

in tomato sauce, vegetarian,
with pork or with pork & molasses

**Heinz
beans** 14 fl.
oz. tin

our everyday
low price **.63**

.39

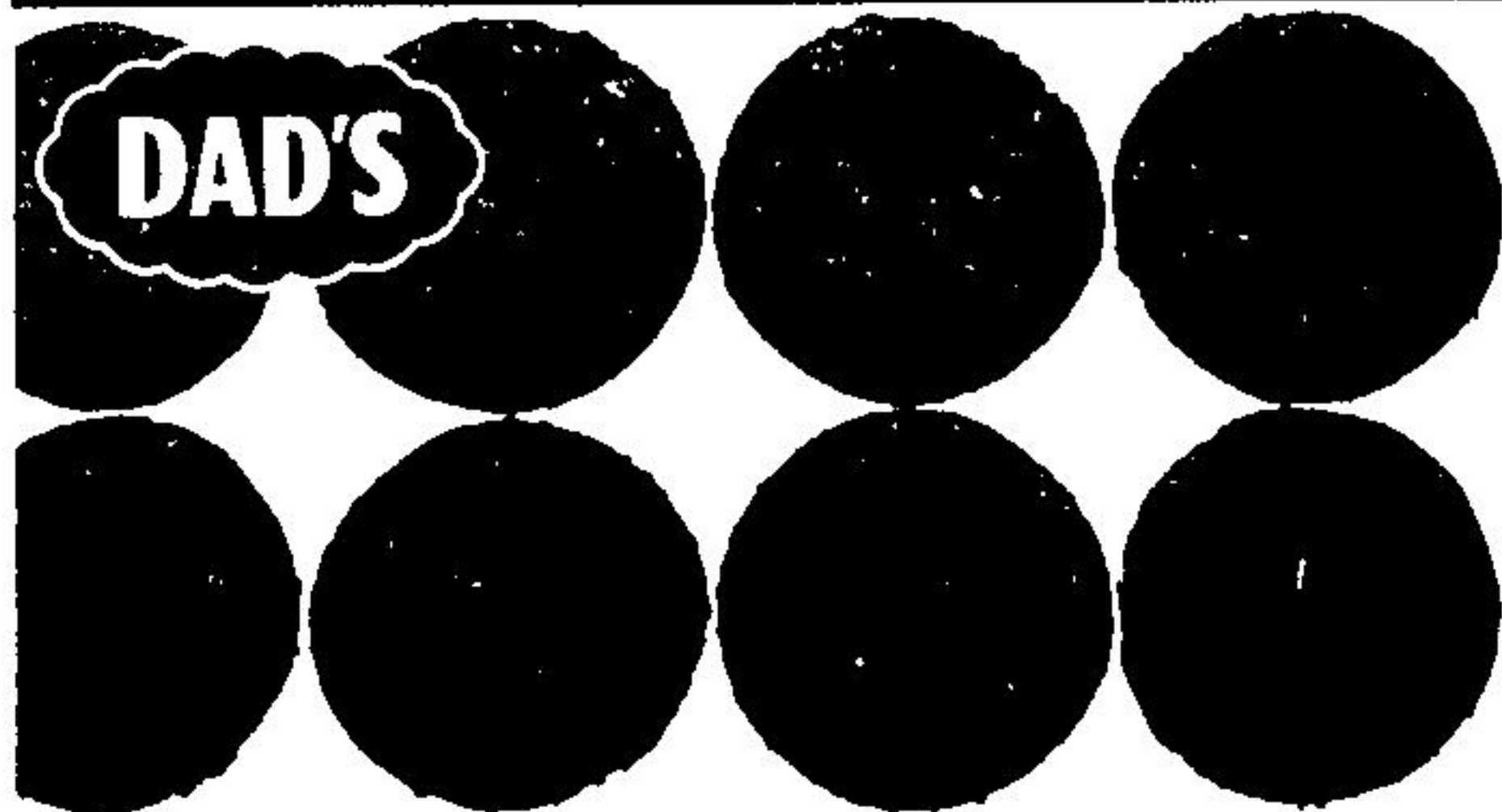


frozen - fancy, Superfries
straight or crinkle cut

McCain 2 lb.
poly bag
french fries

our everyday
low price **1.09**

.79

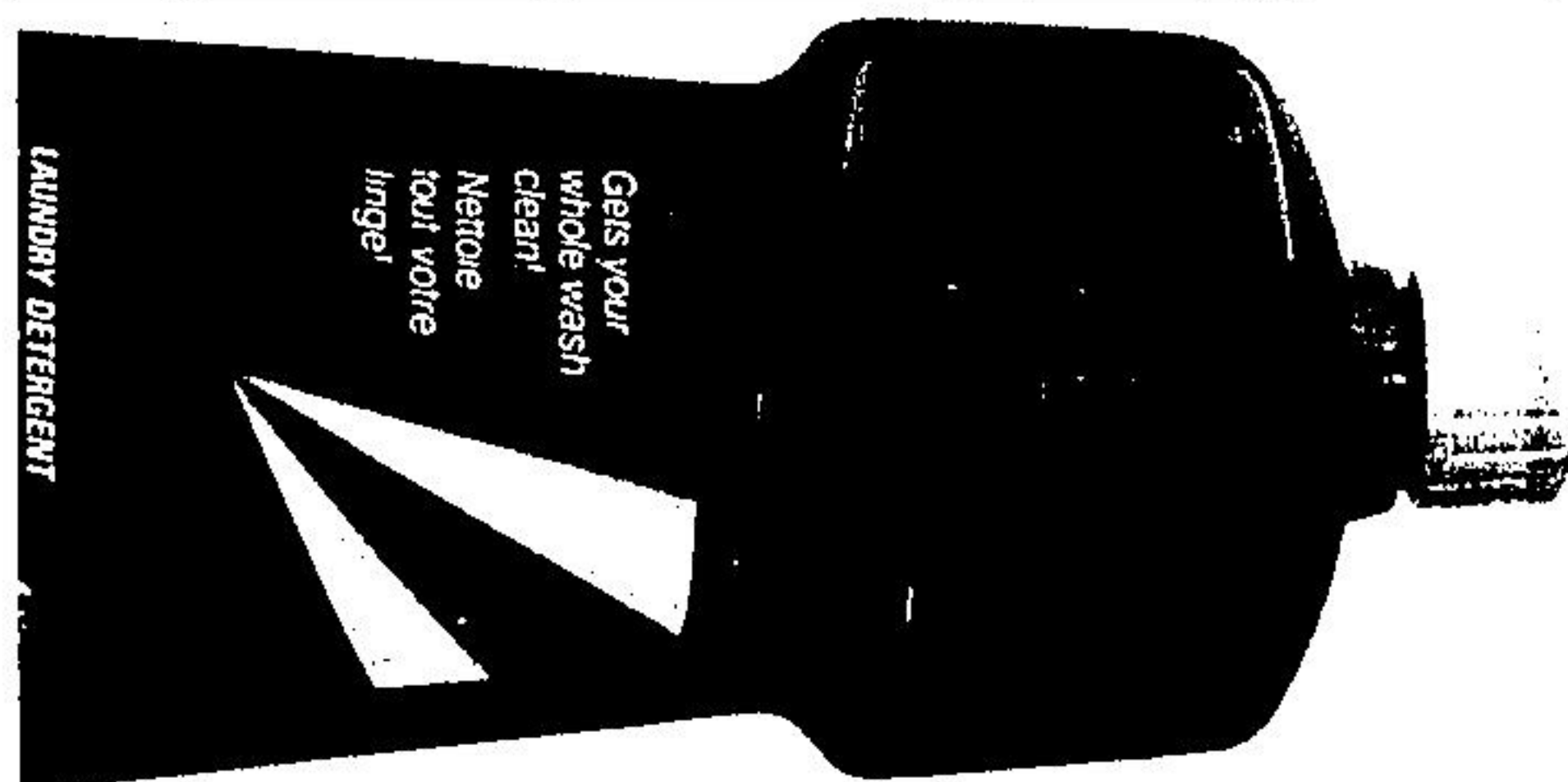


oatmeal, oatmeal chocolate chip,
chocolate chip or golden country

**Dad's
cookies** 400 g
bag

our everyday
low price **1.59**

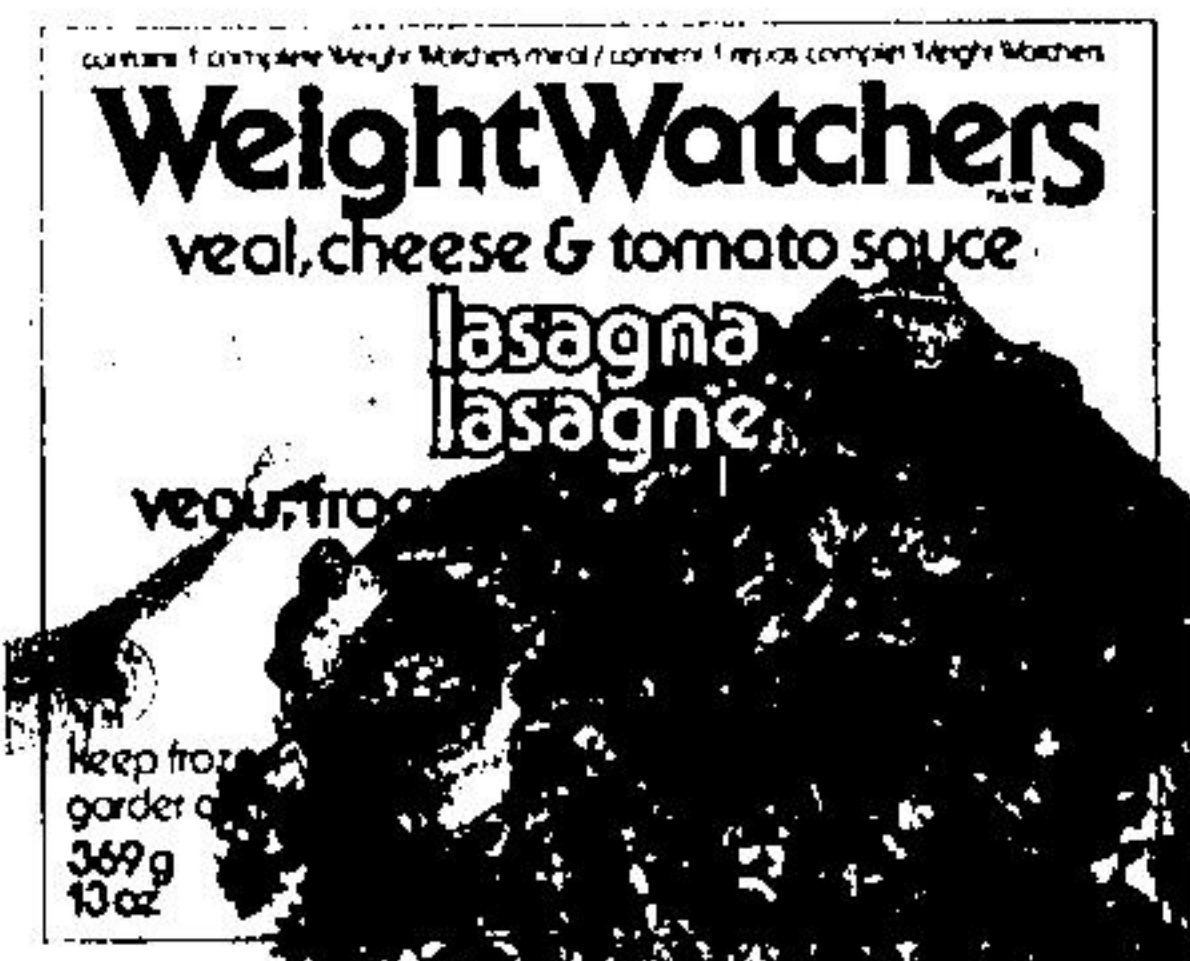
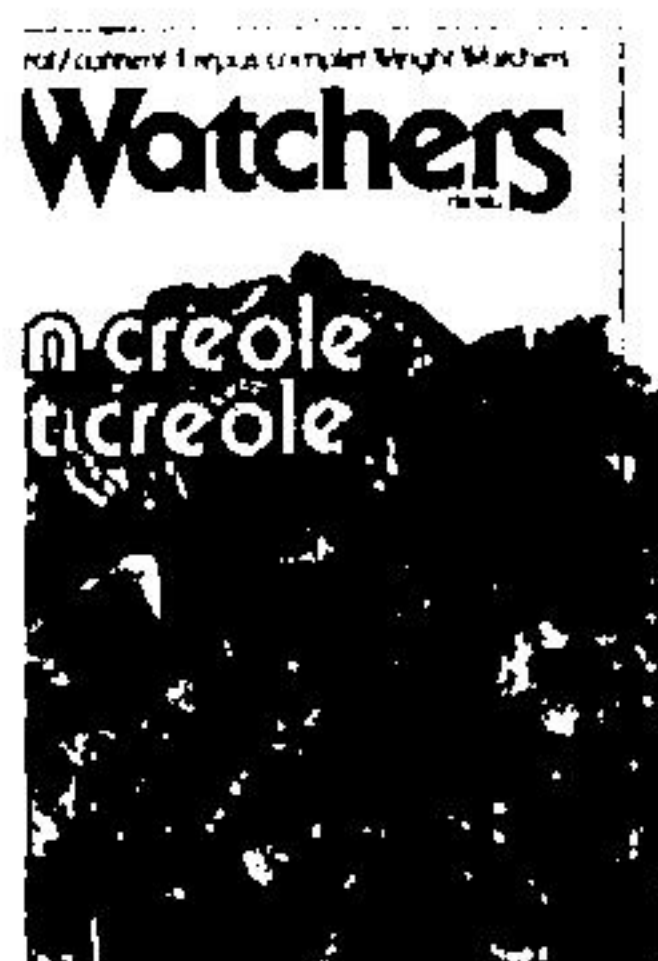
1.09



liquid - 1 L plastic bottle

Wisk
laundry detergent
you pay
only **1.39**

**1.00
off**



all varieties - frozen

**Weight
Watchers
dinners**

lasagna, chicken creole, ziti
macaroni, veal stuffed peppers,
and veal cabbage rolls
13 oz. box

**25%
off**

Flowerdale orange pekoe, (100 s)	250 g box	was 2.99	2.69
Carnation coffee-mate	500 g jar	was 2.19	1.97
Nature Valley, all varieties granola bars	275 g box	was 1.49	1.34
Cepacol mouthwash	500 mL, bite	was 2.09	1.79
Soft & Dry reg. powder or super dry anti-perspirant	200 mL aero. tin	was 2.33	1.59
Litter Green cat box filler	4 lb. bag		1.59
Black Flag house & garden spray	390 g aero. tin		2.49
Vaporette insect strip	each		2.99

Royal Chinnet, 8-3/4" luncheon plates	20 s pkg	1.44
prepared French's mustard	9 oz jar	was .51 .48
Libby's, fancy tomato juice	48 fl oz tin	was 1.05 .92
Sani Flush in-tank, automatic regular or blue spruce bowl cleaner	12 fl oz plas. bite	was 1.13 1.03
Del Monte stewed tomatoes	19 fl oz tin	was .77 .71
Electrasol, automatic powder dishwasher detergent	2 kg box	was 3.99 3.69
New England Clam or down east seafood Tidewater chowder	15 fl oz tin	was 1.07 .99

save on McCain products

McCain frozen chocolate or honey vanilla Fiesta cake	21 oz box	was 2.09 1.89
McCain frozen, Deep 'n' Delicious lasagna	14 oz box	was 2.29 2.09
McCain frozen chicken, meat or pizza (2 s) Cornish pies	10 oz box	was 1.89 1.75
McCain frozen fancy broccoli spears	10 oz box	was .79 .69

more produce values

produce of U.S.A. #1 grade celery hearts	each	.78
product of Ontario cole slaw	2 pkgs	1.00
produce of U.S.A. #1 grade tomatoes	2 lb tray	1.59
Ontario grown, new crop endive or escarole	each	.58
produce of U.S.A. #1 grade cucumbers	2 lor	.79