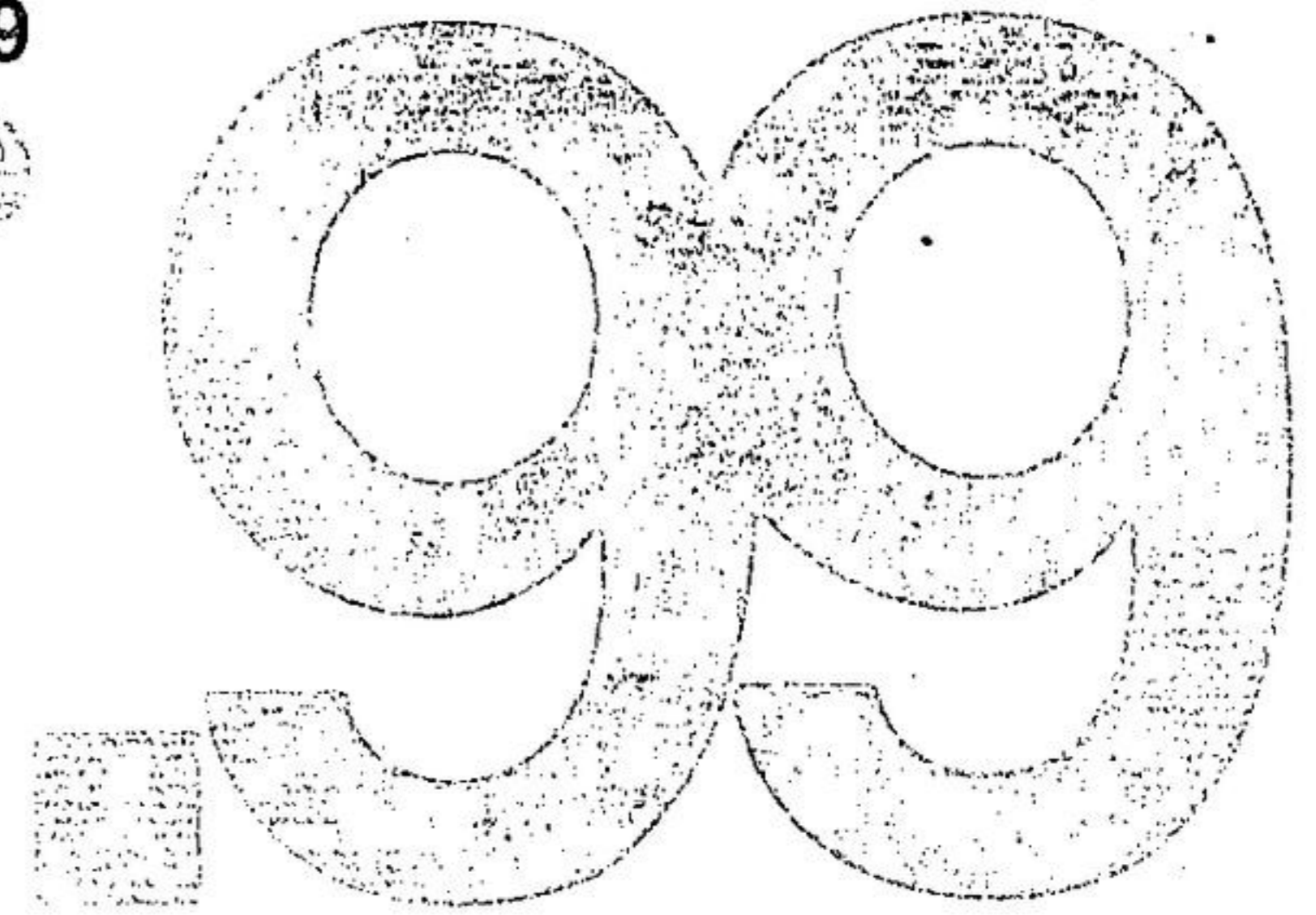




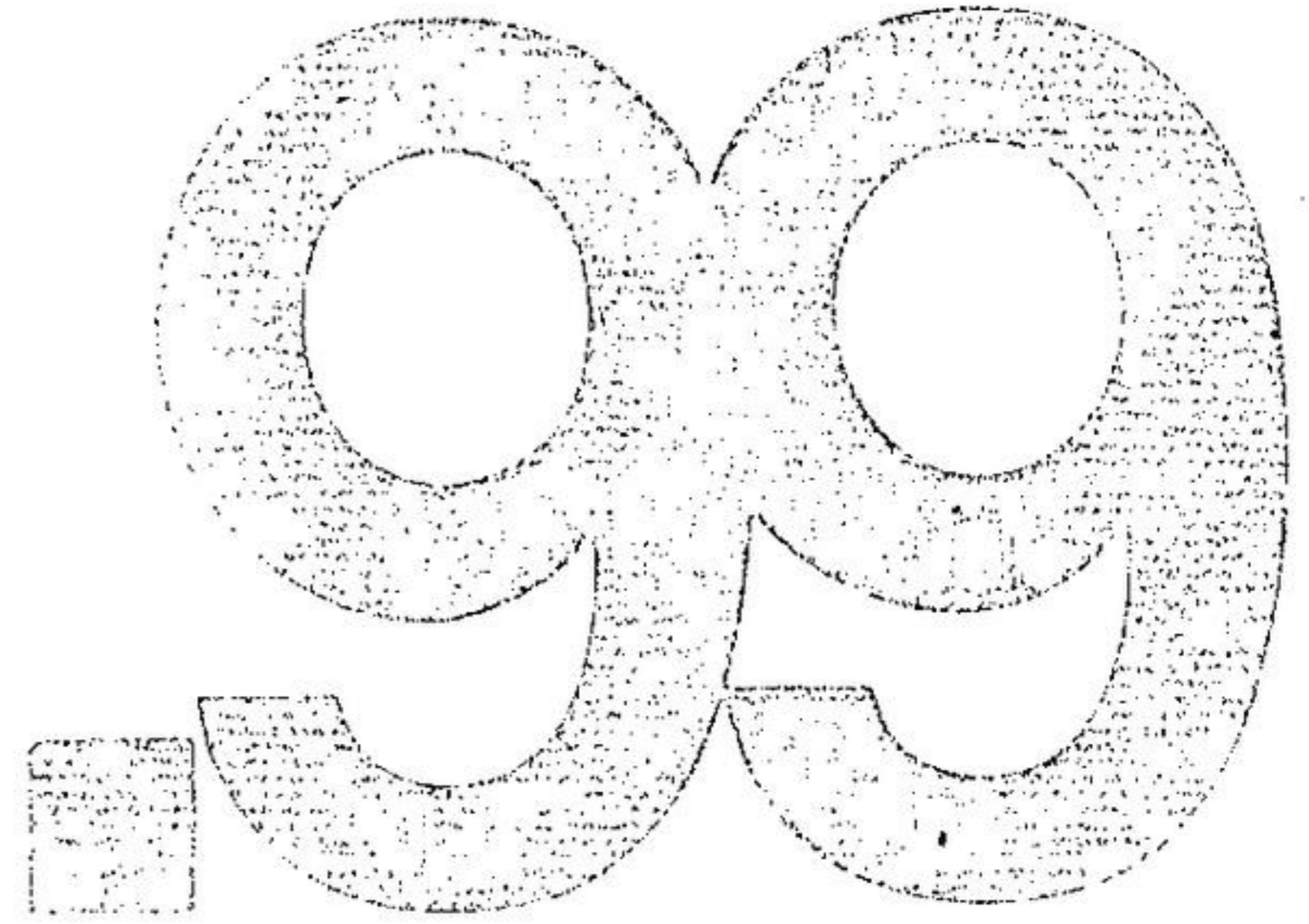
# Kellogg's corn flakes

was 1.29  
save  
30  
675 g  
box



# Dad's oatmeal cookies

450 g bag  
was 1.44  
save  
45



Frico wheelbarrow  
baby edam cheese 30 oz. pkg. **4.59**  
was 4.83  
Monarch Whip  
dessert topping 225 g aero tin **.79**  
was .89  
Rowntree, family pack - kit kat, aero or coffee crisp 4 bar poly bag **.99**  
was 1.07

regular or diet (+ 25c deposit)  
Pepsi-Cola 6 750 mL ret. btle. **1.99**  
was .75  
Weston  
brown & serve rolls 12's pkg. **.65**  
was 1.33  
Gainsborough frozen (3's)  
pie shells 15 oz. pkg. **1.23**

Vaseline  
petroleum jelly 500 g jar **1.79**  
was 1.99  
Austral. slices  
choice peaches 28 fl. oz. tin **1.07**  
was .56  
Nabisco quick  
cream of wheat 400 g box **.51**

Carnation instant - all flavours, (10's)  
hot chocolate 10 oz. box **1.49**  
was 1.83  
beef or irish  
Puritan stews 24 fl. oz. tin **1.65**  
was 2.43  
Johnson & Johnson Stayfree  
mini-pads 30's box **2.09**

# specials

holiday special prices  
effective until  
January 5, 1980

**mixed nuts**

Johnson's with peanuts  
**mixed nuts**  
350 g tin **2.19**  
save .30  
was 2.49

McNair blanched peanuts 350 g tin **1.39**  
was 1.55  
Neilson cashews 350 g tin **3.59**  
was 3.99

**candies**

Bassett's  
**liquorice  
allsorts**  
400 g cello pkg. **1.45**  
save .20  
was 1.65

Neilson invitation mints 137 g box **1.49**  
was 1.89  
fruit drops or caramint  
Tavener candy 200 g tin **.99**  
was 1.12

**biscuits**

Home Assorted  
**biscuits**  
14 oz. bag **1.29**  
save .24  
was 1.53

Peek Freans  
fruit creme, Home Assorted  
or assorted creme

Kjeldsen assorted butter cookies 16 oz. tin **2.99**  
was 3.79  
McCormick's social tea 400 g bag **1.09**  
was 1.19

**frozen seafood**

High Liner brand  
frozen  
peeled and deveined  
**shrimp** 12 oz. pkg. **1.00**  
you pay only 5.98  
save 1.00  
was 6.98

High Liner Brand frozen  
cooked whole  
lobster in brine 200 g pkg. **2.28**  
was 2.68  
High Liner Brand  
frozen  
cooked shrimp 8 oz. pkg. **2.98**  
was 3.38

no-name  
**mineral  
water**  
1 litre bottle **.59**

no-name  
all flavours  
**soft drinks**  
750 mL ret. btle.  
(+ 20c deposit) **.25**

no-name  
**serviettes**  
400's pkg. **1.95**

no-name  
**paper  
plates** white 9 inch  
70's pkg. **1.19**

no-name  
chocolate or vanilla  
**frozen cake**  
13 oz. box **1.05**

no-name  
frozen deluxe  
**pizza**  
4 pack 15 oz. box **1.79**