

DOLLAR POWER!

CRUICKY WAYS

Save 65¢



Our Reg. Price 33¢ each
Assorted Flavours
MIRACLE FOOD MART
SOFT DRINKS
plus 25¢ deposit
750ml. btl.

5/\$1

SPECIAL!

Save 31¢



Our Reg. Price \$1.31
**GENERAL MILLS
CHEERIOS**
425g box

\$1

BEST BUY

Save 29¢



Our Reg. Price \$1.29
Fancy Halves or Slices
**DEL MONTE
PEACHES**
28 fl. oz. tin

\$1

BEST BUY

Save 19¢



Our Reg. Price \$1.19
Chocolate Vanilla Creme,
Cinnamon Swirl, French Creme
or Trio
**STEINBERG
COOKIES**
1 lb. bag

\$1

BEST BUY

Our Reg. Price \$1.29

Assorted Varieties Betty Crocker
**STIR'N FROST
CAKE MIXES**
18 oz. box

Save 29¢

\$1

BEST BUY

Our Reg. Price \$1.13

Orange Pekoe
**RED ROSE
TEA BAGS**
pkg. of 30

Save 13¢

\$1

BEST BUY

Our Reg. Price \$1.23

Sealed
**SMOOTH'N CREAMY
COTTAGE CHEESE**
500g tub

Save 23¢

\$1

BEST BUY

Our Reg. Price \$1.39
with Pectin Raspberry or

**VACHON
STRAWBERRY
JAM**
24 fl. oz. jar

Save 39¢

\$1

BEST BUY

Our Reg. Price \$1.29

Regular or Mint
**CREST
TOOTHPASTE**
100ml tube prepriced

Save 29¢

\$1

BEST BUY

Our Reg. Price \$1.19

**LIPTON'S
CHICKEN
NOODLE SOUP**
pkg. of 4

Save 19¢

\$1

BEST BUY

Assorted Flavours
**ROYAL
JELLY
POWDERS**
3 oz. pkg.

Save 16¢

4/\$1

EVERYDAY LOW PRICE

Our Reg. Price 55¢ ea.

Fancy
**MITCHELL'S
APPLESAUCE**
14 fl. oz. tin

Save 12¢

2/\$1

BEST BUY

Our Reg. Price \$1.39

Assorted Varieties
**HARVEST CRUNCH
GRANOLA BARS**
200g box

Save 39¢

\$1

BEST BUY

Our Reg. Price 29¢ ea.

**GAY LEA
CHEESECAKE
DESSERT**
125ml pkg.

Save 16¢

4/\$1

BEST BUY

Save With Over 300 Special Prices Every Week!

25, 40, 60, 100W
Miracle Food Mart
**LIGHT
BULBS**
pkg. of 2

Our Reg. Price 69¢ ea.

Save 38¢

2/\$1

BEST BUY

Our Reg. Price \$1.13

Automatic
Toilet Bowl Cleaner
SANIFLUSH
12 fl. oz. btl.

Save 13¢

\$1

BEST BUY

Super Salmon
**CHINESE
NOODLES**
3 oz. pkg.

Save 16¢

4/\$1

EVERYDAY LOW PRICE

COUPON VALUE \$1.00
Limit 1 coupon per purchase

With this coupon and the purchase of a case of
(Reg. Price \$3.99)

**CARLTON
CLUB
SOFT
DRINKS**
24x10 fl. oz. tins

2.99

Our Reg. Price \$1.15

**DEL MONTE
PRUNE
NECTAR**
24 fl. oz. tin

Save 15¢

\$1

BEST BUY

Our Reg. Price \$1.13

**KRAFT
SANDWICH
SPREAD**
500ml jar

Save 13¢

\$1

BEST BUY

Our Reg. Price 89¢ ea.

**BAYER
CHILDREN'S
ASPIRINS**
btl. of 24

Save 38¢

2/\$1

BEST BUY

Dempter's
**COUNTRY
BRAN BREAD**
24 oz. loaf
Not Available Monday

69¢

BEST BUY

Miracle Food Mart
BRAN MUFFINS
pkg. of 6
Not Available Monday

69¢

BEST BUY

**PRIMO
TOMATO PASTE**
5 1/2 fl. oz. tin

33¢

BEST BUY

Assorted Flavours
**CANADA DRY
SOFT DRINKS**
plus 60¢ deposit 8x10 fl. oz. btl.

1.67

EVERYDAY LOW PRICE

Bake-Rite
CREME HORNS
pkg. of 5
Not Available Monday

79¢

BEST BUY

Christie's Oreo or
**CHIPS AHOY
COOKIES**
450g bag

1.35

BEST BUY

Assorted Varieties
**BRUNSWICK
SARDINES**
3 1/4 oz. tin

3/99¢

BEST BUY

Fancy
**DEL MONTE
PEAS**
14 fl. oz. tin

39¢

BEST BUY

Miracle Food Mart
GLAZED DONUTS
pkg. of 9
Not Available Monday

69¢

BEST BUY

Smooth or Crunchy
**YORK
PEANUT BUTTER**
500g jar

1.29

BEST BUY

Clover Leaf
**FLAKED
WHITE TUNA**
6 1/2 oz. tin

1.49

BEST BUY

TETLEY GOURMET
TEA BAGS
40g pkg.

99¢

BEST BUY

Our Reg. Price 53¢ each

Miracle Food Mart
**MINERAL
WATER**
750ml btl.

Save 6¢

2/\$1

BEST BUY

Our Reg. Price \$1.09

Orange Flavoured
**ALLEN'S
CRYSTALS**
pkg. of 4
Save 9¢

\$1

BEST BUY

Our Reg. Price 84¢ each

Beef Noodle, Rice, Tomato,
Vegetable, Onion
**MIRACLE
FOOD MART
SOUP MIXES**
pkg. of 2
Save 28¢

2/\$1

BEST BUY

Our Reg. Price \$1.59

**CEPACOL
MOUTHWASH**
375ml btl.

Save 59¢

\$1

BEST BUY

Our Reg. Price \$1.19

Assorted Varieties
**PRIMO
PASTA**
900g bag

Save 34¢

85¢

BEST BUY

Our Reg. Price \$1.09

Plain
**PRIMO
SPAGHETTI
SAUCE**
28 fl. oz. tin
Save 30¢

79¢

BEST BUY

Our Reg. Price \$4.39

**MAXWELL
HOUSE
GROUND
COFFEE**
1 lb. bag
Save 90¢

3.49

BEST BUY

Our Reg. Price 69¢

Steinberg Kitchen Catchers
or Junior
**GARBAGE
BAGS**
pkg. of 15
Save 38¢

2/\$1

BEST BUY