

You'll do Better at and Like it Better



Prices effective thru Saturday, February 15th, 1986. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on A&P current regular retails.

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



STOCK-UP

NEW CHERRY PEPSI OR REGULAR & DIET

Pepsi-Cola or 7UP

2 LITRE NON-RETURNABLE BTL

SAVE 1.00 **1.49**
(Unit price 7.5¢ per 100 ml)

750 mL BTL (PLUS .30 BTL DEPOSIT)

BUY 3 SAVE 1.18 **3/1.49**
(Unit price 6.6¢ per 100 ml)

(PUMPKIN PIE 624 g SIZE 1.99-SAVE .40) SAVE .50
Jane Parker Lemon Pie 624 g pie **1.49**

JANE PARKER (made with 100% pure vegetable shortening) SAVE .26
60% Whole Wheat Bread 675 g size **.79**

JANE PARKER (MADE WITH 100% PURE VEGETABLE SHORTENING) SAVE .26
Italian Bread 675 g loaf **.99**

GENERAL MILLS CEREALS SAVE UP TO .46
Cheerios or Total 300 g pkg **1.49**

ACTION PRICES SAVE 1.20
POWDERED LAUNDRY
ABC Detergent 6 litre box **2.79**
(Javex Fresh Scent Bleach 1.8 litre jug 1.29-Save .20)

AUSTRALIAN, SEEDLESS SAVE .50
Sunnygold Raisins 750 g pkg **1.49**

SPAGHETTI, SPAGHETTINI, LONG VERMICELLI, MACARONI
Catelli Pastas 600 g pkg **2/1.49**

NATURE VALLEY, ASSORTED VARIETIES GRANOLA SAVE .50
Dandy Bars 185 g pkg **1.99**

FABRIC SOFTENER SAVE 1.30
Fleecy Liquid 5 litre plat jug **4.49**

ACTION PRICES SAVE .80
HOSTESS
Potato Chips 200 g pkg **.99**

CLOVER LEAF SAVE .90
Pink Salmon 7 1/2 oz tin **.99**

NABISCO CEREAL SAVE .86
Shredded Wheat 450 g pkg **1.49**

CARNATION, INSTANT, RICH, MARSHMALLOW, MILK OR LITE 200 g
Hot Chocolate 500 g ctn **2.99**

SALADA PRIOR PARK SAVE .40
Tea Bags cello pkg of 100 **2.49**

ACTION PRICES SAVE UP TO 1.80
INSTANT, RICH BLEND
Nescafe Coffee 8 oz jar **4.99**
(Viva or Colombia 6 oz jar 4.99)

SAVE UP TO 1.98/kg *The Butcher Shop* SAVE .90 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
BLADE, CHUCK RIB OR SHOULDER

Boneless Beef Roast
4.39 / 1.99 /kg / lb

SAVE 1.76/kg-.80 lb

SAVE 4.41/kg-2.00 lb

EXCELLENT FOR BRAISING
Blade Steaks
3.95 / 1.79 /kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
Strip Loin Steaks
11.00 / 4.99 /kg / 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

BONELESS
Cross Rib Roast **5.49 / 2.49** /kg / lb
STRIP OR CUBED

SHOULDER
Veal Chops **5.49 / 2.49** /kg / lb
CUT FROM CANADA'S FINEST WHITE VEAL

Stewing Beef **5.49 / 2.49** /kg / lb

Loin Rib Veal Chops **9.90 / 4.49** /kg / lb

FRESH
Lean Ground Beef **4.39 / 1.99** /kg / lb
RIB PORTION, RIB OR TENDERLOIN HALF

Side Bacon vac pac 500 g **2.49**
MAPLE LEAF, REGULAR OR BAVARIAN

Pork Loin Roasts **4.39 / 1.99** /kg / lb
TENDERLOIN PORTION, 3-3 1/2 LB CUT

Sausage Rounds 500 g pkg **2.49**
DEVON BRAND

Pork Loin Roast **5.05 / 2.29** /kg / lb
ROAST OR CHOPS

Breakfast Sausage **3.28 / 1.49** /kg / lb
SIENA, HOT OR SWEET

Pork Loin Centre Cut **6.15 / 2.79** /kg / lb
COUNTRY STYLE SPARE RIBS

Sausage Italian Style **5.49 / 2.49** /kg / lb
COORSH, SMOKED MEAT OR

Pork Loin Rib Portion **5.27 / 2.39** /kg / lb
RIB PORTION (CENTRE CUT PIECE OR CHOPS 7.25/kg-3.29 lb)

Corned Beef 50 g pouches pkg of 4 **2.49**
MAPLE LEAF, SWEET PICKLED

Boneless Pork Loin **6.15 / 2.79** /kg / lb
FROZEN, NEW ZEALAND SPRING (SHORT CUT LEGS 3.95/kg-1.79 lb)

Cottage Rolls **5.27 / 2.39** /kg / lb
REGULAR, B.B.Q. OR ALL BEEF

Lamb Legs Semi-Boneless **5.49 / 2.49** /kg / lb
FROZEN, NEW ZEALAND SPRING, BONELESS

Maple Leaf Wieners vac pac 450 g **1.99**
MAPLE LEAF, SLICED

Butterflied Lamb Legs **7.70 / 3.49** /kg / lb
PREVIOUSLY FROZEN, SLICED (CALVES LIVER 4.17/kg-1.89 lb)

Cooked Ham vac pac 175 g **1.99**
COORSH-COLE SLAW OR

Beef Liver **1.96 / .89** /kg / lb
CANADA GRADE 'A', FROZEN, Eviscerated, CORNISH, 20-24 OZ AVG

Potato Salad carton 500 g **1.29**

BUY 3-SAVE UP TO .88
CHOICE, CUT GREEN OR WAX BEANS, CREAM STYLE CORN, WHOLE KERNEL CORN 12 FL OZ, PEAS
A&P Vegetables 14 fl oz tin **3/1.49**
(Whole Baby Carrots 14 fl oz tin 2 for 1.49-Buy 2-Save .29)

1-PLY BATHROOM, ASSORTED COLOURS
Cottonelle Tissue pkg of 4 rolls **1.29**

SPUD-TACULAR POTATO SALE

CANADA NO. 1, ALL PURPOSE
P.E.I. Potatoes 20 lb bag **1.99**

CANADA NO. 1, PRODUCT OF ONTARIO, YELLOW FLESH
Bintje Potatoes 10 lb bag **1.99**

CANADA NO. 1, PRODUCT OF ONTARIO
Red Potatoes 5 lb bag **1.39**

CANADA NO. 1, PRODUCT OF ONTARIO
Netted Gem Potatoes 5 lb bag **1.39**

CANADA NO. 1, PRODUCT OF P.E.I., SELECT LARGE SIZE
Baking Potatoes 5 / .99

CANADA NO. 1, PRODUCT OF ONTARIO, LONG, WHITE VARIETY
Fresh Dug Potatoes 130 / .59

PRODUCT OF U.S.A., GOOD SOURCE OF VITAMIN A & C
Fresh Broccoli bunch .99

CANADA FANCY, PRODUCT OF ONTARIO, ALL PURPOSE
Ida Red Apples 5 lb bag **1.99**

PRODUCT OF HONDURAS, PLANT RIPE, LARGE SIZE
Dole Pineapple each 1.99

PRODUCT OF CHILE, RED PLUMS OR
Fresh Nectarines 218 / .99



BUY 4-SAVE .47

CONDENSED, CREAM OF
Campbell's Tomato Soup 10 FL OZ TIN

4/1.49
(Vegetable Soup 3 for 1.49-BUY 3-SAVE .40)

SEALTEST, ASSORTED FLAVOURS SAVE .50
Parlour Ice Cream 1 litre ctn **1.99**

ASSORTED FLAVOURS, REFRIGERATED BUY 3-SAVE 1.30
Astro Yogourt 175 g tub **3/1.49**

A&P BUY 3-SAVE .50
Mandarin Oranges 10 fl oz tin **3/1.49**

PROCESS CHEESE FOOD SLICES SAVE 1.00
Kraft Singles 300 g pkg **2.99**

ACTION PRICES SAVE .84
BETTY CROCKER, ASSORTED VARIETIES, CAKE
Super-Moist Mixes 510 g pkg **.99**
(Creamy Deluxe Frostings, Asst Var 450 g 1.99-Save .30)

DISPOSABLE, MEDIUM 48'S, LARGE 36'S SAVE .50
Luv's Diapers box **9.49**

FROZEN, BEEF, CHICKEN, TURKEY BUY 2-SAVE .49
Savarin Pot Pies 8 oz pkg **2/1.49**

FROZEN, RAISIN & SPICE, BLUEBERRY OR REGULAR
Eggo Waffles 11 oz pkg **1.49**

PLASTIC BAGS ACTION PRICES
Baggies Foodsavers pkg of 50 **1.49**

ACTION PRICES SAVE .70
WHITE, YELLOW OR CHAMPAGNE
Viva Paper Towels pkg of 2 rolls **.99**

ASSORTED COLOURS-TISSUE SAVE .60
Scotties Facial box of 200 sheets **.89**

TOOTHPASTE, REGULAR OR FRESH MINT FLAVOURS SAVE .90
Aqua Fresh 100 mL tube **1.19**

JERGEN'S, ASSORTED COLOURS SAVE .30
Cream Soaps 350 mL **2.49**

(MEOW MIX 1 kg 2.79) SAVE 3.70
Purina Dog Chow 8 kg bag **9.49**

ACTION PRICES
PARTLY SKIMMED
Beatrice 2% Milk 4 litre bag **2.69**