



# You'll do better with A&P's HOLIDAY SAVINGS!

Mon. - Thurs. 9-9 Fri. - 8:30-9 Sat. - 8-6  
 CLOSED MONDAY - CIVIC HOLIDAY AUGUST 6

**SAVE 1.00**

A Select Blend, Rich in Brazilian Coffees — Instant

**BOKAR COFFEE**

**4.49**

10-oz jar  
 OUR REGULAR PRICE 5.49

ONLY WITH COUPON BELOW

**Action Price!**

Chateau or Carlton Club

**BEVERAGES**

case of 24 — 10-fl-oz tins

**2.99**

**Action Price!**

Kent — Frozen, Concentrated

**ORANGE JUICE**

**59¢**

12.5-fl-oz tin

**SAVE 76¢**

Powdered

**TIDE DETERGENT**

**5.99**

12 litre box  
 Our Regular Price 6.75

You'll do better with A&P's Butcher Shop Meats!

**SAVE 49¢ lb** Ready-To-Serve

16 to 20-lb **AVERAGE WHOLE HAMS**

**99¢** lb

Our Reg. Price 1.48 lb

Shank Portion lb 1.18  
 Butt Portion lb 1.38  
 Ham Steaks lb 1.88  
 Canned Ham 1 1/2-lb tin 3.39

**SAVE 49¢ lb**

Grade "A", Eviscerated, Vac Pac

FROZEN — 8 to 14-lb avg.

**TURKEYS**

Limit 2 per customer

**89¢** lb

Our Reg. Price 1.38 lb

TURKEY BREASTS lb 1.89  
 WHOLE TURKEY LEGS lb 1.19

**Action Price!**

Ambassador — Pork

**LUNCHEON MEAT**

**79¢**

12-oz tin

**SAVE 30¢**

A&P — Assorted or

**CHOC. CHIP COOKIES**

2-lb tin tie bag

**1.89**

Our Regular Price 2.19

**A&P is a Fresh Beef Shop!**

Cut from Canada Grade "A" Beef

Outside, Eye Removed <b>ROUND ROAST</b> lb <b>2.49</b>	Boneless <b>RUMP ROAST</b> lb <b>2.79</b>	Boneless <b>SIRLOIN TIP ROAST</b> lb <b>2.69</b>	Inside, Round <b>STEAK or ROAST</b> lb <b>2.79</b>
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PREVIOUSLY FROZEN, PORK SIDE "B.B.Q. FAVOURITE"  
 Spare Ribs lb 1.49

SWIFT'S OLD MILL  
 Breakfast Sausages lb 1.19

SHOPSYS — COLE SLAW OR  
 Potato Salad 24-oz ctnr 1.29

MAPLE LEAF, SLICED, ASSORTED VARIETIES  
 Side Bacon 1-lb vac pac 1.49

MAPLE LEAF, REGULAR OR ALL BEEF "B.B.Q. FAVOURITE"  
 Wieners 1-lb vac pac 1.49

HIGHLINER, FROZEN, HADDOCK  
 Fish & Chips 16-oz pkg 1.29

YOU'LL DO BETTER AT... **THE FARM** at A&P

California Freestone  
**SWEET JUICY NECTARINES**

lb **48¢**

NO. 1 GRADE, CALIFORNIA, PEAK OF THE CROP, SEVERAL VARIETIES  
 Large Plums lb 59¢

ONTARIO, FRESH DAILY, CRISP & TENDER  
 Romaine Lettuce each 39¢

NO. 1 GRADE, ONTARIO, LARGE HEADS, FRESH DAILY  
 Cabbage each 29¢

DOLE OR CHIGUITA, LARGE SIZE, GOLDEN RIPE  
 Bananas 3 lbs 99¢

USE IN PLACE OF LEMONS FOR PIES, REFRESHING DRINKS  
 Florida Limes each 8¢

NO. 1 GRADE, IMPORTED, SWEET PKG OF 3  
 Spanish Onions 99¢

**Action Price!**

FROZEN, WHITE OR PINK

**Kent Lemonade**

12-fl-oz tin

**3 for 1.00**

Bright's — Pure Our Reg. Price 99¢ — Save 20¢

**APPLE JUICE** 48-fl-oz tin **79¢**

BATHROOM — ASSORTED COLOURS  
 Delsey Tissue pkg of 4 rolls **1.19**

ASSORTED VARIETIES  
 Puritan Stews 24-fl-oz tin **1.49**

GRANNY OUR REG. PRICE 1.49 — SAVE 40¢  
 Butter Tarts pkg of 12 **1.09**

ASSORTED, PLAIN OR DECORATED  
 ScotTowels pkg of 2 rolls **1.09**

ASSORTED VARIETIES  
 Romi Pastas 2-lb pkg **69¢**

Strained, Meatless Varieties of Foods & Juices 4.3-fl-oz Jar  
 Gerbers Baby Food 4 for **99¢**

HUMPTY DUMPTY — PLAIN OR RIPPLE  
 Potato Chips 200 g pkg **79¢**

"Mix 'N Match!" — Choice Peas, Sliced or Harvard Beans, Cream Style Corn, Peas & Carrots 14-fl-oz tin

**AYLMER VEGETABLES 3 for 1.00**

DETERGENT  
 Ivory Liquid 24-fl-oz plastic bit **1.09**

ASSORTED VARIETIES  
 McLarens Pickles **89¢**

ORANGE PEKOE  
 Salada Tea Bags 3.29

IN TOMATO SAUCE OR WITH PORK  
 Heinz Beans 19-fl-oz tin **59¢**

IN TOMATO SAUCE  
 Heinz Spaghetti 2 for **79¢**

ASSORTED FLAVOURS  
 Gay Lea Yogurt 500 g tub **79¢**

CHARCOAL  
 Kingsford Briquets **1.99**

**Action Price!**

MARVEL — SLICED, WHITE

**Sandwich Bread**

24-oz loaf

**3 for 1.29**

**A&P**

WITH COUPON — SAVE 1.00

A Select Blend, Rich in Brazilian Coffees—Instant

**BOKAR COFFEE** 10-oz jar **4.49**

Limit one per family. (Our Reg. Price 5.49)  
 Valid thru Sat., August 4th, 1979. A&P No. 636

YOU'LL DO BETTER WITH A&P's general merchandise

SEE YOUR HAIR SMELLS TERRIFIC — BONUS PACK 225 ml SIZE PLUS 55% MORE "FREE" — ASSORTED TYPES

**Shampoo** 350ml plastic bit **1.79**

FRESH OR MILD MINT ACTION PRICE! 100 ml TUBE  
**MacLeans Toothpaste** **99¢**

ASSORTED — 150 PIECES  
**"TV Puzzles"** each **1.49**

Prices effective thru Saturday, August 4th, 1979.