

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



Prices effective thru Saturday, March 15th, 1980.

WE REDEEM ALL FOOD STORE COUPONS

Super Loto, Provincial & Wintario tickets available at A&P Food Stores!

YOU'LL DO BETTER WITH A&P'S 'ACTION PRICE' SAVINGS!

SAVE 90¢

Powdered
TIDE
DETERGENT
6 litre box

2.99

(Our Regular Price 3.89)

SAVE 40¢

RED CIRCLE
BEAN COFFEE

2.99

1 lb. bag
Reg. Price 3.39 lb.

Choice Blend of rich in Brazilian coffees - custom ground in the store - when you buy it and not before

SPECIAL

White Label 100% Vegetable Oil
SOFT
MARGARINE

1 lb. tub **59¢**

(Limit 4 Per Family)

SAVE 20¢

A&P - Reconstituted Apple Juice, Unsweetened Orange or
GRAPEFRUIT
JUICE
48-fl-oz tin

69¢

(Our Regular Price 89¢)

Vanilla
WESGATE
ICE
CREAM
2 litre carton

1.29

Stock up your Freezer!

SAVE 40¢ lb

The Butcher Shop
with supermarket prices.

Our Regular Price lb 1.19

WHOLE PORK SHOULDERS 10 to 16-lb Average **79¢ lb**

A&P is a Country Farm Pork Shop!
Our Regular Price lb 1.19 - SAVE 30¢ lb

FRESH PORK ROASTS	PICNIC SHOULDER OR SHOULDER BUTT	lb 1.09
Shankless Picnic lb 89¢	Shoulder Butt lb 99¢	FRESH Minced Pork lb 99¢

A&P is a Fresh Beef Shop!
Excellent for Braising

BLADE STEAKS	BONELESS ROASTS
Blade, Chuck Short Rib or Shoulder	Blade, Chuck Short Rib or Shoulder

SAVE 60¢ lb **1.89 lb** **SAVE 30¢ lb** **2.09 lb** **SAVE 30¢ lb**

(Our Regular Price lb 2.49) (Our Regular Price lb 2.39)

ST. PATRICK'S DAY - MONDAY, MARCH 17th

MAPLE LEAF AND SHOPYS - FLAT BRISKET	NO. 1 GRADE, IMPORTED
Corned Beef lb 1.99	Cabbage each 49¢

A&P - SLICED OR ROYAL BRAND	SWIFT PREMIUM
Side Bacon 500 g pkg 1.29	Wieners 1 lb vac pac 1.29
FRESH, "MEDIUM"	SHOPYS - CORNED BEEF OR
Ground Beef lb 1.99	Pastrami PKG OF 4, 57 g POUCHES 1.99
BREAKFAST	BLUE WATER, FROZEN
Burns Sausages lb 99¢	Fish & Chips 32-oz pkg 2.19
Mary Miles, Sliced, Minced Ham, Variety pack 500 g vac pac	HIGHLINER, FROZEN
Cooked Meats 1.89	Cod Fish Sticks 8-OZ PKG 1.09

COME VISIT
THE FARM
at A&P

FOR FRESHNESS AND SAVINGS!

Sweet, Seedless, Large Size, Navel
SUNKIST
ORANGES

each **14¢**

CANADA EXTRA FANCY, WASHINGTON, GOLDEN
Delicious Apples lb **49¢**
NO. 1 GRADE, SERVE WITH CORNED BEEF

Cabbage Imported **49¢**
NO. 1 GRADE

Spanish Onions lb **39¢**
NO. 1 GRADE, MEXICAN, LONG GREEN SLICERS

Cucumbers 3 for **1.00**
INDIAN RIVER, WHITE, EXTRA LARGE SIZE, NOW AT THEIR BEST

Grapefruit 3 for **1.00**
CANADA FANCY, ONTARIO, ALL PURPOSE 5-LB BAG

McIntosh Apples **1.89**
NO. 1 GRADE, CALIFORNIA, TENDER, GREEN

Asparagus lb **1.69**
MULTI BLOOM, A CHOICE OF COLOURS 4-INCH POT

Reiger Begonia **1.69**

Four Star
PIECES & STEMS
MUSHROOMS
10-fl-oz tin

69¢

Stock Up Now!

"THE CLASSICS" created by Hearthside
Hand Painted Stoneware
CHOOSE FROM 3 PATTERNS
THIS WEEK'S FEATURE
CUP ONLY 99¢
with each \$5.00 purchase
THIS SCHEDULE WILL BE REPEATED

SAVE 50¢ **SAVE 36¢**

Heinz (Our Regular Price 1.69)	Heinz - Fancy (Our Regular Price 1.05)
KEG-O-KETCHUP 32-fl-oz bottle 1.19	TOMATO JUICE 48-fl-oz tin 69¢

ASSORTED VARIETIES	PALANDA, ROUND
Heinz Beans 14-fl-oz tin 2 for 99¢	Tomatoes 28-fl-oz tin 59¢
TOMATO OR VEGETABLE	MITCHELLS - FANCY
Heinz Soups 10-fl-oz tin 4 for 99¢	Applesauce 48-fl-oz tin 99¢
A&P - FROZEN, FANCY	NORDICA - ASSORTED FLAVOURS
Whole Kernel Corn 3-LB PKG 1.39	"Fiesta" Yogurt 175 g TUB 2 for 89¢
OVERNIGHT	ASSORTED FLAVOURS
Pampers Diapers 189	Borden Sherbet 11-lb tub 99¢
MOTHER PARKERS - ECONOMY	WONG WING - FROZEN, MEAT (CANTON)
Tea Bags pkg of 100 1.69	Egg Rolls 12-oz pkg 1.19
IN TOMATO SAUCE - KIDNEY BEANS OR	WONG WING - FROZEN
Heinz Spaghetti 14-FL-OZ TIN 2 for 89¢	Egg Roll Skins 16-oz pkg 89¢

SAVE 26¢

Assorted Colours
KLEENEX
FACIAL
TISSUE
box of 200 sheets

69¢

(Our Regular Price 95¢)

SHAMPOO 350 ml PLASTIC BOTTLE
Head & Shoulders 2.99
FROZEN, PLAIN OR ONION ACTION PRICE! 12-OZ PKG OF 4

Lenders Bagels 69¢
MONARCH - ASSORTED VARIETIES ACTION PRICE! 425 g PKG

"Quick Loaf" Mixes 89¢
ASSORTED VARIETIES ACTION PRICE! 4-OZ TIN

Miss Mew Cat Food 3 for 1.00

ALL VEGETABLE	Primo Oil 3 litre tin 3.79
CAKE & PASTRY	Monarch Flour 3.5 kg bag 1.99
PICNIC, FROZEN, CONCENTRATED, UNSWEETENED	Orange Juice 12.5-fl-oz tin 59¢
Jane Parker Sliced, 60% or 100% Whole Wheat, Cracked Wheat	Brown Bread 24-oz loaf 2 for 1.09