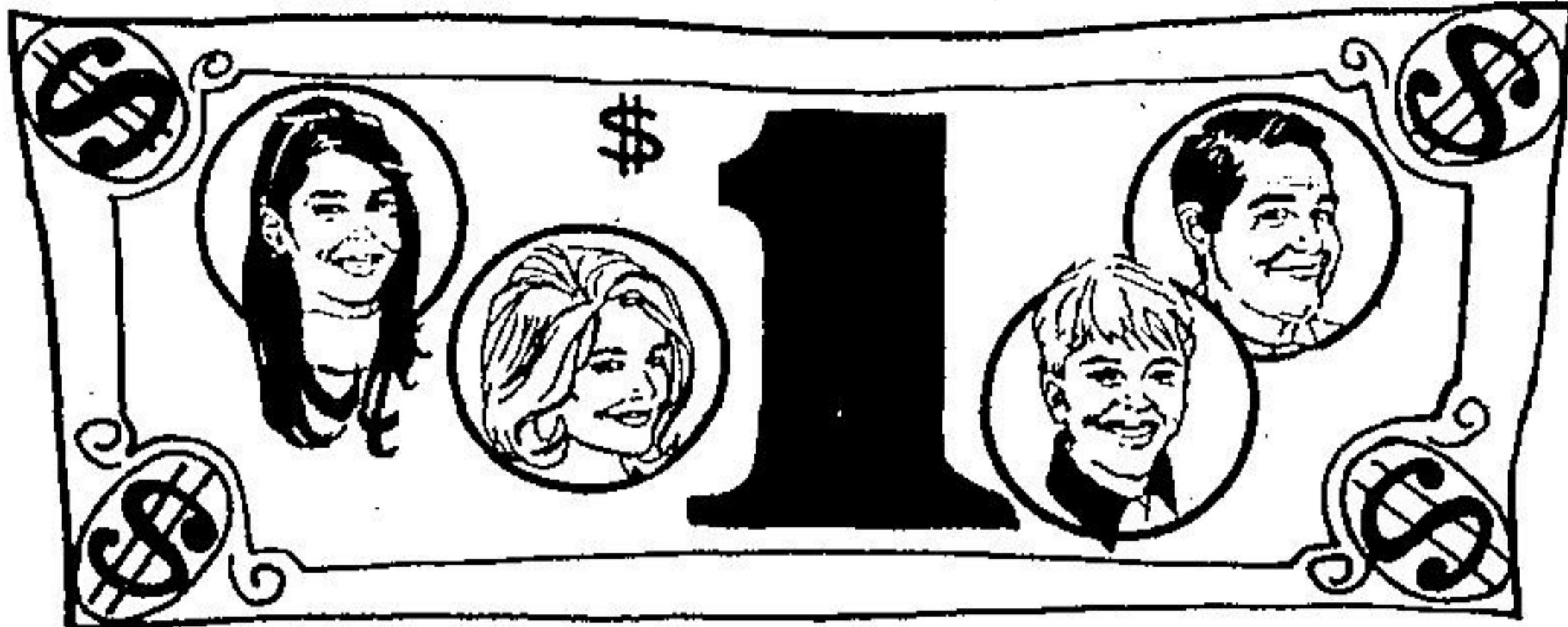


The Friendly Folks

KNOW HOW TO STRETCH YOUR DOLLAR — IN THEIR DOLLAR SAVING SALE!

Date of sale March 28, 29, 30, 31/79



\$\$\$ SAVERS IN MEAT

Tenderbest 3 lb. average Loin Pork Roasts Rib Portion 1.29 lb.	Tenderbest Lean loin Pork Chops 1.69 lb.
Swifts Premium sliced 6 oz pkg 6 varieties Luncheon Meats .99 ea.	Schneiders new 250 gm pkg 3 var Good N Meaty Meat Pies .79 ea.
Schneiders cry-o-vac chunk 3 varieties Oldie Fashioned Meat Loaves 1.79 lb.	Schneiders 1 lb pkg 4 popular varieties Skinless Wieners 1.29
Lazy Maple frozen 1 lb. pkg. Pure pork Sausage 1.59	Schneiders 1 lb. pkg. Skillet Strips 1.29
Sugar Plum 4 oz. pkg. Sliced Cooked Ham .99 ea.	Schneiders cry. 2 lb. av. boneless ready to serve Smoked Picnic Style Hams 2.09 lb.
Sugar Plum ready to serve 1/2 cry-o-vac Club Style Hams 2.29 lb.	Schneiders 1 lb. pkg. Sliced side Bacon 1.69

10 fl. oz.
Franco American
Beef Gravy **4/1.00**

10's
Glad
Green Garbage Bags **1.00**

1 lb.
parchment wrap
Carnival Margarine **2/1.00**

32 fl. oz.
prepriced 1.19
Joy
liquid detergent **1.00**

**STOCK UP!
SAVE \$\$\$ IN FROZEN FOODS**

York beef, chicken or turkey Meat Pies 8 oz. 2/1.00	Highliner Fish & Chips 32 oz. 2.00	Old South Florida Orange Juice 12 1/2 oz. .89
	Highliner battercrisp Fish Fries 20 oz. 2.00	Aloro 3 var. French bread Pizza 14 oz. 2.19

**LOOK HOW FAR YOUR DOLLAR GOES IN
FOODLAND'S PRODUCE DEPARTMENT**



Tasty produce of U.S.A. Spinach 10 oz. 2/1.00	Crisp Florida grown Produce of U.S.A. No. 1 Grade Celery Stalks 2/1.00
Sweet & juicy California navel Oranges 113's 1.89 doz.	
Local grown Canada fancy grade McIntosh Apples 3 lb. bag 1.00	
Long green slicers Can. No. 1 grade small Seedless Cucumbers 12's 2/1.00	

Bee Maid Creamed Honey 1 lb. 1.00	Treesweet recon. grapefruit or Orange Juice 48 fl. oz. 1.00
Weetabix 400 g 1.00	Black Diamond single process Canadian Cheese Slices 32 oz. 3.49
Lancia ready cut macaroni or Spaghetti 2 lb. .79	McVitie Tuc Crackers 283 g 1.00
Bravo Plain Spaghetti Sauce 28 fl. oz. .89	In tomato sauce or oil Brunswick Sardines 3 1/4 oz. 3/1.00
Gainesburger beef Dog Food 2 kg. 2.95	Rose 3 varieties Pickles 24 fl. oz. 1.00
E.D. Smith 4 varieties Pure Jams 9 oz. .69	Downy Fabric Softener 2 litre 2.19
Quench 5 var. Flavour Crystals 4x3 1/2 oz. pkg. 1.00	Royal assorted Toilet Tissue 4 roll pkg. 1.19
Future Liquid Polish 27 fl. oz. 2.38	Mellow Roast Instant Coffee with Grain 8 oz. 3.99
Johnson lemon or regular Pledge 12 fl. oz. 2.48	Nabob Tradition Coffee 1 lb. bag 2.79
Gem Long Grain Rice 2 lb. .78	Carefree reg. or super O.B. Tampons 16's 1.49
Aylmer fancy Rosebud beets or choice Peas or Peas with Carrots 10 fl. oz. 4/1.00	Stayfree beltless mini pads Feminine Napkins 10's .79
Aylmer choice Bartlett Pear Halves or Fruit Cocktail 10 fl. oz. 2/1.00	Soft & Dri 4 varieties Deodorant 150 ml. 1.59
Glory II No Scrub Rug Cleaner 22 oz. 2.28	Intensive Care pre priced .95 Lotion 200 ml. .89

Weston reg. or thin sliced white Sandwich Loaf 24 oz. .57	reg. .67
Weston Hamburg or Wiener Rolls 12's .69	reg. .87
Weston Cinnamon Buns 8's .87	reg. .93



ACTON, ONT.

We reserve the right to limit quantities.