

# Foods from the Sun **WIN** a trip to **YOU COULD WIN ONE OF 12 TRIPS**

**CONTEST WINNERS**  
February 1984

**MRS. DOROTHY STEEN**  
Etobicoke, Ontario  
**MRS. SHIRLEY WARD**  
Azilda, Ontario

- Assorted Varieties Betty Crocker **Stir 'n Frost or Snacking Cake Mixes** 310/400 g pkg **1.25**
- Assorted Flavours Sealtest Light 'n Lively Yogurt 500 g tub **1.39**
- Assorted Flavours Sealtest All Natural Ice Cream 2 litre ctn **3.69**
- Coffee Breaks Plates or Chips Any **2.09**
- Christie Cookies 450 g bag
- Assorted Colours White Swan 4 roll pkg **1.39**
- Bathroom Tissue
- Assorted Colours White Swan Paper Towels 2 roll pkg **.99**
- Assorted Colours White Swan Facial Tissues pkg of 200 **.89**
- Medium Old White Old Coloured **3.33**
- Black Diamond Cheddar Cheese 340 g pkg
- Monarch Soft Margarine 2 lb tub **1.99**
- Frozen Assorted Varieties Pepperidge Farms V.I.P. Vegetables 700 g pkg **1.29**
- Frozen Deluxe or Pepperoni Aloro 5, pkg of 1 **1.99**
- PIZZA 100 g pkg
- Frozen Coffee Queen Coffee Whitener 500 g ctn **.99**
- Catelli Lasagna 500 g box **1.19**
- Plan Hunt's Tomato Sauce 14 fl oz tin **.69**
- Miracle Food Mart Pure Apple Juice 48 fl oz tin **.99**

**save 1.00**  
**Generic King Size Cigarettes**  
carton of 200  
**11.99**  
Warning: Health and Welfare Canada advises that danger to health increases with amount smoked. Avoid inhaling.

**save 64** on 2 loaves  
**Home Pride Old Country Crusty Bread**  
450 g loaf **2/1.00**  
Price effective until Sat. February 25'84 Only.

**save 1.40** is in... Dirt's out  
**Tide Laundry Detergent**  
6 litre box **3.99**

**save up to .46**  
Canada #1 Grade Creamed or Liquid **Billy Bee Honey**  
375 g ctn **1.49**

**save 60**  
**Potato Chips**  
200 g bag **.99**  
Plain, Ripple, Salt 'N Vinegar or BBQ  
Miracle Food Mart

**save up to .36**  
**Coca-Cola**  
750 ml bl. **.39**  
Frasca, Sprite, Diet Sprite, Tab, Caffeine Free Tab, Diet Coke, Caffeine Free Diet Coke, Caffeine Free Coke or  
(Plus .30 each bottle deposit)

**save 96**  
All Purpose, Velvet or Whole Wheat **Robin Hood Flour**  
2.5 lb bag **2.49**  
Crosby Molasses 450 g ctn **1.19**

## The Bakery

## Grocery Direct Deals

**save 50**  
**Tudor Bakery Delicious Chelsea Buns** 6's **1.89**

Bake-Rite <b>Apple/Raspberry Turnovers</b> pkg of 4 <b>1.09</b>	Granny's <b>Bran or Corn Muffins</b> 5's <b>.99</b>
Miracle Food Mart <b>Dinner Rolls</b> 12's <b>.69</b>	Miracle Food Mart <b>Rye Breads</b> 450 g <b>.79</b>
Tudor Bakery <b>Kaiser Buns</b> 12's <b>1.19</b>	Tudor Bakery <b>Tropical Danish Ring</b> <b>1.99</b>

**save 70**  
**Kraft Smooth Peanut Butter**  
750 g jar **2.99**

**save 50**  
**Starkist Flaked Light Tuna**  
6.5 oz tin **.99**

**save 70**  
**Clover Leaf Sockeye Salmon**  
220 g tin **1.99**

**save 70**  
**Peek Freans Cookies**  
400 g bag **1.99**  
Family Digestive, Assorted Cremes, or Fruit Cremes

La Vita <b>Tomato Paste</b> 5.5 fl oz tin <b>2/.78</b>	Choice <b>Bright's Whole Tomatoes</b> 28 fl oz tin <b>.79</b>
Duncan Hines <b>Double Fudge Brownies</b> 400 g pkg <b>1.69</b>	<b>Bright's Garden Blend Cocktail</b> 1 litre jar <b>.59</b>
With Pork or in Tomato Sauce <b>Libby's Beans</b> 227 ml tin <b>.59</b>	Orange or Apple <b>F.B.I. Juice</b> 250 ml bot <b>.39</b>
Generic Standard <b>Kernel Corn</b> 241 ml tin <b>.39</b>	Orange Pekoe <b>P.G. Tips Tea Bags</b> pkg of 72 <b>1.99</b>
Mixed Fruit Grape or Orange <b>Tang Drinks</b> 2 x 250 ml ctns <b>1.19</b>	Regular or Marshmallow <b>Nestle Extra Creamy Instant Hot Chocolate</b> 500 g tin <b>2.59</b>
<b>Melitta Premium Ground Coffee</b> 369 g vac pac <b>3.49</b>	Miracle Food Mart <b>Pieces &amp; Stems Mushrooms</b> 10 fl oz tin <b>.79</b>

<b>Kraft Spirals Macaroni &amp; Cheese Dinner</b> 200 g box <b>.59</b>	<b>Spic &amp; Span Liquid Cleaner</b> 400 ml bot <b>1.49</b>
<b>Sugar Twin Sugar Substitute</b> pkg of 100 <b>1.99</b>	<b>Alcan Aluminum Foil</b> 12' x 100' pkg <b>3.99</b>
Duncan Hines <b>Angel Food Cake Mix</b> 14.5 oz box <b>2.19</b>	Regular or Deodorant <b>New Freedom Maxi Pads</b> pkg of 30 <b>3.29</b>
Assorted Flavours <b>Kai Kan Luxury Cat Food</b> 360 g tin <b>.77</b>	Regular or Deodorant <b>New Freedom Mini Pads</b> pkg of 30 <b>2.69</b>
Beef, Gourmet or Tuna <b>Miracle Food Mart Soft Mollet Cat Food</b> 360 g box <b>.99</b>	Regular or Deodorant <b>Kotex Light Days Feminine Pads</b> pkg of 30 <b>2.39</b>
<b>Post Alpha Bits Cereals</b> 450 g box <b>1.99</b>	Assorted Colours <b>Miracle Food Mart Disposable Wipes</b> pkg of 10 <b>.99</b>

**save 40**  
**Extra Peaches**  
28 fl oz tin **.99**  
Choice in Syrup Halves or Slices

**save up to 50**  
**Taster's Choice Freeze Dried Instant Coffee**  
8 oz jar **6.99**  
Regular or Decaffeinated