

YOU'LL DO BETTER AT...



Prices effective thru Saturday, January 25th, 1986.
We reserve the right to limit quantities to normal family requirements.
Savings shown in this ad based on A&P current regular retails.

We redeem all food store coupons.
Some illustrations are for design only and do not necessarily represent items on sale.



SAVE 1.00

FROZEN, LAYER, CHOCOLATE, STRAWBERRY VANILLA, LEMON

Sara Lee Cakes

369 g CAKE

.99

BRIGHT'S, FANCY **Tomato Juice** 48 fl oz tin **.79** SAVE 1.00

JANE PARKER **100% Whole Wheat Bread** 675 g loaf **.79** SAVE .26

JANE PARKER (made with 100% pure vegetable shortening) **Peach Pie** 624 g size **1.29** SAVE 1.00

CATELLI **Mac & Cheese** 225 g pkg **.39** ACTION PRICES

ACTION PRICES
POWDERED LAUNDRY
ABC Detergent 12 litre box **5.99**

KELLOGG'S CEREAL **Rice Krispies** 725 g pkg **2.75** SAVE 1.00

INSTANT, REGULAR, SEMI-SWEET, MARSHMALLOW OR LITE **Cadbury Chocolate** pkg of 10 30 g erivs **1.99**

DEEP BROWN, WITH PORK, IN TOMATO SAUCE, WITH MOLASSES, CHILI STYLE OR RED KIDNEY BEANS **Libby's Beans** 14 fl oz tin **.69** SAVE .50

MEADOWGLEN **Mushrooms** Pieces & Stems 10 fl oz tin **.89** SAVE .24

ACTION PRICES **SAVE .66**
(Lasagna 500 g pkg SAVE .50)
Assorted Catelli Pastas 1 kg pkg **.99**
(Catelli Plain Spaghetti Sauce 28 fl oz jar .99-SAVE .70)

ASSORTED VARIETIES **Miss Mew Cat Food** 6 oz tins **3/1.00** BUY 3-SAVE .77

FLAKED LIGHT **Admiral Tuna** 6 oz tin **.89** ACTION PRICES

NABISCO CEREAL **Shreddies** 675 g pkg **1.99** SAVE 1.00

READY TO USE, INFANT FORMULA **Enfalac Liquid** case of 24 425 mL tins **36.99** SAVE 3.00

ACTION PRICES **SAVE .50**
NEWBORN 60'S, EXTRA ABSORBENT 48'S, TODDLERS 36'S, SUPER ABSORBENT 40'S, REGULAR ABSORBENT 54'S, TODDLER PLUS 32'S
Pampers Disposable Diapers box **8.99**
(Scott Baby Fresh Wipes 80's 4.89-SAVE .30)

SAVE 1.76/kg *The Butcher Shop* **SAVE .80 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF, SEMI-BONELESS

Blade or Chuck **Short Rib Roasts**

4.17 / 1.89 /kg / lb

SAVE 3.75/kg-1.70 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF & BONE SEMI-BONELESS, REGULAR CUT

Prime Rib Roast **7.25 / 3.29** /kg / lb

SAVE 1.32/kg-.60 lb

COMBINATION PACK-CONTAINS, 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS

Loin Pork Chops **4.39 / 1.99** /kg / lb

FRESH, WITH BACKS ATTACHED **Chicken Leg Quarters** **2.18 / .99** /kg / lb SAVE 1.99/kg-.90 lb

BLADE, CHUCK SHORT RIB OR SHOULDER **Boneless Beef Roasts** **4.83 / 2.19** /kg / lb

EXCELLENT FOR BRAISING **Blade Steaks** **4.17 / 1.89** /kg / lb

FRESH **Medium Ground Beef** **3.73 / 1.69** /kg / lb

REGULAR, ALL BEEF, D.B.O. **Maple Leaf Wieners** 450 g vac pac **1.89**

FROZEN, NEW ZEALAND (SEMI-BONELESS 5.49/kg-2.49 lb) **Lamb Legs** Short Cut **3.95 / 1.79** /kg / lb

PREVIOUSLY FROZEN, SLICED (CALVES LIVER 4.17/kg-1.89 lb) **Beef Liver** **1.96 / .89** /kg / lb

TOWN CLUB, FROZEN **Hamburg Patties** 1 kb pkg **3.99**

COMMODORE, COOKED & BREADED (HADDOCK 340 g PKG 1.89) **Frozen Cod Fillets** 454 g pkg **2.79**

HIGH LINER, FROZEN, IN LIGHT TEMPURA BATTER **Haddock Fish Sticks** 350 g pkg **2.49**

HIGH LINER, FROZEN (COD IN LIGHT TEMPURA BATTER 350 g 1.99) **Haddock Fish & Chips** 18 oz pkg **1.99**

FRASER VALE, FROZEN **Fish in Batter** 580 g pkg **3.29**

BLUE WATER, FROZEN, HADDOCK **Fish & Chips** 400 g pkg **1.89**

RIB PORTION (BONELESS 6.15/kg-2.79 lb) **Pork Loin Roasts** **4.39 / 1.99** /kg / lb

ROAST OR CHOPS (BONELESS 7.25/kg-3.29 lb) **Pork Loin Centre Cut** **6.15 / 2.79** /kg / lb

TENDERLOIN PORTION (3 TO 3 1/2 LB AVERAGE) **Pork Loin Roast** **5.05 / 2.29** /kg / lb

COUNTRY STYLE SPARE RIBS **Pork Loin Rib Portion** **5.27 / 2.39** /kg / lb

MAPLE LEAF, SLICED, REGULAR, THICK, MAPLE **Side Bacon** 500 g vac pac **2.99**

MAPLE LEAF, 17 POPULAR VARIETIES, SLICED **Cooked Meats** 175 g vac pac **.99**

MAPLE LEAF, SLICED **Cooked Ham** 175 g vac pac **1.99**

FEARMANS, STORE PACK **Breakfst Sausage** **2.84 / 1.29** /kg / lb

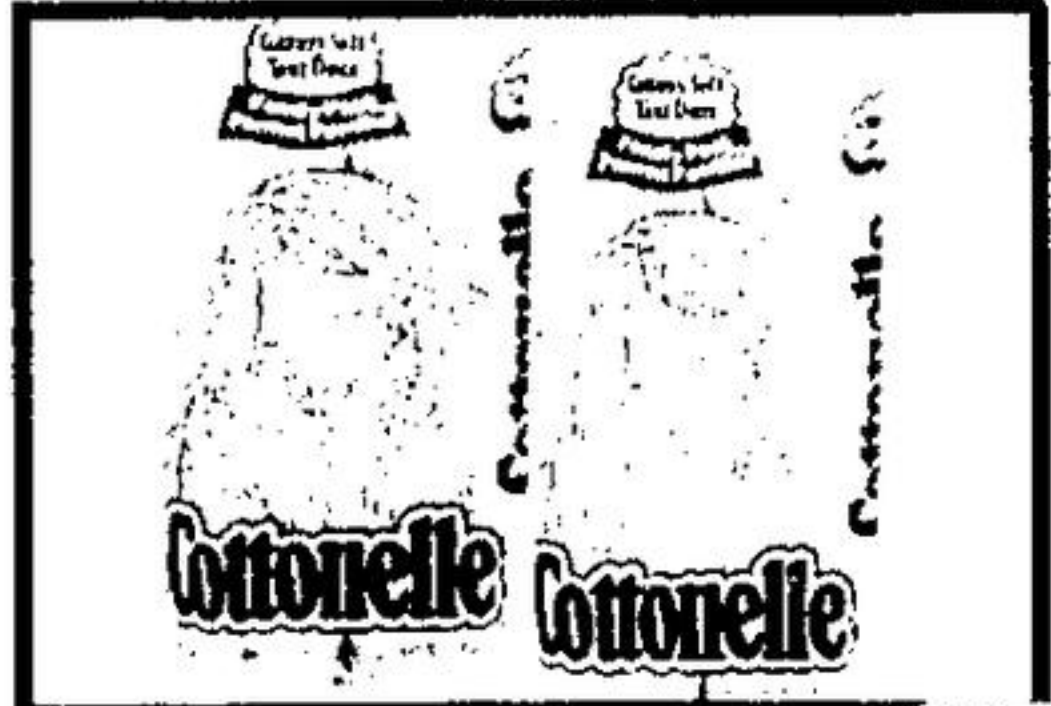
MARY MILES **Sausage Meat** 500 g roll **1.59**

FEARMANS, BY THE PIECE, VAC PAC **Bologna Chunks** **2.18 / .99** /kg / lb

CHERRY RIVER, SMOKED, PORK SHOULDER **Boneless Picnics** **4.39 / 1.99** /kg / lb

TOWN CLUB, SWEET PICKLED, VAC PAC **Cottage Rolls** **4.39 / 1.99** /kg / lb

SHOPSY'S, CORNED BEEF OR **Pastrami** pkg of 4 50 g pouches **2.69**



SAVE 1.26 **ACTION PRICES**
1-PLY BATHROOM, WHITE, YELLOW, CHAMPAGNE
Cottonelle Tissue pkg of 8 rolls **2.69**



ACTION PRICES
GINGER ALE, SUGAR FREE GINGER ALE, C-PLUS ORANGE, SUGAR FREE C-PLUS ORANGE, TONIC, SODA OR WINK
Canada Dry Beverages CASE OF 24-280 mL TINS 750 mL BOTTLE **5.99 / .59**
(Unit cost 8.9¢ per 100 mL) (Unit cost 7.9¢ per 100 mL) (Plus .30 bill deposit)

A Taste of the Tropics
PRODUCT OF CHILE, SWEET, JUICY
Fresh Nectarines **2.18 / .99** /kg / lb

PRODUCT OF HONDURAS, LARGE SIZE, SWEET, RIPE
Dole Pineapple **1.99** each

PRODUCT OF U.S.A., DELICIOUS IN SALADS
Fresh Avocados **2 / .99**

PRODUCT OF PERU, SWEET, JUICY, LARGE SIZE
Fresh Mangos **1.69** each

PRODUCT OF HAWAII, TROPICAL TREAT
Fresh Papayas **1.69** each

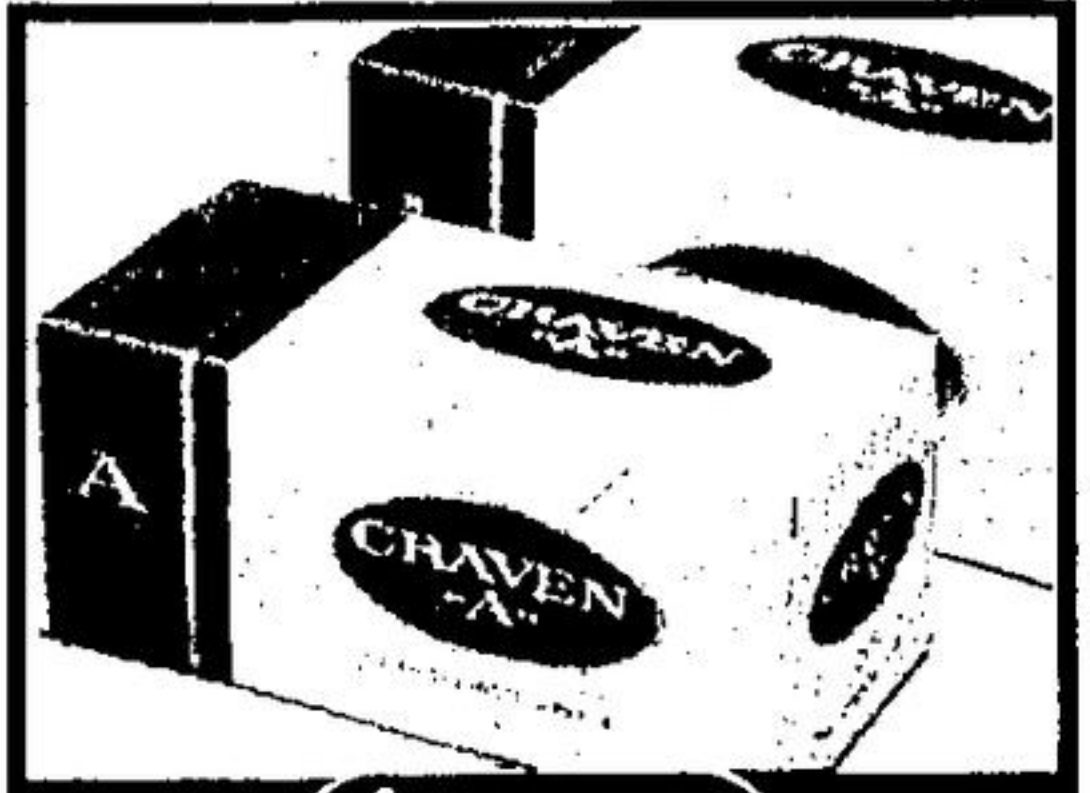
PRODUCT OF MEXICO, DELICIOUS IN SALADS
Cherry Tomatoes pint **.99**

PRODUCT OF U.S.A., DELICIOUS WITH CHEESE SAUCE
Fresh Broccoli bunch **.99**

PRODUCT OF SPAIN, SWEET, EASY TO PEEL, SEEDLESS
Clementines 2 lb tray **1.99**

CANADA FANCY, PRODUCT OF ONTARIO, ALL PURPOSE
Spartan Apples 3 lb bag **1.69**

PRODUCT OF U.S.A., SWEET, SEEDLESS
Navel Oranges bag of 12 **3.99**



ACTION PRICES

ALL POPULAR BRANDS, REGULAR OR KING SIZE

Canadian Cigarettes

CARTON OF 20'S OR 25'S

15.99

WARNING: Health & Welfare Canada advises that danger to health increases with amount smoked-avoid inhaling.

(LIMIT: 3 per family purchase)

PROCESS, SWISS OR THINS **Schneider's Cheese Slices** 500 g pkg **2.99** SAVE UP TO 1.10

SEALTEST, REFRIGERATED, CREAMED **Cottage Cheese** 500 g ctn **1.49** SAVE .60

SOFT MARGARINE **Blue Bonnet** pkg of 2 6 oz tubs **1.29** SAVE .40

SEALTEST, ASSORTED FLAVOURS **Parlour Ice Cream** 2 litre ctn **3.49** SAVE .80

ACTION PRICES **SAVE .50**
GREEN GIANT, FANCY **Niblets Whole Kernel Corn** 12 fl oz tin **.49**
(LIMIT: 6 per family purchase)

STOUFFERS, FROZEN, ASSORTED VARIETIES **Lean Cuisine** 245 g pkg **2.59** SAVE 1.00

MCCAIN, FROZEN, CONCENTRATED **Orange Juice** 12 1/2 fl oz tin **1.29** SAVE .50

FROZEN, CHICKEN, BEEF, TURKEY, STEAK & MUSHROOM **Stouffers Meat Pie** 283 g pkg **1.99**

FRASERVALE, ASSORTED VARIETIES **Frozen Vegetables** 1 kg poly pkg **2.49** SAVE .30

ACTION PRICES **SAVE 1.40**
REGULAR OR AUTOMATIC DRIP **Chase & Sanborn Coffee** 369 g vac pac **2.89**

MOTHER PARKER **Instant Coffee** 200 g jar **3.99** SAVE 1.30

Beatrice 2% Milk 4 LITRE BAG **2.69**

ACTION PRICES **SAVE 3.50**
ALL PURPOSE **Robin Hood Flour** 10 kg bag **7.99**