



boneless!  
all meat... no waste

family style fresh shoulder picnic  
boneless pork roasts

sale price **1.58**  
was price 1.88 lb.



Calavo Brand **California avocado**

sale price **2.10**  
was price .79 ea. for

*Laura Secord*



(4 x 5 oz. tin) sleeve  
all flavours  
Laura Secord  
**mini puddings**

was **1.55**

**.99**

	2 lb. poly bag York frozen, fancy <b>petite peas</b>	was 1.73 <b>1.49</b>		48 fl. oz. tin Heinz fancy <b>tomato juice</b>	was 1.23 <b>.99</b>		Heinz, strained all medley varieties <b>infant foods &amp; juices</b>	4.5 fl. oz. jar was .33 <b>.31</b>
	10 oz. box York frozen, fancy <b>whole green beans</b>	was .93 <b>.83</b>		ready-to-serve assorted varieties <b>Habitant soup</b>	was .33 ea. <b>5/1.00</b>		Billy Bee <b>liquid honey</b>	16 oz. plas. squeeze beehive was 1.77 <b>1.59</b>
	2 lb. poly bag York frozen, fancy <b>tiny cut carrots</b>	was 1.92 <b>1.79</b>		9 fl. oz. jar Laura Secord all varieties <b>pure marmalade</b>	was .89 <b>.79</b>		Christie's, plain or choose <b>bits and bites</b>	200 g box was 1.18 <b>1.14</b>
	9 oz. box York frozen, choice <b>sliced strawberries</b>	was .73 <b>.63</b>		in tomato sauce all varieties <b>Heinz beans</b>	was .67 <b>.59</b>		McNair, red <b>maraschino cherries</b>	6 fl. oz. jar was 1.35 <b>1.25</b>
	10 oz. box York frozen, fancy french cut <b>wax beans</b>	was .66 <b>.49</b>		14 fl. oz. tin in tomato sauce and cheese <b>Heinz spaghetti</b>	was .63 <b>.53</b>		Chipits, semi-sweet <b>chocolate chips</b>	12 oz. cello pkg. was 2.29 <b>2.09</b>
	500 g tin Cadbury's instant rog. or with marshmallows <b>hot chocolate</b>	was 2.89 <b>2.75</b>		16 oz. jar prepared <b>Heinz mustard</b>	was .71 <b>.55</b>		Chipits <b>butterscotch chips</b>	12 oz. cello pkg. was 2.17 <b>1.97</b>
							Melitta filter <b>coffee-maker</b>	unit boxed was 7.59 <b>6.99</b>
							Monarch, all varieties <b>quick loaf mix</b>	425 g box was 1.35 <b>1.19</b>
							Mazola, no-stick <b>spray-on coating</b>	13 fl. oz. aero tin was 2.53 <b>2.33</b>
							Bums' <b>pure lard</b>	1 lb. pkg. was .75 <b>.67</b>
							Ken-L-Fallon dog food <b>tender chunks</b>	2 kg bag was 2.79 <b>2.59</b>
							Purina all flavours <b>Tender Vittles</b>	500 g box was 1.39 <b>1.29</b>
							Baggios <b>sandwich bags</b>	100's box was 1.35 <b>1.25</b>