

# You'll do Better and Like it Better at

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



Prices effective thru Saturday, February 22nd, 1986. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on A&P current regular retails.

**Beatrice**  
Partly Skimmed Milk  
4 Litres

**ACTION PRICES**

PARTLY SKIMMED  
**Fresh 2% Milk**  
4 LITRE BAG

**2.69**

**SAVE 2.42/kg** **SAVE 1.10 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF  
OUTSIDE CUT, EYE REMOVED

**Boneless Beef Roast**  
**5.71 / 2.59**  
/kg / lb

**SAVE 2.21/kg-1.00 lb** **SAVE 1.32/kg-.60 lb**

SIRLOIN TIP, RUMP OR INSIDE CUT ROUND  
**Boneless Beef Roasts**  
**6.15 / 2.79**  
/kg / lb

COMBINATION PACK-CONTAINS: 2 RIB ENDS, 2 LOIN ENDS,  
4 CENTRE CUT CHOPS  
**Loin Pork Chops**  
**4.39 / 1.99**  
/kg / lb

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

ROAST OR CHOPS  
**Pork Loin Centre Cut**  
**6.15 / 2.79**  
/kg / lb

(INSIDE CUT ROUND 6.37/kg-2.89 lb)  
**Round Steak (Full Slice)**  
**5.71 / 2.59**  
/kg / lb

FRESH, SHANKLESS, PICNIC STYLE  
**Pork Shoulder Roasts**  
**2.62 / 1.19**  
/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF-TENDERIZED  
**Cube Steak**  
**7.25 / 3.29**  
/kg / lb

RIB PORTION, RIB OR TENDERLOIN HALF  
**Pork Loin Roasts**  
**4.39 / 1.99**  
/kg / lb

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

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

CANADA GRADE 'A', FROZEN, Eviscerated, CORNISH  
**Game Hens**  
**4.17 / 1.89**  
/kg / lb

FRESH  
**Ground Pork**  
**3.51 / 1.59**  
/kg / lb

GRADE 'A', Eviscerated, FRESH, 5 LB & UP  
**Roasting Chickens**  
**2.84 / 1.29**  
/kg / lb

PICNIC SHOULDER OR SHOULDER BUTT  
**Pork Chops**  
**3.51 / 1.59**  
/kg / lb

PRIDE OF CANADA, REGULAR, ALL BEEF OR B.B.Q.  
**Wieners**  
**1.69**

VEAL CUTLETS OR  
**Veal Scallopini**  
**15.41 / 6.99**  
/kg / lb

PRIDE OF CANADA, SLICED, 5 POPULAR VARIETIES  
**Cooked Meats**  
**.99**

(LOIN VEAL CHOPS 11.66/kg-5.29 lb)  
**Veal Rib Chops**  
**10.56 / 4.79**  
/kg / lb

PRIDE OF CANADA, BY THE PIECE  
**Bologna Chunks**  
**3.73 / 1.69**  
/kg / lb

SHOULDER  
**Veal Chops**  
**5.71 / 2.59**  
/kg / lb

PRIDE OF CANADA, READY-TO-SERVE, BONELESS  
**Picnic Shoulders**  
**5.49 / 2.49**  
/kg / lb

FROZEN NEW ZEALAND, SHOULDER (LOIN LAMB CHOPS 6.55/kg-2.99 lb)  
**Lamb Chops**  
**4.39 / 1.99**  
/kg / lb

PRIDE OF CANADA  
**Polish Sausage**  
**4.17 / 1.89**  
/kg / lb

FROZEN NEW ZEALAND, SHORT CUT  
**Lamb Legs**  
**3.95 / 1.79**  
/kg / lb

BLUE WATER, FROZEN, FISH IN LIGHT BATTER OR  
**Boston Blue Sticks**  
**3.49**

FROZEN, CUT UP, TRAY PACK  
**Stewing Hens**  
**1.74 / .79**  
/kg / lb

GOLDEN SKILLET, FROZEN  
**Chicken Cutlets**  
**3.20 / 1.45**  
/kg / lb

A&P, REGULAR OR THICK SLICED  
**Side Bacon**  
**2.59**  
500 g vac pac

**Kellogg's CORN FLAKES**  
**ORN FLAKES**

**SAVE 1.16**

CEREAL  
**Kellogg's Corn Flakes**  
675 g PKG

**1.49**

(Limit 4 per family purchase)

SCHNEIDER'S, PROCESS, REG OR MOZZARELLA  
**Cheese Slices**  
500 g pkg of 16  
**2.99**

MOZZARELLA, MILD, MEDIUM OR OLD COLOURED CHEDDAR  
**McCain Cheese**  
340 g pkg  
**2.99**

SEALTEST, REFRIGERATED, 2% PARTLY SKIMMED  
**Cottage Cheese**  
500 g carton  
**1.49**

SWISS STYLE, ASSORTED FLAVOURS  
**Yoplait Yogurt**  
175 g pkgs of 2  
**.99**

REGULAR OR UNSALTED  
**Fleischmann's Margarine**  
2 lb tub  
**2.99**

**ACTION PRICES** **SAVE 1.00**  
1-PLY BATHROOM, ASSORTED COLOURS  
**White Swan Tissue**  
pkg of 4 rolls  
**1.29**

FROZEN, CONCENTRATED  
**McCain Orange Juice**  
12 1/2 fl oz tin  
**.99**

FROZEN, STRAIGHT OR CRINKLE CUT  
**McCain Superfries**  
poly pkg 1 kg  
**1.39**

McCain, FROZEN, NORMANDE, PARISIENNE, FLORENTINE  
**International Vegetables**  
poly pkg 1 kg  
**2.29**

McCain, FROZEN, SEAFOOD NEWBORN, BEEF TERIYAKI, CHICKEN ITALIENNE OR DRENAL  
**Lite Delite Dinners**  
275 g pkg  
**3.49**

**ACTION PRICES** **SAVE .90**  
E.D. SMITH, TOMATO CLAM OR  
**Garden Cocktail**  
Limit 4 per family purchase  
**.79**  
796 mL bot

PURE VEGETABLE  
**Primo Oil**  
3 litre plast cont  
**3.49**

REGULAR OR EXTRA BODY CONDITIONER-NORMAL, DAY OR EXTRA BODY  
**Revlon Flex Shampoo**  
plst bot 450 mL  
**2.99**

DEODORANT OR UNSCENTED  
**New Freedom Maxi Slims**  
box of 30  
**3.99**

RED OR GREEN-BONUS PACK 100 mL PLUS 50 mL FREE  
**Close-Up Toothpaste**  
150 mL tube  
**1.19**

**ACTION PRICES** **SAVE .70**  
WHITE SWAN, ORANGE, GREEN OR GOLD  
**Paper Towels**  
**.99**  
pkg of 2 rolls

(a good source of natural fibre) **Jane Parker Bran Bread**  
675 g loaf  
**.79**

JANE PARKER **Spanish Bar Cake**  
539 g size  
**1.29**

JANE PARKER (made with 100% pure vegetable shortening) **Cherry Pie**  
624 g vac size  
**2.39**

AUTOMATIC, FILTER OR REGULAR GROUND COFFEE **Mother Parkers**  
369 g vac pac bag  
**3.99**

JANE PARKER (pkg of 8-1.39) **Hot Cross Buns**  
pkg of 12  
**1.99**

**ACTION PRICES** **SAVE 1.20**  
ORANGE PEKOE  
**Red Rose Tea Bags**  
pkg of 60  
**2.29**

ALL PURPOSE **Robin Hood Flour**  
5 kg bag  
**4.99**

CADBURY, INSTANT, REG, MARSHMALLOW, SEMI-SWEET, LITE 12 g  
**Hot Chocolate**  
pkg of 10 30 g envs  
**1.99**

CHUNK LIGHT, IN OIL OR WATER  
**Clover Leaf Tuna**  
6 1/2 oz tin  
**.99**

CHRISTIE, DATE, APPLE OR  
**Fig Newtons**  
450 g cello pkg  
**2.39**

**ACTION PRICES** **BUY 2 - SAVE .51**  
MACARONI & CHEESE  
**Kraft Dinner**  
**2/.99**  
225 g pkg

POLSKI OGORKI, WITH GARLIC, NO GARLIC DILLS, SWEET MIXED, YUM YUMS OR BABY DILLS  
**Bick's Pickles**  
1 litre jar  
**1.99**

REGULAR OR SUGAR FREE GINGER ALE, C-PLUS ORANGE, TONIC, SODA, WINK  
**Canada Dry Beverages**  
UNIT PRICE: 280 mL 11ns  
**5.99**

REGULAR OR SUGAR FREE GINGER ALE, C-PLUS ORANGE, TONIC, SODA, WINK (Plus 30 bot dupont)  
**Canada Dry Beverages**  
UNIT PRICE: 750 mL 2c  
PER 100 mL  
**.69**

NEWBORN 60'S, EXTRA ABSORBENT 48'S, TODDLERS 36'S, SUPER ABSORBENT 40'S, REGULAR 54'S, TODDLERS PLUS 32'S  
**Pampers Diapers**  
box  
**8.99**

**ACTION PRICES** **SAVE .80**  
ASSORTED VARIETIES, FRITO LAY, LAYS OR RUFFLES  
**Potato Chips**  
**.99**  
200 g pkg



**SAVE .76**  
(Primo, Plain Spaghetti Sauce 28 fl oz tin .89-SAVE .60)  
**Assorted Primo Pastas**  
**.89**  
900 g pkg



**SAVE 1.00**  
SALAD DRESSING, REGULAR OR LIGHT  
**Kraft Miracle Whip**  
**2.29**  
1 litre jar



PRODUCT OF ONTARIO, DELICIOUS IN SALADS  
**Fresh Mushrooms**  
**4.39 / 1.99**  
/kg / lb

PRODUCT OF MEXICO, FRESH  
**Brussels Sprouts**  
**1.52 / .69**  
/kg / lb

CANADA NO. 1, PRODUCT OF U.S.A., TENDER, SWEET  
**Mini Carrots**  
12 oz pkg  
**.79**

CANADA NO. 1, PROD. OF CHILE, SWEET, JUICY  
**Large Red Plums**  
**2.18 / .99**  
/kg / lb

CANADA NO. 1, PROD. OF CHILE, RED OR GREEN  
**Seedless Grapes**  
**3.73 / 1.69**  
/kg / lb

CANADA NO. 1, PROD. OF U.S.A., LARGE, SNOW WHITE  
**Fresh Cauliflower**  
each  
**1.99**

PRODUCT OF U.S.A., CALIFORNIA  
**Fresh Kiwi Fruit**  
**2/.99**

CANADA NO. 1, PROD. OF U.S.A., DELICIOUS RAW OR COOKED  
**Large Celery Stalks**  
bunch  
**.99**

PRODUCT OF U.S.A., FAMILY PACK, LARGE  
**Navel Oranges**  
10 lb bag  
**6.99**

PROD. OF U.S.A., JUICY, SEEDLESS, FLORIDA IS CITRUS, LARGE  
**Red Grapefruit**  
**4/1.99**