

You'll do Better and Like it Better at

100 SINCLAIR
Corner of Hwy. 7, Georgetown

STORE HOURS: Mon. - Thurs. 9 a.m. - 9 p.m.
Fri. 8:30 a.m. - 9 p.m.
Sat. 8 a.m. - 6 p.m.

SECTION A, THE HERALD, Wednesday, March 5, 1986 - Page 7
Prices effective thru Saturday, March 8th, 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.

SPECIAL FINE Granulated SUGAR 2 kg

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ACTION PRICES SAVE .60

FINE, GRANULATED **White Sugar** 2 kg BAG

.79

BUY A BALE OF 10 BAGS FOR 7.90 SAVE 6.00

(LIMIT: 10 bags per family purchase)

A&P, REGULAR, RIPPLE OR SALT & VINEGAR **Potato Chips** 200 g pkg **.99** SAVE .50

JANE PARKER **Angel Cake** 400 g size **1.49** SAVE .50

JANE PARKER **English Muffins** pkg of 6 **.79** ACTION PRICES

MARVEL, HAMBURGER BUNS OR **Wiener Rolls** pkg of 12 **.99** SAVE .35

JANE PARKER (made with 100% pure vegetable shortening) **Cracked Wheat Bread** 675 g loaf **.79** SAVE .25

ACTION PRICES SAVE 1.00

14-PLY BATHROOM, ASSORTED COLOURS **White Swan Tissue** pkg of 4 rolls **1.29**

ORANGE, GREEN OR GOLD **White Swan Paper Towels** pkg of 2 rolls **.99** SAVE .70

CAPRI, WHITE, YELLOW OR BEIGE **Bathroom Tissue** pkg of 4 rolls **.99** ACTION PRICES

WHITE SWAN, WHITE, YELLOW OR BEIGE **Facial Tissue** box of 200 sheets **.99** ACTION PRICES

LAURA SECORD, ASST YOGOURTS & PUDDINGS **Mini Desserts** 142 g envs pkg of 4 **1.99** SAVE .50

ACTION PRICES SAVE 1.00

ALL PURPOSE, WHOLE WHEAT OT UNBLEACHED **Five Roses Flour** 2.5 kg bag **2.99**

CEREAL **Post Bran Flakes** 400 g pkg **.99** SAVE .60

ASSORTED FLAVOURS **Jell-O Powders** 85 g pkgs **3/1.00** BUY 3-SAVE .65

READY-TO-SERVE, ASSORTED VARIETIES **Habitant Soups** 8 1/2 oz tin **3/1.00** BUY 3-SAVE .50

FROZEN, BEEF, CHICKEN, TURKEY **York Meat Pies** 8 oz pkg **.69** SAVE .30

ACTION PRICES SAVE .60

AYLMER, CHOICE (19 fl oz .75-SAVE .40) **Whole Tomatoes** 28 fl oz tin **.79**

SAVE 3.30/kg *The Butcher Shop* **SAVE 1.50 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF (Boneless Sirloin Steak 7.70/kg-3.49 lb)

T-Bone or Wing Steaks & Roasts

7.70 / 3.49 /kg / lb

SAVE 1.54/kg-.70 lb

OUTSIDE CUT, EYE REMOVED **Boneless Round Roast** **6.59 / 2.99** /kg / lb

SAVE 1.33/kg-.60 lb

SIRLOIN TIP RUMP OR INSIDE CUT ROUND **Boneless Beef Roasts** **7.03 / 3.19** /kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF **Strip Loin Steaks** **13.21 / 5.99** /kg / lb

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

CUT FROM CANADA'S FINEST GRADE 'A' BEEF, TENDERIZED **Cube Steaks** **7.70 / 3.49** /kg / lb

TENDERLOIN PORTION, 3 TO 3 1/2 LB CUT **Pork Loin Roasts** **5.05 / 2.29** /kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF, INSIDE CUT **Round Steaks** **7.25 / 3.29** /kg / lb

RIB PORTION COUNTRY STYLE **Pork Loin** **5.27 / 2.39** /kg / lb

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

ROAST OR CHOPS (Boneless Piece or Chops 7.70/kg-3.49 lb) **Pork Loin Centre Cut** **6.37 / 2.89** /kg / lb

A&P, REGULAR OR THICK SLICED **Side Bacon** 500 g vac pac **2.49**

2 to 3 lb average **Fresh Chickens** **2.84 / 1.29** /kg / lb

TOWN CLUB, SWEET PICKLED **Cottage Rolls** Halves vac pac **4.17 / 1.89** /kg / lb

FRESH, WHOLE **Whole Chicken Legs** **2.84 / 1.29** /kg / lb

REGULAR, ALL BEEF OR B.B.O. **Maple Leaf Wieners** 450 g vac pac **1.79**

VEAL CUTLETS OR **Chicken Breasts** **4.39 / 1.99** /kg / lb

MAPLE LEAF, REGULAR OR BAVARIAN **Sausage Rounds** 500 g pkg **2.49**

SHOULDER **Veal Scallopini** **15.41 / 6.99** /kg / lb

MAPLE LEAF **Sausage Meat** 500 g roll **1.59**

FROZEN NEW ZEALAND SPRING, SEMI-BONELESS **Veal Chops** **5.71 / 2.59** /kg / lb

MAPLE LEAF, HALVES, VAC PAC **Country Kitchen Hams** **9.68 / 4.39** /kg / lb

SHOPSY'S, PASTRAMI OR **Lamb Legs** **5.49 / 2.49** /kg / lb

MAPLE LEAF, READY-TO-SERVE **Boneless Picnics** vac pac **5.49 / 2.49** /kg / lb

50 g pouches **Corned Beef** **2.49**

MAPLE LEAF, SLICED, 17 POPULAR VARIETIES **Cooked Meats** 175 g vac pac **1.19**

PURE BEEF **Shopsy's Sausage** 500 g pkg **2.49**

MAPLE LEAF, SLICED **Cooked Ham** 175 g vac pac **1.69**

SHOPSY'S, COLE SLAW OR **Potato Salad** 500 g ctn **1.39**

MAPLE LEAF, COIL **Polish Sausage** **4.17 / 1.89** /kg / lb

BLUE WATER, FROZEN, BOSTON BLUE **Fish Fries** or Krisps 227 g pkg **1.59**

ENRICHED (made with 100% pure vegetable shortening) **Marvel White Bread** 675 g loaf **.69** REAL VALUE

CRYSTAL **Water Softener Salt** 20 kg bag **4.19** SAVE .96

ORANGE PEKOE **Tetley Tea Bags** pkg of 72 **1.99** SAVE 1.70

MONARCH, ASST VAR INCL CHOCOLATE BROWNIE **Added Touch Cake Mixes** 520 g pkg **.79** SAVE .96

PROD. OF U.S.A., GOOD SOURCE OF VITAMIN C **Fresh Spinach** 10 oz pkg **.69**

CANADA NO. 1, PROD. OF ONTARIO, CONTAINS VITAMIN A **Seedless Cucumbers** each **.99**

PROD. OF MEXICO, SWEET, RIPE **Fresh Cut Watermelon** 108 /kg / lb **.49**

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

CANADA FANCY, PROD. OF ONTARIO, GREAT FOR SNACKS & LUNCHES **Red Delicious Apples** 5 lb bag **2.69**

PROD. OF U.S.A., DELICIOUS WITH SEAFOOD **Fresh Lemons** **4/.99**

PROD. OF U.S.A., DELICIOUS IN SALADS, FRESH **Green Onions** 3 bunches for **1.00**

CANADA NO. 1, PROD. OF U.S.A., CONTAINS VITAMIN C **Fresh Cauliflower** each **1.99**

CANADA NO. 1, PROD. OF U.S.A., CONTAINS VITAMINS A & B **Celery Stalks** bunch **.99**

CANADA NO. 1, ALL PURPOSE **P.E.I. Potatoes** 20 lb bag **2.99**

ACTION PRICES REAL VALUE

CHEFMASTER OR CAROL, 100% VEGETABLE OIL **Soft Margarine** 1 LB TUB **.49**

AYLMER, FANCY **Tomato Juice** 48 fl oz tin **.79** SAVE .90

PREMIUM PLUS, PLAIN OR SALTED **Christie Crackers** 450 g pkg **1.29** SAVE .60

IMPERIAL, 100% VEGETABLE OIL **Soft Margarine** 1 lb tub **.99** SAVE .50

SWEETHEART, OLD COLOURED **Cheddar Cheese** 1 kg size **8.99** SAVE 1.80

FUNILLA, CHOCOLICIOUS, OREO OR PIRATES **Christie Cookies** 450 g tin / 16 bag **2.29** SAVE .70

ACTION PRICES REAL VALUE

PARTLY SKIMMED **Fresh 2% Milk** 4 litre bag **2.69**

SWISS STYLE OR FIRM STYLE, ASST FLAVOURS BUY 3-SAVE 1.36 **Delisle Yogourt** 175 g tubs **3/1.49**

FROZEN, ASSORTED CUTS **McCain French Fries** poly pkg 1 kg **1.29** SAVE .36

STOUFFER'S, FROZEN, SPINACH SOUFFLE OR **Macaroni & Cheese** 340 g pkg **1.99** SAVE .50

FROZEN, GLAZED CHICKEN 241 g, CHICKEN A L'ORANGE 228 g OR CHICKEN CACCIATORE **Lean Cuisine Entrees** 308 g pkg **3.49** SAVE .50

ACTION PRICES SAVE UP TO 1.80

INSTANT COFFEE-REGULAR (Decaffeinated 170 g jar) **Maxwell House** 227 g jar **4.99**

HERITAGE FARM, ASST FLAVOURS **Very Special Ice Cream** 2 litre ctn **3.49** SAVE .50

REGULAR, MINT OR GEL **Crest Toothpaste** 100 mL pump tube **1.89** SAVE .30

ASST FLAVOURS (Unit cost 8.9¢ per 100 mL) **Canada Dry Beverages** case of 24 280 mL tins **5.99** SAVE 2.00

ASST FLAVOURS (Unit cost 9.2¢ per 100 mL) (Plus .30 bit deposit) **Canada Dry Beverages** 750 mL bit **.69** SAVE .20

VISIT OUR NEW DELI NOW OPEN