

# brands

Heinz tomato

## ketchup

25 fl. oz. btle.

our everyday low price

~~1.39~~

# .99

flaked white tuna

## clover leaf

6 1/2 oz. tin

our everyday low price

~~1.73~~

# 1.49

spaghetti sauce plain

## bravo

14 fl. oz. tin

our everyday low price

~~.72~~

# .59

potato chips - regular or dip

## hostess

300 g bag

our everyday low price

~~1.59~~

# 1.29

cat food - all varieties

## 9-lives

6 oz. tin

our everyday low price

~~.36~~

# .26

dog food beef chunks, beef stew or liver and beef chunks

## dr. ballards

24 oz. tin

our everyday low price

~~.83~~

# .69

McNair, shelled, or in shell  
sunflower seeds

3 oz. pkg.

was .47  
**.37**

with fluoride  
Listerine mouthwash

500 mL btle.

was 2.09  
**1.79**

normal or oily, balsam and protein  
regular or extra body

was 2.99

Flex shampoo or conditioner

450 mL plas. btle.

**1.99**

vanishing formula or  
regular tinted formula

was 2.33

Clearasil

30 g btle.

**1.99**

Lightwaves home permanent

refill boxed

was 4.59  
**3.99**

Kraft cracker barrel mild coloured cheddar cheese

375 g pkg.

was 2.19  
**2.05**

Frico, wheelbarrow baby edam cheese

30 oz. pkg.

was 5.25  
**4.89**

soft spread imperial margarine

2 lb. bowl

was 2.13  
**1.99**

Uncle Ben's, country stuff 'n such

12 oz. box

was 1.69  
**1.55**

Uncle Ben's, Indian style  
curried rice

6 oz. box

was 1.29  
**1.19**

brown brand parboiled rice

2 kg poly bag

was 3.15  
**2.79**

chocolate chip, cinnamon danish or french cremes.

Dare's biscuits

450 g pkg.

was 1.65  
**1.49**

Kraft, plain cheez whiz

500 g jar

was 2.19  
**2.05**

Gainsborough, frozen, (12's) tart shells

9 oz. box

was 1.05  
**.85**

Piazza, frozen, tomasso, (2's) garlic bread

7.5 oz. pkg.

was .99  
**.89**

Vim, instant skim milk powder

2.5 kg bag

**8.39**