



**Super Savings**



Oriole, 100% Soya 907 g cont. (2 lbs.)

**Soft margarine**

**1.99**  
save .50



Super chunky or creamy, 750 g cont.

**Skippy peanut butter**

**2.89**  
save 1.10



Cut from Canada Grade 'A' Beef  
**Boneless stewing beef**  
**4.39/kg / 1.99 lb.**  
save 1.76/kg



3 rib, 3 centre cut, 3 tenderloin end, family pack  
**Fresh loin pork chops**  
**3.51/kg / 1.59 lb.**  
save 1.45/kg



All available Canadian Brands

**Cigarettes**

**12.99** carton  
bonus buy  
Warning: Health & Welfare Canada advise that danger to health increases with amount smoked. Avoid inhaling.



Laundry powder 6 litre box

**Sunlight detergent**

**3.69**  
save 1.50



Assorted colours, Atlantic, 2 roll pkg.

**Papertowels**

**1.09**  
save .64

**Grocery**

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Chocolate 750 g cont.  
**Nestles Quik** **2.59**

Regular or decaffeinated 227 g jar  
**Taster's Choice instant coffee** **6.69**

Assorted varieties 180 g cont.  
**Select Discoveries Nabob coffee** **2.69**

475 g pkg.  
**Kellogg's Special 'K' cereal** **2.69**



Van Camp's beans with pork in tomato sauce, Stokely fancy cut green or wax beans, cream style corn or Stokely, 10 fl. oz. tin  
**Honey pod peas** **2/\$1**

Pkg. of 400  
**Q-Tips cotton swabs** **1.99**

5 litre cont.  
**Maqua spring water** **1.89**

750 mL ret. btl. plus .30 deposit  
**DIET Seven-Up or Seven-Up** **.59**



Swiss style Assorted flavours 2 x 125 g pkg.  
**Gay Lea yogurt** **.99**

Quikki plastic pkg. of 10  
**Green garbage bags** **.99**

Liquid, 1 litre cont.  
**Sunlight dish detergent** **2.49**

April Soft, assorted colours 4 roll pkg.  
**Bathroom tissue** **1.89**



Fresh dressed  
**Rainbow trout** **6.59/kg / 2.99 lb.**

Frozen cello pack  
**Haddock fillets** **5.05/kg / 2.29 lb.**

Frozen  
**Pacific salmon steaks** **8.80/kg / 3.99 lb.**

Available at stores with deli counters only, Bittner's deli sliced  
**Black Forest style ham** **100 g/.88 / 3.99 lb.**

Available at stores with deli counters only, Bittner's deli sliced, bottom round  
**Montreal smoked meat** **100 g/.88 / 3.99 lb.**

Available at stores with deli counters only, deli sliced  
**Bittner's Mexican salami** **100 g/.88 / 3.99 lb.**

Decorated, white or chocolate layer each, your choice  
**St. Patrick's Day cake** **3.69 each**

Pkg. of 3  
**Dagwood buns** **.79**

each  
**Apple strudel** **1.69**

**Meat**

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Cut from Canada Grade 'A' Beef  
**Cross rib steaks** **4.39/kg / 1.99 lb.**

Butt or shank portion  
**Fresh leg of pork roast** **2.62/kg / 1.19 lb.**

Assorted varieties 250 g pkg.  
**Bittner's deli chubs** **1.29**

Bratwurst, English Style or Bittner's  
**Breakfast sausage** **4.39/kg / 1.99 lb.**

Country Fare, sliced 175 g pkg.  
**Pepperoni or salami** **.99**

3 1/2 to 4 lb. average rib or tenderloin end  
**Pork loin roast** **3.28/kg / 1.49 lb.**

Ideal breaded, from the leg boneless  
**Pork schnitzel** **5.71/kg / 2.59 lb.**

Bittner's, smoked  
**Picnic pork shoulders** **3.73/kg / 1.69 lb.**

Mild cured  
**Shopsy's corned beef brisket** **5.27/kg / 2.39 lb.**

Chicken Sticks, Chicken Balls, or Chicken Breast Cutlets 350 g pkg.  
**Golden Basket Schneiders chicken** **3.69**

Frozen  
**Turkey drumsticks** **1.52/kg / .69 lb.**

Frozen, New Zealand  
**Loin lamb chops** **6.59/kg / 2.99 lb.**

Partly skinned, whole  
**Cooked smoked ham** **2.62/kg / 1.19 lb.**

Beef or steak 250 g pkg.  
**Schneiders meat pies** **1.49**

Schneiders, 350 g pkg.  
**Chicken breast fillets** **4.25**



Rindless, sliced side 500 g pkg.  
**Maple Leaf breakfast bacon** **1.99**  
save 1.40



Bake, broil or fry  
**Centre cut loin pork chops** **4.39/kg / 1.99 lb.**  
save 2.20/kg



New Zealand  
**Frozen shoulder Lamb chops** **4.39/kg / 1.99 lb.**