

We reserve the right to limit quantities to normal family requirements!



Prices effective thru Saturday, September 8th, 1979.

WE REDEEM ALL FOOD STORE COUPONS!

Loto Canada, Provincial & Wintario Tickets Available at A&P Food Stores!

Come on down...  
**YOU'LL DO  
BETTER AT A&P!**

**BUY 4 - SAVE 33c**

Tomato or Vegetable  
**HEINZ SOUPS**  
10-fl-oz tin

**4 99¢**  
for

(Our Regular Price 33c each)

**BUY 3 - SAVE 62c**

In Tomato Sauce  
**HEINZ SPAGHETTI**  
14-fl-oz tin

**3 1 00**  
for

(Our Regular Price 54c each)

**SAVE 22¢**

Partly Skimmed  
**FRESH 2% MILK**  
3-quart bag

**1 39**

(Our Regular Price 1.61)

**BUY 3 - SAVE 44c**

Marvel  
**SLICED WHITE BREAD**  
24-oz loaf

**3 1 00**  
for

(Our Regular Price 48c ea.)

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

**SAVE 30¢ lb**

**FRESH BOX-O CHICKEN** lb **59¢**  
(OUR REGULAR PRICE 89¢)

**FAMILY PACK CONTAINS:**  
3 Leg Quarters, with backs attach. 3 Necks & Backs 3 Wings  
3 Breast Quarters, with backs & Wings attach. 3 Giblet Packages

<b>CHICKEN</b> LEG OR BREAST QUARTERS WITH WINGS & BACKS ATTCH.	<b>PRIME RIB</b> FIRST 5 RIBS ROAST	<b>STEAKS</b>
MIXED QUARTERS OR CHICKEN HALVES lb <b>89¢</b>	lb <b>2 39</b>	lb <b>2 59</b>

<b>SLICED BEEF LIVER</b> lb <b>89¢</b>	<b>SCHNEIDERS WIENERS</b> 1-lb vac pac <b>1.59</b>
<b>Lamb Legs</b> lb <b>1.99</b>	<b>Octoberfest Sausage</b> 1-lb pkg <b>1.99</b>
<b>Swift Sausages</b> lb <b>1.19</b>	<b>Mini Sizzlers</b> 1-lb pkg <b>1.89</b>
<b>Cooked Meats</b> <b>84¢</b>	<b>Bologna</b> 16-oz vac pac <b>1.69</b>
<b>Cod Fillets</b> lb <b>1.38</b>	<b>Side Bacon</b> 1-lb vac pac <b>1.69</b>

PREVIOUSLY FROZEN, SLICED  
NEW ZEALAND, WHOLE OR BUTT HALF  
OLD MILL BREAKFAST  
SCHNEIDERS, SLICED, ASSORTED VARIETIES  
FROZEN

ASST'D VARIETIES 1-lb vac pac  
SCHNEIDERS, REGULAR, BEEF OR MAPLE  
SCHNEIDERS, SLICED, REGULAR OR BEEF  
SCHNEIDERS, SLICED, REGULAR OR MAPLE

**SAVE 40¢**

Assorted Varieties  
**LANCIA PASTAS**  
2-lb pkg

**79¢**

(Our Regular Price 1.19)

**SAVE 68¢**

Powdered  
**SURF DETERGENT**  
6 litre box

**1 99**

(Our Regular Price 2.67)

YOU'LL DO BETTER AT the farm AT A&P!

California, Thompson Seedless, Red Queen's Black Ribier, plump, sweet, juicy, the natural snack

**GRAPES** lb **88¢**

<b>Oranges</b> dozen <b>1.99</b>	<b>Carrots</b> 5-lb bag <b>79¢</b>
<b>Red Plums</b> lb <b>59¢</b>	<b>Celery Stalks</b> each <b>39¢</b>
<b>Tropical Plants</b> 2.39	<b>Green Peppers</b> ea <b>15¢</b>

PRODUCE OF SOUTH AFRICA, HIGH IN VITAMIN C  
NO. 1 GRADE, CALIFORNIA, SWEET, LARGE SIZE  
ASSORTED 4 1/2-INCH POT

NO. 1 GRADE, ONTARIO GROWN, TENDER, SWEET  
NO. 1 GRADE, FRESH, CRISP, LARGE SIZE  
NO. 1 GRADE, FRESH, TENDER, CRISP

YOU'LL DO better WITH A&P'S health & beauty aids

<b>Listerine</b> 500 ml bottle <b>1.79</b>	<b>Bromo Seltzer</b> 1.79
<b>Colgate Toothpaste</b> 1.89	<b>Soft 'N Dry</b> 75 ml bil <b>1.19</b>

ANTISEPTIC MOUTHWASH ACTION PRICE!  
REGULAR OR WINTERFRESH FLAVOURS COLGATE "SUPER SIZE" 200 ml TUBE

BONUS PACK 150 g PLUS 75 g FREE 225 g SIZE  
ROLL-ON DEODORANT, REGULAR OR SCENTED BONUS PACK 30 ml PLUS 30% MORE ACTION PRICE!

YOU'LL DO better WITH A&P'S frozen foods

<b>Pies Mrs. Smiths</b> 1.49	<b>Sara Lee Cakes</b> 1.25
<b>Orange Juice</b> 59¢	<b>Pot Pies</b> 8-oz pkg 2 for <b>89¢</b>

FROZEN, APPLE OR APPLE CRUMB 26-OZ  
KENT, FROZEN, CONCENTRATED 12 1/2-FLOZ TIN

FROZEN, ASSORTED VARIETY, LAYER 369 g PKG  
SAVARIN, FROZEN, ASSORTED VARIETIES ACTION PRICE!

**SAVE 1.06**

Coffee  
**MAXWELL HOUSE**  
1-lb bag **2.99**  
(Our Regular Price 4.05)

<b>Borden Popsicles</b> 59¢	<b>Kleenex Towels</b> 99¢	<b>Shreddies</b> 99¢	<b>Dove Liquid</b> 89¢	<b>Delsey Tissue</b> 69¢	<b>Heinz Vinegar</b> 1.29	<b>Vegetables</b> 3 for 1.00	<b>babyScott Diapers</b> 2.49	<b>V-8 Juice</b> 3 for 89¢
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ASSORTED FLAVOURS ACTION PRICE! PKG OF 6  
BOUTIQUES PKG OF 2 ROLLS  
NABISCO CEREAL (OUR REGULAR PRICE 1.25 - SAVE 26¢)  
DETERGENT (PREPRICED)  
BATHROOM TISSUE, ASSORTED COLOURS ACTION PRICE!  
WHITE 128-FLOZ PLASTIC JUG  
IDEAL CANNED, CHOICE, ASSORTED VARIETIES  
TODDLER SIZE, PKG OF 24 ACTION PRICE!  
VEGETABLE ACTION PRICE!

<b>Wiener Rolls</b> 3 for 1.49	<b>Dare Cookies</b> 2-lb pkg 2.49	<b>Spaghetti Sauce</b> 89¢	<b>Tomato Paste</b> 3 for 1.00	<b>Maxwell House</b> 5.99	<b>Potato Chips</b> 200 g pkg 79¢	<b>Gravy Train</b> 4 kg bag 3.79	<b>Purina Cat Chow</b> 2.29	<b>Dr. Ballards</b> 14-oz tin 2 for 79¢
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JANE PARKER - HAMBURG BUNS OR PKG OF 8  
PARTY PACK - COOKIE JAR - LUNCHTIME ACTION PRICE!  
BRAVO PLAIN ACTION PRICE! 28-FL-OZ TIN  
BRAVO ACTION PRICE! 5 1/2-FL-OZ TIN  
INSTANT DECAFFEINATED COFFEE 8-OZ JAR  
HUMPTY DUMPTY, PLAIN ACTION PRICE!  
DOG FOOD ACTION PRICE!  
SPECIALTY DOG FOOD, ASSORTED VARIETIES ACTION PRICE!

**SAVE 20¢**

ASSORTED VARIETIES DELUXE II  
**DUNCAN HINES**  
CAKE MIXES  
18.5-oz pkg **79¢**  
(Our Regular Price 99¢)

**SAVE 24¢**

Facial Tissue, Assorted Colours  
**KLEENEX**  
box of 200 sheets **65¢**  
(Our Regular Price 89¢)

**WITH THIS COUPON**

ALL PURPOSE 3.5 kg BAG  
**ROBIN HOOD FLOUR** **1.49**

Limits one per family.  
Valid thru Sat., Sept. 8, 1979. V.C. # 922776