

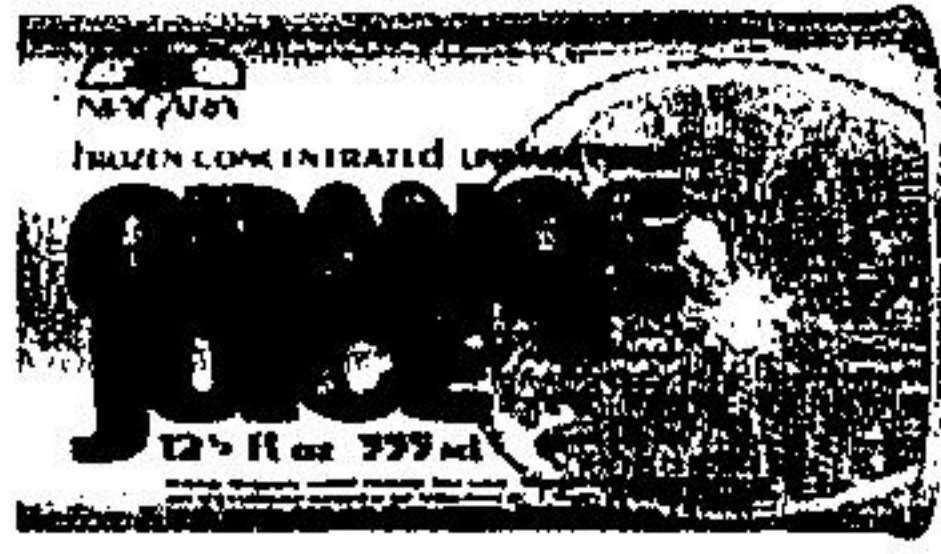


cut from Canada grade 'A' beef  
ideal for braising or barbecuing  
**bone in**  
**short ribs**

was ~~1.68~~  
lb.

meat  
sale  
priced

**1.28**  
lb.



12.5 fl. oz. tin  
frozen, unsweetened,  
concentrated  
**Niagara**  
**orange**  
**juice**

was ~~.69~~  
**.59**

Niagara, frozen, white or pink  
**lemonade**

12.5 fl.  
oz. tin  
was ~~.59~~ **.49**

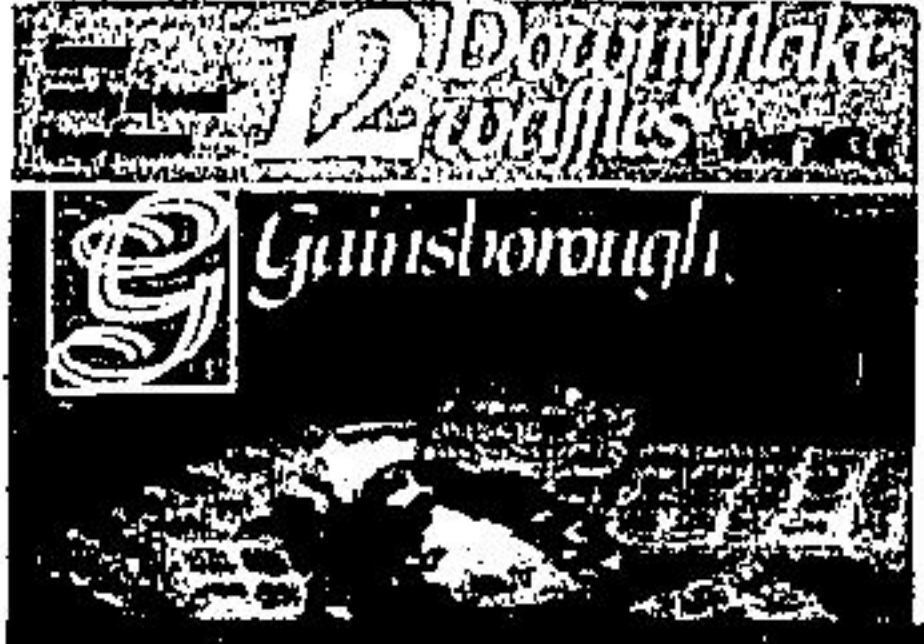


13 oz. box  
frozen, all flavours  
**Sara Lee**  
**layer**  
**cakes**

was ~~1.49~~  
**1.29**

Niagara, frozen, unsweetened  
**apple juice**

12.5 fl.  
oz. tin  
was ~~.99~~ **.85**



10 oz. pkg. -  
frozen  
**Gainsborough**  
**Downyflake**  
**waffles**

was ~~.89~~  
**.69**

Farm House, frozen  
**apple pie**

24 oz.  
box  
was ~~1.59~~ **1.49**

Stouffer's, frozen  
**green pepper steak**

10.5 oz. box  
was ~~2.99~~ **2.59**