

miracle foodmart **SUPER SUMMER**

Assorted Flavours Quaker
Chewy Granola Bars 1.99
225 g box

Assorted Flavours
Beatrice Old Fashioned
Recipe Ice Cream 1.99
1 8oz. ctn.

Good Humour Snapshots
Ice Cream Novelties 2.49
Pkg. of 6

Chips Away, Fudges-as or Praline
Christie Cookies 2.19
450 g bag

Assorted Colours
Delsey Bathroom
Tissue 4 roll pkg 1.59

Process Cheese Food
Black Diamond Thin
Cheese Slices 3.49
300 g pkg.

4oz., Medium, Old, or Sliced Mozzarella
Kraft Cheese 3.19
345 g pkg.

Frozen Brussels Sprouts, Broccoli in Cheese
Or Butter Sauce
Green Giant Vegetables 1.39
250 g pkg.

Frozen
Carnation Hash Browns 1.99
1 1/2 lb. bag

Frozen Zucchini Lasagna or
Chicken Chow Mein
Stouffer's Lean Cuisine Dinners 2.69
312 g pkg.

Frozen Deluxe Pepperoni or Cheese
Tollino Pizza 2.69
10" size 250 g pkg.

Assorted Flavours Frozen
Farmhouse Cream Pies 1.39
340 g pkg.

"Imported" Assorted
Lekkerland Biscuits
Or Wafers 250-300 g bag 1.49

In Tomato Sauce
Heinz Scarlos, UFO's or
Spaghetti .69
14 fl. oz. tin

In Water or In Oil
Bye The Sea Chunk Light
Tuna .99
184 g tin

Assorted Varieties
Miss Mew Cat Food 3/.99
170 g tin

French's Squeeze Pack 250 ml .99
100 ml jar

Plain or With Meat
Regu Spaghetti Sauce 1.69
28 fl. oz. jar

Kraft Real Mayonnaise 2.99
750 ml jar

Heinz White Vinegar 1.59
4 litre jug

Beef Stew or Salisbury Steak
Magic Pantry Dinners 1.99
215-230 g pkg.

Fantasia Iced Tea Mix 2.49
750 g jar

Kellogg's Sugar Frosted Flakes Or
Or Sugar Corn Pops 1.99
275-325 g pkg.

St. Lawrence Corn Oil 2.19
1 litre bottle

Rice or Tapioca
Nestle Family Puddings .99
425 g tin

Fleecy Fabric Softener 2.99
3.6 litre jug

Save .60
Assorted Varieties
Miracle Food Mart
Potato Chips .99
200 g bag

Save 1.20
Orange Pekoe
Tetley Tea Bags 1.99
Pkg. of 72

Save .30
Frozen Concentrated Miracle Food Mart
100% Pure Florida Orange Juice 1.29
1 1/2 fl. oz. tin

Smooth
Kraft Peanut Butter 2.99
750 g jar

Regular or Decaffeinated
Taster's Choice Freeze Dried
Instant Coffee 6.99
3 oz. jar

Assorted Flavours
Jello Jelly Powders .45
55 g box

Electrasol Dishwasher Detergent 3.99
1.8 kg box

Kurly Kate Soap Powder Scrubbers .89
Pkg. of 2

Daytime or Overnight
Easy Off Oven Cleaner 1.99
400 g tin

Q-Tips Cotton Swabs Pkg. of 400 1.99

Super or Regular Deodorant
Tampax Maxi Thins Pkg. of 30 4.79

King Size
Generic Cigarettes 11.99
Carton of 200

Excellent Value
Fancy Miracle Food Mart
Tomato Juice .89
48 fl. oz. tin

Save .70
Hereford Corned Beef 1.99
340 g tin

Save 2.24
Powdered
ABC Laundry Detergent 5.99
12 L box

Assorted Flavours
Pure Spring Or
Orange Crush Soft Drinks 5.99
24x280 ml tins

Assorted Colours
Kleenex Hi-Dri Paper Towels .99
2 roll pkg.

Kingsford Charcoal Briquets 3.99
10 lb. bag

Small 500 ml Or
Medium 1 litre
Mason Jars Ctn. of 12 3.99

Certo Liquid Pectin 1.25
170 ml bottle

Black Flag Ant Traps 1.99
Pkg. of 3

Assorted Styles
Primo Pasta .99
500 g pkg.

Assorted Flavours
Gay Lea Swiss Style Yogurt 1.49
500 ml tub

Save up to .58
Canada First Grade
Gay Lea Salted Butter 1.99
1 lb. pkg. (Limit 2 lbs. per family purchase)

Save up to 1.38 on 3
Assorted Flavours Pure Spring Or
Orange Crush Soft Drinks 3/.99
750 ml btl. Plus .30 each btl. deposit

COUNTRY MARKET

Product of U.S.A. Canada No. 1 Grade
Red Grapes 218 ~~per 10~~ **per 10** .99

Product of Ontario
Fresh
Green Or Wax Beans 130 ~~per 10~~ **per 10** .59

Product of U.S.A.
Fresh
Nectarines 218 ~~per 10~~ **per 10** .99

Product of U.S.A.
Canada No. 1 Grade
Red Plums 218 ~~per 10~~ **per 10** .99

Product of Ontario
Canada No. 1 Grade
Sweet Corn 10/189

Product of U.S.A.
Whole Watermelon 10 lb. pkg. 2.99

Product of Ontario
Canada No. 1 Grade
Ontario Potatoes 10 lb. bag 2.89

Product of Ontario Canada No. 1 Grade
First of The Season
Ontario Peaches 2.99
4 litre basket

Product of Ontario
Canada No. 1 Grade
Carrots or Yellow Onions 2 lb. bag .99

Product of Mexico
Fresh
Mangoes Large Size .99

Product of U.S.A.
Florida Fresh
Limes 10/100

We Cheerfully Accept Competitors Newspaper Coupons

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