

'POULTRY AT ITS BEST'

Our Reg. Price 94¢
Frozen Pre-dressed Utility Grade
CHICKENS
2-4 lb. size



57¢
LB.

Save 37¢ lb. LIMIT 3 PER FAMILY BEST BUY

Our Reg. Price 98¢
Pre-Dressed Ideal for BBQ
**GRADE A
FRESH CHICKENS**
2-3 lb. size



59¢
LB.

Save 39¢ lb. LIMIT 3 PER FAMILY BEST BUY

Pre-Dressed Utility Grade
**YOUNG
DUCKS**

Our Reg. Price \$1.38

98¢
LB.

Save 40¢ lb. BEST BUY

Pre-Dressed Grade A
**FRESH
EXTRA
LARGE
CHICKENS**
over 5 lb. size

Our Reg. Price \$1.18

98¢
LB.

Save 20¢ lb. BEST BUY

Pre-Dressed Ideal for BBQ
**GRADE A
FRESH
LARGE
CHICKENS**
3 1/2-4 1/2 lb. size

Our Reg. Price \$1.08

69¢
LB.

Save 39¢ lb. BEST BUY

**Seafood Specialties
from MIRACLE**

New Season Pink
**FRESH B.C.
SALMON**
3 lb. avg.

2.68
LB.

BEST BUY

Shell on Prawns
**WHOLE
COOKED
SHRIMP**

Our Reg. Price \$2.48

2.18
LB.


Save 30¢ lb. BEST BUY

Making your meat dollar go further with Arthur Buck

CHICKEN

When it comes to barbecue season, chicken is an all-time favourite. And right now, chicken is in good supply so it's reasonable as well as delicious. The best value is to buy whole chickens

rather than the more expensive pre-cut parts. Here's how you can easily barbecue a whole chicken without a split attachment. Poultry shears for cutting make it even easier.



1. Start with a 3-4 pound chicken, breast-side down on cutting surface. Holding chicken firmly, cut from neck end down both sides of back bone to remove neck and back of chicken.
2. Open chicken and place it skin-side down. Cut the pearly-coloured cartilage at the neck end so chicken can be flattened.
3. Turn chicken over and tuck wings under. Hold firmly at neck end and tug the legs to flatten for the grill.

(Legs may be tied together for easier handling and turning on grill.)