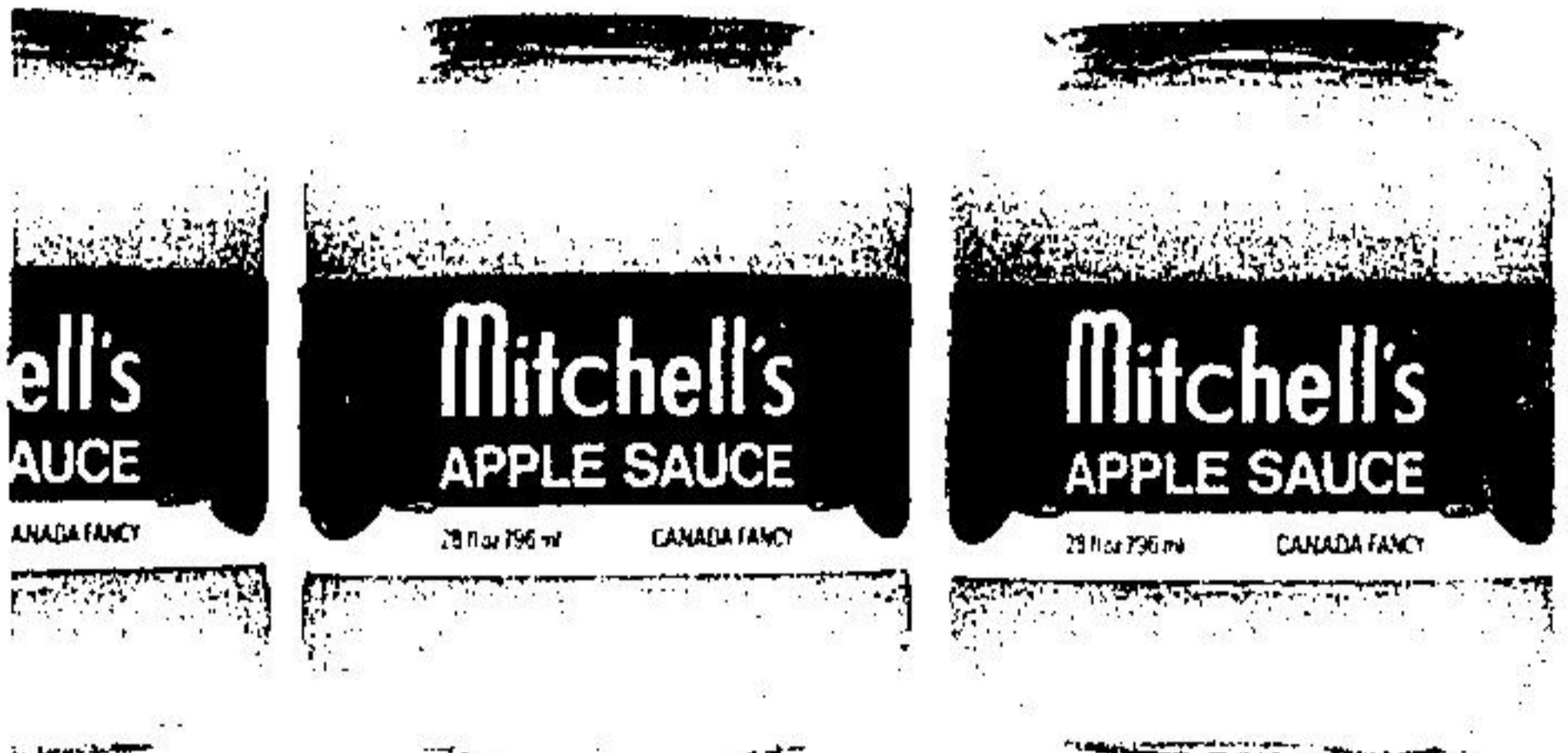


Mitchell's choice
apple juice
 48 fl. oz. tin unsweetened, vitaminized

our everyday low price ~~1.13~~

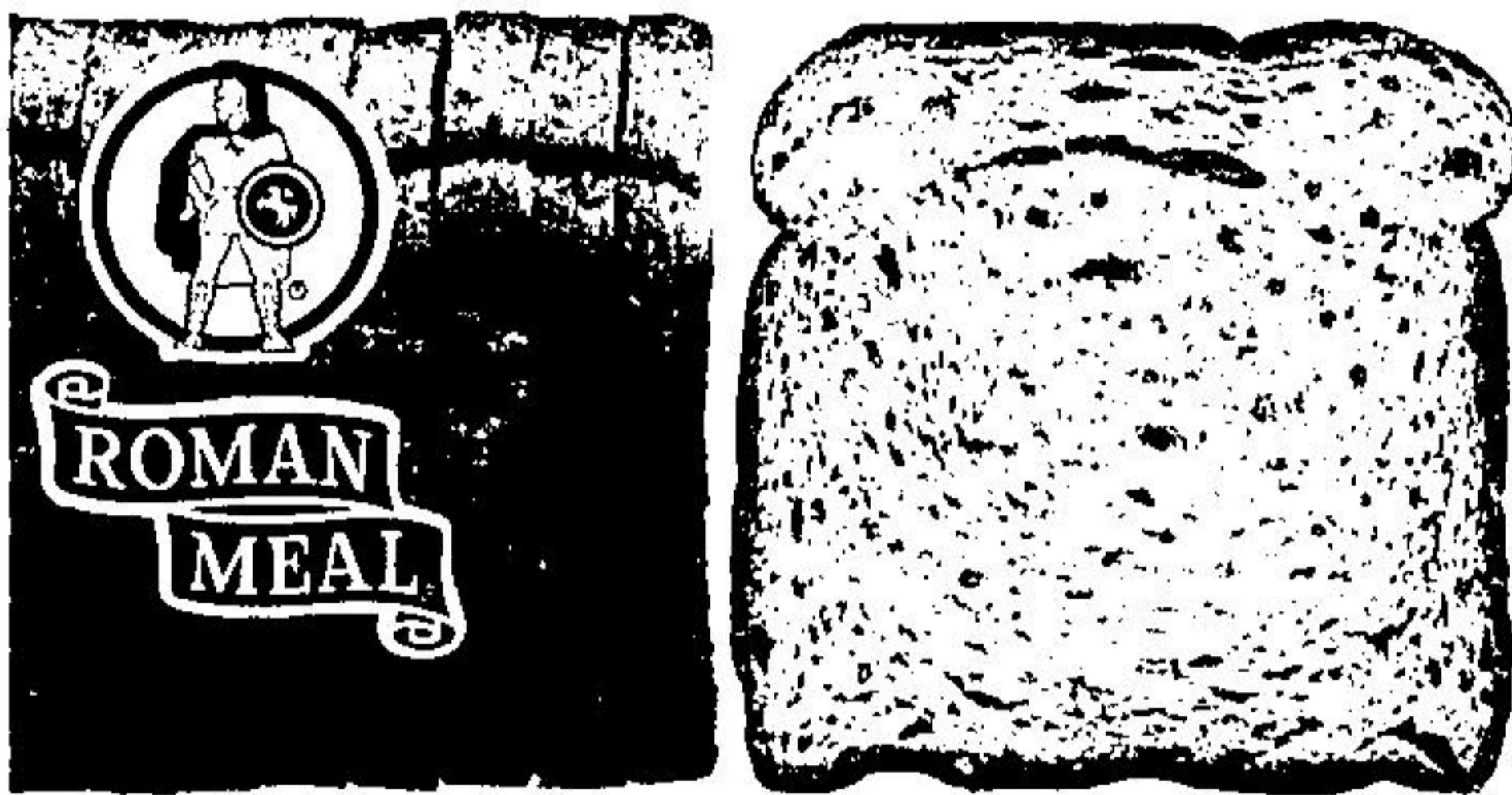
.78



Mitchell's
apple sauce
 fancy - 28 fl. oz. jar

our everyday low price ~~1.13~~

.78



sliced - 24 oz. loaf
Roman Meal
bread

our everyday low price ~~.85~~

.59



Lakeland - 1 lb. tub
 100% vegetable oil
soft
margarine

our everyday low price ~~.75~~

.49



Bravo - 5 1/2 fl. oz. tin
tomato
paste

our everyday low price ~~.40~~

.29

more meat values

previously frozen store packaged farmstyle sausage	lb	was 1.28	.98
cut from Canada grade A beef inside round		was 3.78	2.98
cube steaks tenderized	lb	was 1.28	2.98
frozen ponderosa steak house	2 lb	was 3.78	3.58
all beef burgers	pkg	was 1.28	.98
frozen New Zealand lamb shanks	lb	was .98	.58
previously frozen turkey drumsticks	lb	was .98	2.88
Shopsy cooked boneless dell lean ham	vac pac lb.	was 3.48	2.88

6 specified varieties
Shopsys salads

Shopsys - old vienna salami chubs	500 g pkg	was 1.35	1.15
Loblaws - sliced cooked ham	500 g pkg	was 2.98	2.48
ziggys 9 specified varieties	175 g pkg	was 1.38	1.18
cooked meat chubs	250 g each	was 1.64	1.49
Z & W Foods store packaged polish sausage	lb	was 1.98	1.78
frozen no name mackerel fillets	2 lb pkg	was 1.98	1.48
frozen no name breaded cod portions	2 lb pkg	was 3.58	1.98
frozen omstead brand lake smelts	1 lb pkg	was 1.55	1.25

more grocery values

in own juice, sliced, crushed or chunks	19 fl oz tin	was .85	.79
Dole pineapple	200 s box	was 2.49	2.24
Glad sandwich bags	regular or diet, case (24 x 10 fl oz tins)	was 7.55	5.89
Seven-up	14 oz tin	was .50	.47
Dr. Ballard's, all flavours dog food	2 13 oz tins	was .59 ea	.99
Kal Kan, luxury all varieties cat food	32 fl oz plastic btle	was 1.69	1.49
Sunlight liquid detergent			

harvest crunch, all varieties	800 g bag	was 2.39	2.19
Quaker Cereal			
elbows macaroni, thin spaghetti or spaghetti	2 lb cello bag	was 1.29	1.09
Romi pasta	2 lb box	was 1.83	1.69
coloured (1 4 s)		was 4.99	4.59
Blue Bonnet margarine	3 L tin	was 2.75	2.49
Unico vegetable oil	20 s pkg	was 1.49	1.29
Johnson's all purpose towels, assor col	100 mL tube	was 1.15	1.09
J-Cloths	12 fl oz jar	was 1.59	1.47
Crest, regular or mint toothpaste			
Club House, broken salad olives			
Heinz sweet mixed pickles			