

Star-Kist Starkist Flaked Light Tuna
6.5 oz. tin
.99

Royale Paper Towels
2 roll pkg.
.99

miracle food mart
PURE 100% FROZEN CONCENTRATED ORANGE JUICE
Frozen Concentrated Miracle Food Mart Grapefruit or 100% Pure Florida Orange Juice
12.5 fl. oz. tin
.99

Maple Leaf Butter
1 lb. pkg.
Canada #1 Grade Salted
1.99
Limit 2 pkgs. per family purchase

ADDED TOUCH Cake Mix
524 g box
.99

Clip Coupon and Save Fab Laundry Detergent
6 litre box
2.99
WITH COUPON BELOW

miracle food mart

Kellogg's Raisin Bran Cereal
800 g box
2.79

Aylmer Vegetables
19 fl. oz. tin
.49

Tetley Tea
Orange Pekoe Tea Bags
pkg. of 72
1.69

Coupon Value \$1.00/T107
This coupon is worth \$1.00 off the Direct Deal Retail of one 6 litre box of Powdered Fab Laundry Detergent
6 litre box
Our Direct Deal Retail \$3.99
Coupon Value \$1.00
Limit one-coupon per purchase
Coupon valid Wed. March 21 until Sat. March 24, 1984 only.
Redeemable at Miracle Food Mart
YOU PAY ONLY 2.99 WITH THIS COUPON!

Burns Flaked Ham
6.5 oz. tin
.99

Canada #1 Grade
Billy Bee Liquid White Honey
1 kg jar
2.99

Miracle Food Mart
Garbage Bags
pkg. of 10
.99

Frozen McCain Cauliflower 1 kg bag	2.49	Plain or Mushroom Prego Spaghetti Sauce 28 fl. oz. jar	1.79
Frozen Fancy Whole Kernel Green Giant Niblets Corn 1 kg bag	2.29	Assorted Varieties Brunswick Sardines in Oil 4x100 g tin	1.99
Frozen Beef, Chicken Turkey or Sausage Swanson Dinners 325 g pkg.	1.89	Assorted Varieties Cordon Bleu Steaks 600 g tin	1.69
Frozen Bananas, Chocolate Coconut or Lemon Farm House Cream Pies 340 g pkg.	1.49	Burns Cooked Ham 12 oz. tin	2.29
Buggles, Cheez Whizlers, Matchos or Whistles General Mills Snacks 150-170 g bag	1.59	Frozen With Meat or With Cheese Nelia Ravioli 454 g pkg.	1.69
Trophy Dry Roasted Peanuts 325 g jar	1.79	In Tomato Sauce Spaghetti, LPD's or Scarole Heinz Pastas 14 fl. oz. tin	.69
Miracle Food Mart Gourmet Chocolate Chip Cookies 440 g bag	1.89	Blue Bonnet Soft Margarine 2 lb. tub	1.99
BULK Available in Special's Only		Chicken or Beef Star Bouillion Cubes 66 g pkg.	1.39
Sultana Raisin .17 per lb. .79		Generic Roll Bag Refills pkg. of 30	.79
Apple Pie Filling .13 per lb. .59		Miracle Food Mart Pure Apple Juice 62.5 fl. oz. jug	1.89
Cherry Pie Filling .26 per lb. 1.19		Whole Food Mart Choice Tomatoes 19 fl. oz. tin	.69
Chocolate Chip, Chips in Chocolate, or Original Oatmeal Dad's Cookies 490-450 g bag	1.89	Assorted Colours Royale Bathroom Tissue 8 roll pkg.	3.19

BAKERY

Miracle Food Mart Plain English Muffins pkg. of 6	2/100 Save .66	Miracle Food Mart 60% Whole Wheat Bread 675 g	.69
Miracle Food Mart Fancy Tomato Juice 48 fl. oz. tin	.99	Bake-Rite Bran Muffins pkg. of 6	.99
Encore Instant Coffee 8 oz. jar	4.99	Dempster's Long Scone 675 g	.89
Mother Parkers Instant Coffee 16 oz. jar	4.69	Miracle Food Mart Cream Soap 200 ml. bt.	1.99
Uncle Ben's Converted Rice 900 g bag	2.49	Miracle Food Mart Liquid Cleaner 1.899 lit.	1.49
Assorted Varieties Cherry Castles or Light & Crunchy Nature Valley Granola Bars 175 g-225 g pkg.	1.79	Miracle Food Mart Baby Oil 300 ml. bt.	3.29
Frozen Assorted Cuts McCain French Fries 1.5 kg bag	1.99	Tums Antacid Tablets 67.5 g	1.79
		Regular Tampax Maxiflins pkg. of 12	1.99
		Diet Pepsi, Pepsi Free, Sugar Free Pepsi Free, Mountain Dew or Pepsi Cola 750 ml. bt. (Plus .30 each bottle deposit)	.59

COUNTRY MARKET

Save 1.00/lb. Product of Chile Canada No. 1 Grade Red Grapes	218 per kg	.99
Product of Israel Jaffa Oranges size 100	12/1.99	
Product of Ontario Fresh Mushrooms	439 per kg	1.99 per lb.
Product of P.E.I. Canada No. 2 Grade Nettle Gem Potatoes 10 lb. bag	2.89	Product of U.S.A. Florida Indian River White or Red Grapefruit 6/1.99
Product of U.S.A. Fresh Endive or Escarole .79		Product of U.S.A. Fresh Green Beans 218 per kg
Product of U.S.A. Washed and Trimmed Spinach 10 oz. bag .99		Product of U.S.A. California Sunkist Navel Oranges size 22 12/2.99

Foods from the Sun
MARCH 1984
CONTEST
WINNERS

MR. TERRY SHEPPARD
Simcoe, Ontario
MRS. JOAN JACKSON
Burlington, Ontario

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