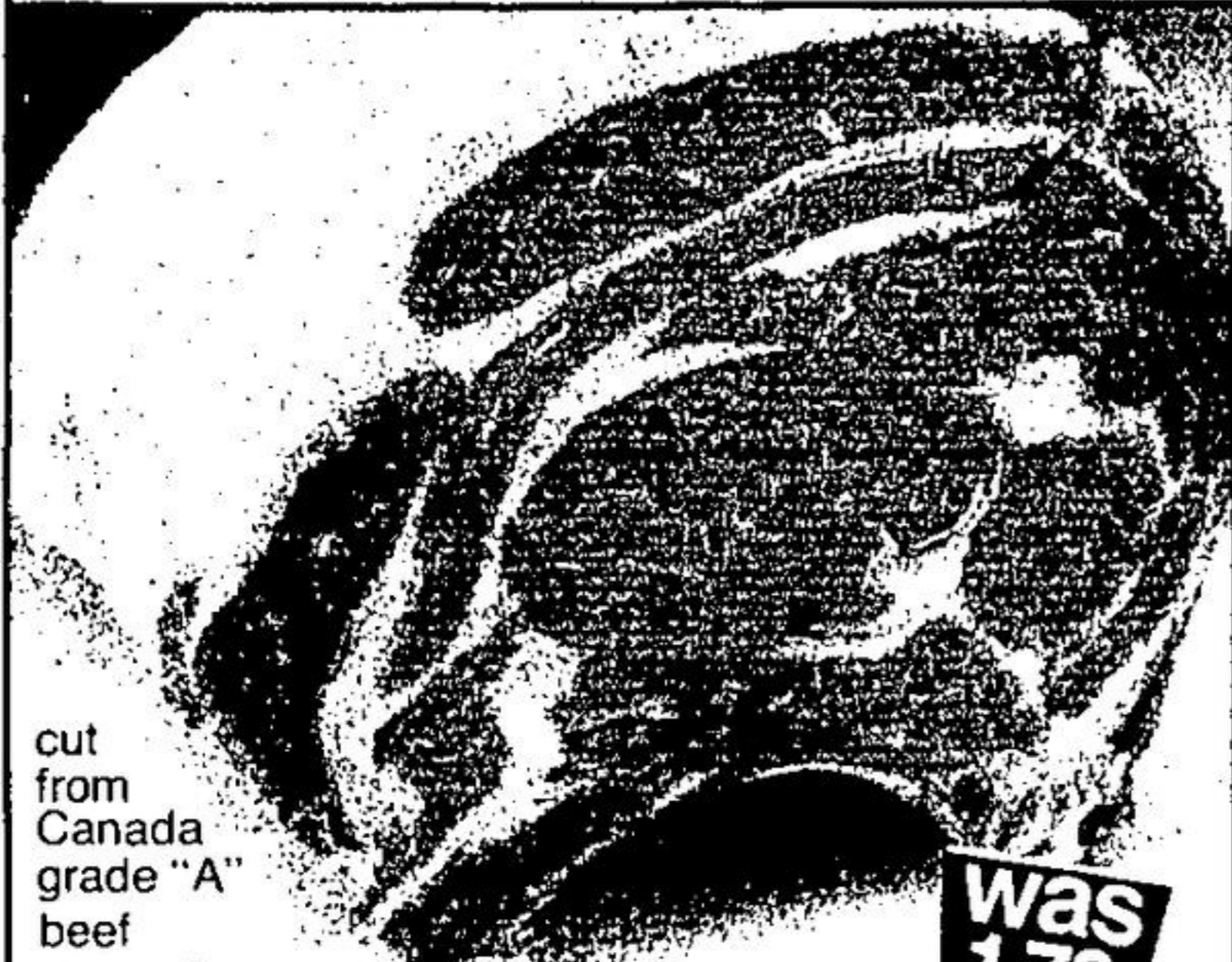


save on

save **.30** lb.



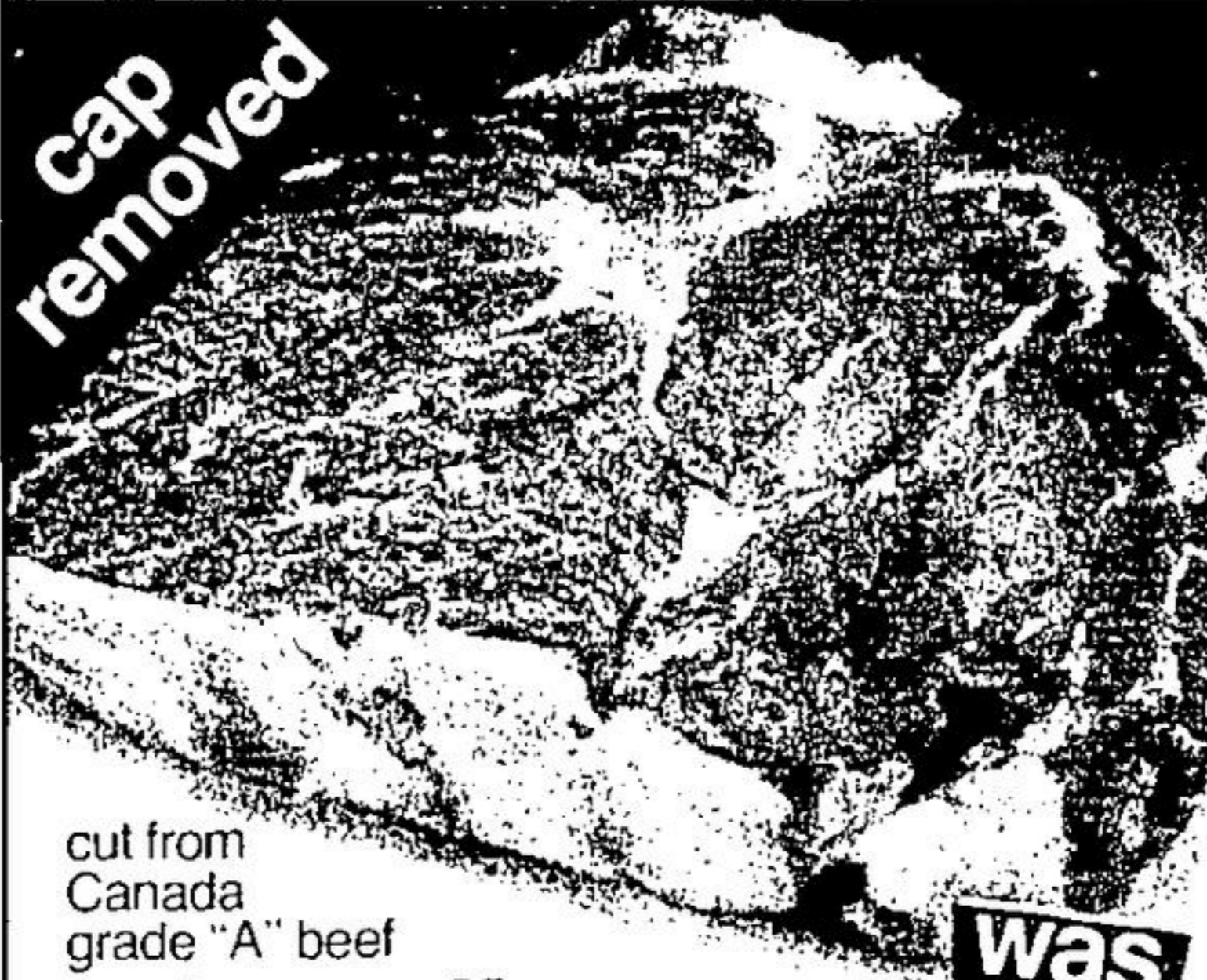
cut from Canada grade "A" beef

was **1.78**

prime rib **roasts**

1st 5 ribs **1.48** lb.

save **.30** lb.



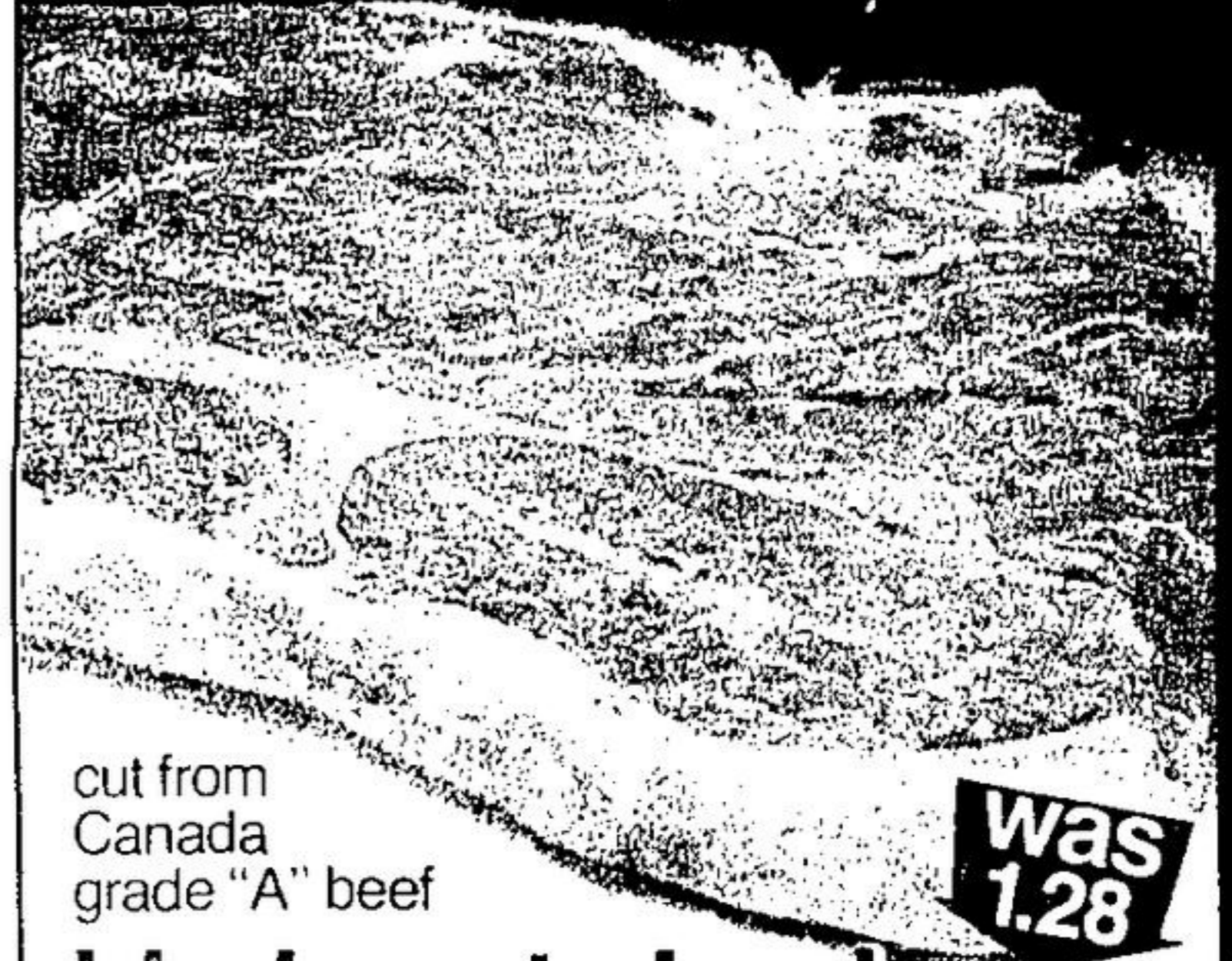
cut from Canada grade "A" beef

was **1.98**

prime rib **steaks**

lb. **1.68**

save **.30** lb.



cut from Canada grade "A" beef

was **1.28**

blade cut chuck **steaks**

bone in **98** lb.

save **.24** lb.



was **1.59**

frozen New Zealand **lamb legs** whole

lb. **1.35**

save **.20** lb.



was **1.18**

frozen New Zealand **shoulder lamb chops**

lb. **.98**

save **.40** lb.



was **1.38**

butt or shank portion **fresh leg o' pork**

lb. **.98**

save **.10** lb.



was **.59**

frozen, cut up **boiling fowl**

tray pack lb. **.49**

save **.30**



was **1.28**

Maple Leaf **beef frankfurters**

1 lb. pkg. **.98**

save **.15**



was **.72**

sliced Schneiders **cooked meats** 9 specified varieties

6 oz. pkg. each **.57**

cut from Canada grade "A" beef **braising ribs** bone in previously frozen, store packaged

chicken wings frozen pre-dressed grade "A"

cornish hens frozen pre-dressed, Canada grade "A"

young ducks frozen

pork hocks frozen Brilliant Brand

cooked shrimp frozen Highliner Brand

cod fillets Maple Leaf

corned beef brisket frozen - Shopsy 1 lb. pkg.

pure beef sausage

was 1.08 lb. **.88**

was .74 lb. **.65**

was 1.48 lb. **1.28**

was .98 lb. **.88**

was .59 lb. **.48**

6 oz. pkg. was 1.74 **1.44**

1 lb. pkg. was 1.75 **1.45**

vac pac lb. was 1.98 **1.59**

was 1.68 **1.48**

Maple Leaf, sliced **corned beef** 3 - 2 oz. pkgs. was 1.19 **.99**

Maple Leaf **side bacon** sliced 1 lb. pkg. was 1.88 **1.48**

frozen - Maple Leaf **beef burgers** 2 lb. box was 2.58 **2.38**

Shopsy potato salad or cole slaw 24 oz. pkg. each was 1.12 **.95**

S & M Deluxe, 3 pack **pepperoni & mushroom pizza** 12 oz. pkg. each was 1.68 **1.49**

Ziggys, 7 varieties - 8 oz. each **cooked meat chubs** was 1.18 **.98**

Ziggys, sliced **cooked ham** 6 oz. pkg. was 1.55 **1.38**

Ziggys **sliced salami** 1 lb. pkg. was 1.98 **1.68**

Z & W Foods, store packaged **Polish sausage** lb. was 1.29 **1.08**

British Week

digestive shortbread, arrowroot or rice 7 7 1/2 oz. pkg. was .67 **.49**

biscuits Peek Frean Robertson's was .93 **.69**

jams (damson plum or strawberry) or marmalade (all varieties) 12 fl. oz. jar was 1.03 **.89**

Weetabix **cereal** 400 gr. box was 1.09 **.99**

McVitie **Tuc crackers** 10 oz. pkg. was 1.99 **1.69**

675 g. box **Alpen cereal** was .49 **.45**

Robertson's, choice small **baby carrots** 10 fl. oz. tin was 1.35 **1.19**

Callard & Bowser's **juicy jellies** 200 gr. box was 1.39 **1.29**

Idris, all flavours **cordials** 25 1/2 fl. oz. bottle

Cloverleaf, mandarin **orange segments** 10 fl. oz. tin was .59 **.53**

Aylmer **choice tomatoes** 28 fl. oz. tin was .73 **.65**

Kraft, Miracle Whip **salad dressing** 16 fl. oz. jar was .85 **.75**

Nestle Quik **chocolate drink** 2 lb. tin was 2.49 **2.29**

Nescafe **instant coffee** 10 oz. jar was 6.49 **5.59**

Cherry Hill, brick or farmers colby **cheese sticks** 8 oz. pkg. was 1.14 **1.04**

Neilson, all flavours **drink crystals** 12.8 oz. env. was 1.09 **.97**

frozen, pepperoni & cheese **McCain pizza** 4's, 14 oz. box was 1.88 **1.58**

Holiday Farms, frozen **salisbury steak** 2 lb. box was 2.53 **2.19**