

Kraft Dinner
Macaroni & Cheese

the one & only

A good dietary source of protein

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Kraft dinner

was ~~.51~~
limit 4 per family

225 g box

2.29

RED ROSE

Orange Pekoe
Tea Bags



60 ^{2 PASSES} The Orange Pekoe en sachets ^{227 g 8 oz}

2 cup (60's) 8 oz. box
Orange Pekoe
Red Rose tea bags

was ~~2.09~~

1.59

Fab

WITH LEMON CHARGED BORAX

6 L box
Fab powder with lemon charged borax
laundry detergent

was ~~4.17~~

2.99
6 L box

more grocery values

- in tomato sauce with cheese
Libby's spaghetti 14 fl. oz. tin ~~was .62~~ **.58**
- Burns' **Tender Flaked chicken** 6.75 oz. tin ~~was 1.73~~ **1.55**
- Primo **tomato paste** 2 5.5 fl. oz. tins ~~was .49 ea.~~ **.89**
- Dove white or pink **toilet soap** 2 100 g reg. bars ~~was .56 ea.~~ **.99**
- Del Monte **fancy peas** 14 fl. oz. tin ~~was .57~~ **.49**
- Catelli lasagna** 500 g box ~~was 1.17~~ **1.05**
- Catelli for spaghetti **tomato sauce** 28 fl. oz. tin ~~was 1.49~~ **1.35**
- all flavours (3's)
Hawaiian Punch crystals 213 g poly bag ~~was 1.19~~ **.99**
- Pride of Canada
Burns' ham 1.5 lb. tin ~~was 4.29~~ **3.89**
- Borden
Realemon lemon juice 675 mL btl. ~~was 1.63~~ **1.39**
- Calgonite automatic powder
dishwasher detergent 1.4 kg box ~~was 3.29~~ **2.99**
- frozen, whole leaf or chopped
Arctic Gardens spinach 12 oz. box ~~was .61~~ **.55**
- Savarin frozen
macaroni & cheese 8 oz. box ~~was .57~~ **.52**
- frozen deluxe (4's)
Deep'n'Delicious McCain pizza 15 oz. box ~~was 2.39~~ **2.09**
- McCain frozen (4's)
Supreme pizza 17 oz. box ~~was 2.59~~ **2.29**
- Gainsborough frozen
Downyflake waffles 10 oz. pkg. ~~was .89~~ **.81**
- McCain frozen Deep'n'Delicious
chocolate or marble cake 19 oz. box ~~was 2.39~~ **2.19**
- Cool Whip frozen
whipped topping 1 L tub ~~was 1.59~~ **1.49**
- Maple Leaf
Tenderflake lard 3 lb. plas. tub ~~was 2.65~~ **2.53**
- Trac II, dispenser
Gillette razor blades 5's box carded ~~was 1.69~~ **1.49**



Libby's in tomato sauce
alpha-getti or zoodles 14 fl. oz. tin ~~was .63~~ **.59**



Libby's, fancy
tomato juice 10 fl. oz. tin ~~was .44 ea.~~ **.75**



spaghetti, spaghetti
or ready cut macaroni
Catelli pasta 1 kg box ~~was 1.79~~ **1.49**



Uncle Ben's
converted rice 2 kg collo bag ~~was 3.89~~ **3.49**



Unico
100% pure vegetable oil 1 L btl. ~~was 2.19~~ **1.99**



Carnation, instant, with
marshmallows or rich
hot chocolate (10's), 280 g box ~~was 1.74~~ **1.63**



Betty Crocker
super moist
all varieties
cake mixes 510 g box ~~was 1.35~~ **1.19**



soft spread (2 x 8 oz. tubs)
Imperial margarine 1 lb. sleeve ~~was 1.19~~ **.99**



liquid
Palmolive detergent 1 L plastic btl. ~~was 2.51~~ **1.99**



Ajax cleanser 22 oz. tin ~~was .83~~ **.69**



Baggies sandwich bags 100's box ~~was 1.35~~ **1.29**



plastic wrap
Stretch 'n Seal 30 m box ~~was 1.39~~ **1.29**



Babies Only Please,
all colours
bathroom tissue (2 ply), 2 roll pkg. ~~was 1.03~~ **.87**



Robin Hood
all purpose flour 2.5 kg bag ~~was 2.87~~ **2.49**



Purina
Meow Mix cat food 1 kg box ~~was 1.69~~ **1.59**



Downy
liquid
fabric softener 3 L plastic jug ~~was 4.29~~ **3.95**