

Miracle Foodmart

SAVE 23¢



CHEFMASTER MARGARINE
1 lb. net weight
COLOURED
MADE FROM 100% VEGETABLE OIL

Our Reg. Price 62¢
100% Vegetable Oil Parchment Wrap

CHEFMASTER MARGARINE
1 lb. pkg.

39¢

EACH

BEST BUY

UP TO \$1.12 SAVINGS PER STEAK



Our Reg. Price \$3.78 lb.
Cut from the Loin No Tail Porterhouse Wing or

T-BONE STEAKS NO TAIL
Cut from Best Quality Canada Grade A Beef
1 1/4 lb. size

2.88

LB.

Limit 6 steaks per family
SPECIAL!

UP TO \$1.35 SAVINGS PER STEAK



Our Reg. Price \$3.58

SIRLOIN STEAKS
Cut from Best Quality Canada Grade A Beef
1 1/2 lb. Size

2.68

LB.

Limit 3 per Family
SPECIAL!

SAVE 30¢



Our Reg. Price 98¢
Product of U.S.A.

FRESH STRAWBERRIES
Pint cup

68¢

SPECIAL!

Regular or 1%
DARIFRESH COTTAGE CHEESE
1 kg tub

Our Reg. Price \$2.27

1.89

Save 38¢ or 16%

BEST BUY

All Purpose
FIVE ROSES FLOUR
2.5 kg bag

Our Reg. Price \$1.89

1.19

Save 80¢ or 40%

BEST BUY

Plain Bravo
SPAGHETTI SAUCE
28 fl. oz. tin

Our Reg. Price \$1.19

89¢

Save 30¢ or 25%

BEST BUY

Instant Coffee
MAXWELL HOUSE
10 oz. jar

Our Reg. Price \$8.99

5.59

Save \$1.40 or 20%

BEST BUY

Choice
AYLMER WHOLE TOMATOES
19 fl. oz. tin

Our Reg. Price 74¢

63¢

Save 11¢ or 14%

BEST BUY

UP TO \$4.20 SAVINGS PER ROAST

Our Reg. Price \$3.28
Boneless Outside

BOTTOM ROUND ROASTS
Cut from Best Quality Canada Grade A Beef
4-6 lb. size

2.58

LB.

SPECIAL!

UP TO \$4.20 SAVINGS PER ROAST

Our Reg. Price \$3.28 lb.
Regular Bone in

RUMP ROAST
Cut from Best Quality Canada Grade A Beef
4-6 lb. size

2.58

LB.

SPECIAL!

Fresh from the Tropics

LARGE SIZE BANANAS

3lb./99¢

BEST BUY

Product of U.S.A.
Canada Fancy Grade

ANJOU PEARS

LB. **78¢**

BEST BUY

Ontario Grown No.1 Grade

YELLOW ONIONS OR CARROTS

2 lb. bag **3/99¢**

BEST BUY

Product of Chile

BLACK GRAPES

LB. **98¢**

BEST BUY

Product of U.S.A.
Canada Fancy Grade

GOLDEN DELICIOUS APPLES

2LB./\$1

BEST BUY

QUALITY BEEF SALE!

COUPON VALUE 25¢

WITH THIS COUPON AND THE PURCHASE OF A 2 lb. tub of (Best Buy Price \$1.79) Soft Max-Bowl

KRAFT PARKAY MARGARINE

1.54

miracle

COUPON VALUE 25¢

Limit one purchase per Coupon
Coupon valid until Tues. March 25, 1980
REDEEMABLE ONLY AT MIRACLE FOOD MART

SAVE 34¢

Our Reg. Price \$1.13
Pure

MITCHELL'S APPLE JUICE
48 fl. oz. tin

79¢

BEST BUY

SAVE WITH OVER 300 SPECIAL PRICES EVERY WEEK!

The Tudor Bakery

SAVE 40¢

Our Reg. Price \$1.89

Tangy Sweet LEMON MERINGUE PIE
20 oz. 587 g

1.49

"MIRACLE'S IN STORE BAKERY"

Everyone's Favourite

Our Reg. Price 2/\$1.50

ENGLISH MUFFINS
pkg. of 6

2/1.19

Save 31¢

Fresh Baked

Our Reg. Price 85¢

CRUSTY ROLLS
pkg. of 6

79¢

Save 16¢

Canadian Queen

SLICED LUNCH MEATS
175 g (approx. 6.2 oz.), bologna, chicken, mac & cheese

58¢

SPECIAL!

Canadian Queen

SLICED COOKED HAM
175 g (approx. 6.2 oz.)

1.08

SPECIAL!

Mary Miles

SLICED SIDE BACON
100 g (approx. 17.6 oz.)

1.28

SPECIAL!

Mary Miles Boneless

DINNER HAMS
3 lb. avg. size

LB. **1.98**

SPECIAL!

Boneless Inside

TOP ROUND STEAKS
Cut from Best Quality Canada Grade A Beef

LB. **2.98**

SPECIAL!

Product of U.S.A. Florida

HONEY TANGERINES

12/98¢

BEST BUY

Ontario Grown, Fancy Grade Controlled Atmosphere

RED DELICIOUS APPLES

3 lb. bag **1.38**

BEST BUY

Product of U.S.A.

FLORIDA WHITE OR RED GRAPEFRUIT

8/1.44

BEST BUY

Product of U.S.A. Canada No.1 Grade

HEAD LETTUCE

58¢

BEST BUY

Product of U.S.A., California Seedless

NAVEL ORANGES

12/1.68

BEST BUY

Chicken Noodle

LIPTON SOUP
pkg. of 2

49¢

BEST BUY

Assorted Colours

Our Reg. Price \$1.33

WHITE SWAN TOWELS
2 roll pkg.

1.09

Save 24¢ or 18%

BEST BUY

Bake-Rite

BRAN MUFFINS
pkg. of 6 (available until Mar. 22 only)

69¢

BEST BUY

Assorted Colours White Swan

Our Reg. Price 93¢

FACIAL TISSUE
pkg. of 200

69¢

Save 24¢ or 25%

BEST BUY

A cold weather favourite

Boneless

LEAN STEW BEEF
Cut from Best Quality Canada Grade A Beef

LB. **1.98**

Save 40¢ lb.

SPECIAL!

Boneless

Our Reg. Price \$3.48

SIRLOIN TIP ROASTS
Cut from Best Quality Canada Grade A Beef

LB. **2.88**

Save 60¢ lb.

SPECIAL!

Assorted Colours Swans Down

Our Reg. Price \$1.47

BATHROOM TISSUE
4 roll pkg.

1.09

Save 38¢ or 25%

BEST BUY

Miracle Food Mart

Our Reg. Price \$2.29

GARBAGE BAGS
pkg. of 20

1.79

Save 50¢ or 21%

BEST BUY

Chicken or

SHOPSY'S BEEF PIES
2 pie pack, 250 g

Our Reg. Price \$1.08

88¢

Save 20¢ pkg.

SPECIAL!

No. 1 Frozen

Our Reg. Price \$2.18 lb.

PINK PACIFIC SALMON
3-5 lb. size

LB. **1.78**


Save up to \$2.00 each

SPECIAL!

ALL PRICES EFFECTIVE MAR.19 TO 25, 1980 IN METRO TORONTO • MISSISSAUGA • OAKVILLE • THORNHILL • BRAMPTON • MALTON • MARKHAM • OSHAWA • GEORGETOWN • ORILLIA • BOWMANVILLE • BARRIE • WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

CHECK OUT FOR LESS!

MARCH IS KIDNEY MONTH HELP THE KIDNEY FOUNDATION IN THE "FIGHT FOR LIFE"



WE REDEEM ALL FOOD STORE COUPONS INCLUDING COMPETITORS'!

BEST BUY IS AN EXTRA BUYING OPPORTUNITY MADE POSSIBLE BY AN UNUSUAL PURCHASE OR A MANUFACTURER'S TEMPORARY ALLOWANCE.