour Medium or Original Spare Rib  
**V-H Sauces** 12 fl oz jar **1.49**

**Lipton Chicken Noodle Soup** 4 x 740 g pgs **1.79**

Cut Green or Cut Wax  
**Green Giant Beans** 14 fl oz tin **.69**

Miracle Food Mart  
**Sliced Beets** 18 fl oz tin **.59**

Powdered  
**ABC Laundry Detergent** 6 litre box **2.99**

**Bye the Sea Flaked Light Tuna** 6.5 oz tin **.99**  
 Save .50

**Monarch Soft Margarine** 1 lb tub **.99**

Miracle Food Mart  
**Tomato Ketchup** 1 litre bot **1.99**  
 Save .80

**Hunt's Plain Tomato Sauce** 28 fl oz tin **.99**

**Generic Cigarettes** King Size Carton of 200 **11.99**  
 Save 1.00

Warning: Health and Welfare Canada advises that danger to health increases with amount smoked - avoid inhaling

Save up to .30  
**Mira-Lite White Sliced Bread** 450 g loaf **.49**

100% Whole Wheat or ENRICHED WHITE

Limit 6 loaves per family purchase. Price effective until Sat. Jan. 28'84

Save 1.00  
**Miracle Food Mart Smooth or Crunchy Peanut Butter** 500 g jar **1.19**

peanut butter beurre d'arachide

Save 1.30 with coupon  
**Schneiders Single Cheese Slices** 16 slices 500 g pkg **2.49**

Our Direct Deal Retail \$2.99  
 Limit one coupon per purchase  
 Coupon Valid Wednesday January 25 to Tuesday January 31'84 Only. Redeemable at Miracle Food Mart

YOU PAY ONLY 2.49 WITH THIS COUPON Coupon Value .50

Save 1.00  
**Miracle Food Mart Pure Apple Juice** 48 fl oz tin **.99**

Apple Juice unsweetened

### The Bakery

### Grocery Direct Deals

Save 40  
**Weston's Apple Pie** 624 g **1.49**

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

Miracle Food Mart  
**Deli Sandwich Buns** pkg of 8 **.99**

Tudor Bakery  
**Iced Cinnamon Butterhorns** pkg of 4 **1.29**

Miracle Food Mart  
**Flamingo Butter Tarts** pkg of 12 **1.89**

Miracle Food Mart  
**Granny's Bran Muffins** pkg of 5 **.99**

Tudor Bakery  
**Fresh Dinner Rolls** pkg of 12 **.99**

TUDOR BAKERY AT SELECTED STORES ONLY

Save 40  
**Minute Maid Orange Juice** 12.5 fl oz tin **.99**

Frozen Concentrated 100% Pure Regular or More Pulp

Save 36  
**Smooth & Creamy Cottage Cheese** 500 g tub **1.59**

Save 20  
**Mushrooms** 10 fl oz tin **.69**

Miracle Food Mart Pieces & Stems

Save 2.00  
**Canada Dry Soft Drinks** 24 x 260 ml tins **5.99**

Canada Dry Gingerale Sugar Free Gingerale Club Soda C Plus Orange Sugar Free C Plus Orange Tonic Water Wink or Dr. Pepper

Same Flavours available in 150 ml bottles Plus 30 each bottle deposit

Fancy Green Giant  
**Cream Corn** 14 fl oz tin **.69**

Corn Meal  
**Instant Mashed Potatoes** 350 g pkg **1.49**

Mother Parker  
**Instant Coffee** 10 oz jar **4.49**

Rich Marshmallow or Lite  
**Carnation Instant Hot Chocolate** pkg of 10 **1.69**

Uncle Ben's  
**Converted Rice** 14 lb bag **3.39**

All Purpose  
**Five Roses Flour** 3.5 kg bag **2.99**

Assorted Varieties  
**Country Crisp Granola Bars** 255 g box **1.49**

Monarch  
**Tea Biscuit Mix** 1 kg box **1.99**

Assorted Varieties  
**Added Touch Cake Mixes** 526 g box **.99**

Assorted Varieties  
**Monarch Frosting** 470 g tin **1.49**

Primo  
**Vegetable Oil** 3 litre jug **3.79**

With Pork In Tomato Sauce  
**Clark Beans** 14 fl oz tin **.69**

Green Liquid  
**Dish Detergent** 1 litre bot **2.39**

With Trigger 750 ml or Refill 1 litre bot  
**Spray Cleaner** **1.99**

Super Concentrated  
**Downy Fabric Softener** 1 litre bot **4.33**

Scent II or Deodorant  
**Carpet Fresh Carpet Cleaner** 400 g cont **2.49**

Tilix Mildew  
**Stain Remover** 450 ml bot **3.19**

Green Giant  
**Fancy Summersweet Peas** 14 fl oz tin **.59**

Assorted Colours  
**Facial Tissues** pkg of 200 **.89**

Alcan  
**Aluminum Foil** 12' x 25 box **1.09**

Johnson & Johnson  
**Baby Shampoo** 450 ml bot **3.79**

Scope  
**Mouthwash** 1 litre bot **3.99**

Alm  
**Toothpaste** 100 ml tube **1.19**

**Cheerios Cereal** 425 g box **1.99**

Save 60  
**Pampers Diapers** **9.39**

Regular 72's, Super 54's or Extra Absorbent 60's

**Coupon Value \$1.00**

This coupon is worth \$1.00 off the Direct Deal Retail of one pkg of 100 Orange Pekoe  
**Lipton Tea Bags** **1.99**

Our Direct Deal Retail \$2.99  
 Coupon Value \$1.00  
 Limit one coupon per purchase  
 Coupon Valid Wed. Jan. 25'84 to Tues. Jan. 31'84 Only. Redeemable at Miracle Food Mart. #537

YOU PAY ONLY 1.99 WITH THIS COUPON

**We Cheerfully Accept All Food Store Coupons**