



save
on
General
Mills
brands


 **Betty Crocker**
snackin' cake
all varieties
cake mix
14 oz.
box **1.99**
was 1.09
save .10


 **General Mills**
cheerios
cereal
425 g
box **1.19**
was 1.25
save .06

 **General Mills**
Lucky Charms, Coca Puffs
Frankenberry, Count Chocula
cereal
250 g
box **.98**
was 1.05
save .07

 **Betty Crocker**
hamburger
helper all
varieties
7 oz.
box **.87**
was .95
save .08

save
on
Monarch
brands

 **Monarch**
vegetable
oil (1/4 lb. squares)
margarine
3 lb.
box **1.79**
was 1.99
save .20


 **Monarch**
corn
oil (1/4 lb. squares)
margarine
2 lb.
box **2.09**
was 2.39
save .30

 **Monarch**
Whip
dessert
topping
225 g
aero
tin **.79**
was .89
save .10

 **Lucky Whip**
dessert
topping
mix
6 oz.
box **.91**
was .99
save .08

save
on
Eftem
Foods
brands

 **Uncle Ben's**
converted
rice
5 lb.
bag **3.19**
was 3.69
save .50

 **Uncle Ben's**
country, traditional
or southern style
stuff 'n'
such
6 oz.
box **.85**
was .95
save .10

 **M & M's** - peanut
chocolate
candies
7 oz.
cello
pkg. **1.39**
was 1.57
save .18

 **M & M's** - plain
chocolate
candies
7 oz.
cello
pkg. **1.39**
was 1.57
save .18

trigger bottle
Spray 'n Wash 24 fl. oz. plas. bble. **1.71** was 1.83
Secret deodorant - scented
anti-perspirant 200 mL. aero lin **1.79** was 2.09
Kellogg's
Rice Krispies 575 g box **1.39**

Canadian cheese festival
Black Diamond
brick cheese 12 oz. pkg. **1.86** was 1.92

Black Diamond
mozzarella
cheese 16 oz. pkg. **2.57** was 2.65
Black Diamond, medium, coloured
cheddar
cheese 12 oz. bar **1.88** was 1.94
processed, single thin slices
Black Diamond 16 oz. pkg. **1.85**

Nordica 2%
cottage
cheese 500 g tub **1.19** was 1.27
100% whole wheat
Dietrich
bread 24 oz. loaf **.65** was .71
Weston
dinner
rolls 12's bag **.59** was .65