

Miracle Foodmart

SAVE 50¢



Our Reg. Price 75¢ each
100% Vegetable Oil
Chefmaster
SOFT MARGARINE
1 lb. tub

2/\$1

BEST BUY

UP TO 84¢ SAVINGS PER CHICKEN



Our Reg. Price 94¢ lb.
Frozen Oven Ready Utility Grade
ROASTING CHICKENS
2-4 lb. size
Limit 3 per Family

66¢

LB. SPECIAL!

UP TO \$5.40 SAVINGS PER HAM




Our Reg. Price \$1.28
Part Skinned
SMOKED COOKED HAM
Shank portion or Whole 7-18 lb. size

98¢

LB. SPECIAL!

SAVE 30¢ lb.



Our Reg. Price \$1.28 lb.
Product of Chile
BLACK GRAPES

98¢

LB. BEST BUY

Regular or Diet
SEVEN-UP
750 ml. btl.
Plus 25¢ deposit
Save 16¢

Our Reg. Price 55¢

39¢

BEST BUY

UP TO \$3.60 SAVINGS PER ROAST

Our Reg. Price \$2.98
King of the Roasts
STANDING RIB ROASTS
Cut from Best Quality
Canada Grade A Beef
4-6 lb. size

2.38

LB. SPECIAL!

SAVE 90¢ lb.

Our Reg. Price \$3.58
NO CAP RIB STEAKS
Cut from Best Quality
Canada Grade A Beef

2.68

LB. SPECIAL!

Fresh from the Tropics
LARGE SIZE BANANAS

3 LB./99¢

BEST BUY

Catelli
MACARONI & CHEESE DINNER
7 1/2 oz. pkg.
Save 24¢

Our Reg. Price 31¢ each

4/\$1

BEST BUY

SAVE \$1.40

Our Reg. Price \$6.99
NESCAFE INSTANT COFFEE
10 oz. Jar

5.59

BEST BUY

COUPON VALUE 50¢

ICE CREAM 50¢ OFF

Our Reg. Price \$1.94
Ice Castle
Ice Cream 2 litre ctn. \$1.44 with coupon
OR
Our Reg. Price \$2.53
Miracle Food Mart
Ice Cream 2 litre ctn. \$2.03 with coupon
Limit one purchase per coupon
COUPON VALID UNTIL TUES. APRIL 1, 1980

Product of U.S.A.
Canada Fancy Grade
GOLDEN DELICIOUS APPLES

2LB./\$1

BEST BUY

Light'n Lively
COTTAGE CHEESE
500 g tub
Save 31¢

Our Reg. Price \$1.31

\$1

BEST BUY

Our Reg. Price \$1.98
FROZEN PEAS
4 lb. bag
Save 49¢

1.49

BEST BUY

Product of U.S.A.
Canada No.1 Grade
HEAD LETTUCE
Each

58¢

BEST BUY

Ontario Grown No.1 Grade
CARROTS OR YELLOW ONIONS
2 lb. bag

3/99¢

BEST BUY

Miracle Food Mart Fancy
FROZEN PINK SALMON
7 1/4 oz. tin
Save 40¢

Our Reg. Price \$1.59

1.19

BEST BUY

Our Reg. Price \$1.45
CHOP SUEY LOAF
18 oz. 454 g
Save 46¢

99¢

Famous for Quality Sliced
SCHNEIDERS SIDE BACON
500 g (approx. 17.6 oz.)

1.48

SPECIAL!

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

68¢

LB. BEST BUY

Our Reg. Price \$1.25
Fresh Baked
LEMON OR RASPBERRY DANISH
pkg. of 4

99¢

SAVE 26¢

Our Reg. Price \$1.05
Fresh Baked
KAISER BUNS
Pkg. of 8
Save 16¢

89¢

Liquid
JAVEX BLEACH
64 fl. oz. btl.

79¢

BEST BUY

Product of U.S.A. or Ontario Grown
No.1 Grade
GREEN CABBAGE

2/\$1

BEST BUY

McCain Frozen Pizza
5 inch pizza, pkg. of 4

1.89

BEST BUY

Assorted Flavours
DEL MONTE PUDDING CUPS
4 x 3 fl. oz. tins

1.09

BEST BUY

Liquid Fleecy
FABRIC SOFTENER
128 fl. oz. jug

2.29

BEST BUY

Product of U.S.A.
STRAWBERRIES
pint cup

78¢

BEST BUY

Miracle Food Mart Frozen
Concentrated Unsweetened
FLORIDA ORANGE JUICE
12 1/2 fl. oz. tin
Save 13¢

Our Reg. Price 92¢

79¢

BEST BUY

Our Reg. Price \$1.59
KELLOGG'S RICE KRISPIES
575 g box
Save 20¢

1.39

BEST BUY

Assorted Colours
SWANS DOWN BATHROOM TISSUE
4 roll pkg.

1.09

BEST BUY

Product of U.S.A.
GREEN BEANS

88¢

LB. BEST BUY

Smooth
SQUIRREL PEANUT BUTTER
1.5 kg jar
Save \$1.20

Our Reg. Price \$4.19

2.99

BEST BUY

Assorted Colours
WHITE SWAN TOWELS
2 roll pkg.

1.09

BEST BUY

Fully Cooked
ALASKAN KING CRAB LEGS
PER LB.
Save \$1.30 per lb.

1.50

SPECIAL!

Ontario Grown Fancy Grade
Controlled Atmosphere
RED DELICIOUS APPLES
3 lb. bag

1.38

BEST BUY

Our Reg. Price \$1.29
Chocolate Fudge Creme, Dutch
Creme, Lemon Creme or Shortcake
STEINBERG COOKIES
1 lb. bag
Save 20¢

1.09

BEST BUY

Frozen Utility Grade
OVEN READY YOUNG DUCKS
3-4 lb. size
Save up to \$1.20 per Duck

Our Reg. Price \$1.28

98¢

LB. SPECIAL!

Oven Ready Frozen
GRADE A YOUNG TURKEYS
6-24 lb. size
Save up to \$7.20 per Turkey

Our Reg. Price \$1.38

1.08

LB. SPECIAL!

Our Reg. Price \$4.19
SQUIRREL PEANUT BUTTER
1.5 kg jar
Save \$1.20

2.99

BEST BUY

Oven Ready Grade A
FRESH YOUNG TURKEYS
6-12 lb. size
Save up to \$3.60 per Turkey

Our Reg. Price \$1.48

1.18

LB. SPECIAL!

Oven Ready Frozen Grade A
Self Basting, Miracle Baste or
BUTTERBALL YOUNG TURKEYS
6-24 lb. size
Save up to \$9.60 per Turkey

Our Reg. Price \$1.58

1.18

LB. SPECIAL!

Our Reg. Price \$1.48
BUTTERBALL YOUNG TURKEYS
6-24 lb. size
Save up to \$9.60 per Turkey

1.18

LB. SPECIAL!

Our Reg. Price \$1.58
BUTTERBALL YOUNG TURKEYS
6-24 lb. size
Save up to \$9.60 per Turkey

1.18

LB. SPECIAL!

ALL PRICES EFFECTIVE MAR. 28 to SAT. 29, 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!

BUY A METRO PASSBOOK \$14.95
with a minimum \$10 purchase (excluding tobacco)

WE REDEEM ALL FOOD STORE COUPONS INCLUDING COMPETITORS!

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