

# You'll do Better and Like it Better at



Corners of Sinclair and Guelph St. (Hwy. 7)

Store Hours: Mon.-Thurs. 9 a.m. to 9 p.m. — Fri. 8:30 a.m. to 9 p.m. — Sat. 8 a.m. to 6 p.m.

SECTION B, THE HERALD, Wednesday, April 23, 1986 - Page 3  
Prices effective thru Saturday, April 26th, 1986.  
We reserve the right to limit quantities to normal family requirements.  
Savings shown in this ad based on A&P current regular retail.



**ACTION PRICES** **SAVE 1.00**

JANE PARKER  
(Peach Pie 624 g size 1.89-SAVE .40)

## Rhubarb/Apple Pie

1/2 price  
624 g SIZE

# .99

JANE PARKER (made with 100% pure vegetable shortening) **SAVE .25**

## 60% Whole Wheat Bread

675 g loaf

# .79

JANE PARKER, PLAIN OR SEEDED **SAVE .20**

## Rye Bread

450 g loaf

# .79

JANE PARKER (Wheat Rolls pkg of 8 .99-Save .30) **SAVE .30**

## Scone Rolls

pkg of 8

# .99

JANE PARKER (PKG OF 8 1.39) **SAVE .20**

## Hot Cross Buns

pkg of 12

# 1.99

COFFEE, REGULAR OR AUTOMATIC DRIP **SAVE 1.60**

## Chase & Sanborn

vac pac bag 369 g

# 3.99

**ACTION PRICES** **SAVE 2.60**

COFFEE, INSTANT, REGULAR, DECAFFEINATED, CONTINENTAL BLEND

## Taster's Choice

7 oz jar

# 5.99

ALL PURPOSE **SAVE 1.50**

## Five Roses Flour

3.5 kg bag

# 3.99

APPLE OR ORANGE **SAVE .50**

## Just Juice

250 mL tetra pack

# 1.19

WITH CHEESE & TOMATO SAUCE **SAVE .60**

## Libby's Spaghetti

28 fl oz tin

# 1.19

HELLMANN'S **SAVE 1.00**

## Mayonnaise

1 litre jar

# 3.49

**ACTION PRICES** **SAVE .76**

ASSORTED VARIETIES

## Catelli Pastas

1 kg pkg

# .99

(Regular Lasagna 500 g pkg 1.19-SAVE .40)

CATELLI, PLAIN **SAVE .76**

## Spaghetti Sauce

28 fl oz tin

# .99

CHARCOAL **SAVE .50**

## Kingsford Briquets

10 lb bag

# 3.99

SWEETENED CONDENSED **SAVE .40**

## Eagle Brand Milk

300 mL tin

# 1.9

SUNNYGOLD, FROM AUSTRALIA **SAVE .30**

## Seedless Raisins

750 g cello pkg

# 1.69

**ACTION PRICES** **SAVE .70**

PRINTED ORANGE, GREEN OR GOLD OR PLAIN WHITE

## White Swan Paper Towels

pkg of 2 rolls

# .99

**SAVE 2.20/kg** *The Butcher Shop* **SAVE 1.00 lb**  
with supermarket prices

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

## Semi-Boneless Beef Roast

# 3.73 / 1.69

/kg / lb

**SAVE 4.41/kg-2.00 lb**

6 BONE-CHEF STYLE, OVEN READY

## Prime Rib Roast

# 6.59 / 2.99

/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF (CAP OFF 7.70/kg-3.49 lb)

## Rib Steaks

# 7.25 / 3.29

/kg / lb

FRESH

## Lean Ground Beef

439 / 199

/kg / lb

FRESH, MEDIUM

## Ground Beef

395 / 179

/kg / lb

BLADE, CHUCK SHORT RIB OR SHOULDER

## Boneless Beef Roasts

417 / 189

/kg / lb

'GREAT ON THE B.B.Q.'

## Swift's Wieners

vac pac 450 g

# 1.49

SWIFT'S, BY THE PIECE

## Bologna Chunks

vac pac 328 / 149

/kg / lb

SWIFT'S, ORIGINAL BEEF, MAPLE OR BACON

## Brown 'N Serve Sausage

250 g pkg

# 2.29

SWIFT'S, PREMIUM OR SUGAR PLUM

## Cooked Ham

vac pac 175 g

# 1.69

SHOPSYS', PASTRAMI OR

## Corned Beef

50 g pouches pkg of 4

# 2.69

SHOPSYS', ALL BEEF

## Old Vienna Sausage

500 g pkg

# 2.99

SHOPSYS', ALL BEEF, KOLBASSA OR BAVARIAN

## Smoked Sausage

659 / 299

/kg / lb

HIGH LINER, FROZEN (BONED HADDOCK FILLETS 350 g 3.49)

## Haddock Fillets

16 oz pkg

# 3.49

HIGH LINER, FROZEN, IN LIGHT BATTER

## Fish & Chips

750 g pkg

# 2.39

BLUE WATER, FROZEN, FISH & CHIPS 283 g OR

## Fish Fries or Krisps

227 g pkg

# 1.89



**ACTION PRICES**

COKE CLASSIC, DIET COKE, SPRITE OR DIET SPRITE

## Coca-Cola

2 LITRE BTL 1.69 / 750 mL BTL .49

(Unit cost 8.5¢ per 100 mL) (Unit cost 6.5¢ per 100 mL) (Plus .30 bill deposit)

CANADA NO. 1, PRODUCT OF CHILE, THE NATURAL SNACK

## Black Ribier Grapes

# 2.18 / .99

/kg / lb

CANADA NO. 1, PRODUCT OF ONTARIO

## Seedless Cucumbers

each

# .99

CANADA FANCY, PRODUCT OF ONTARIO

## Red Delicious Apples

5 lb bag

# 2.89

CANADA NO. 1, PRODUCT OF P.E.I.

## Baking Potatoes

5 / .99

CANADA NO. 1, PRODUCT OF U.S.A.

## Green Cabbage

108 / .49

/kg / lb

**SAVE 2.20/kg-1.00 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF

## Rib Eye 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

RIB PORTION (BONELESS 6.59/kg-2.99 lb)

## Pork Loin Roast

439 / 199

/kg / lb

TENDERLOIN PORTION, 3-3 1/2 LB CUT

## Pork Loin Roast

527 / 239

/kg / lb

ROAST OR CHOPS (BONELESS 7.70/kg-3.49 lb)

## Pork Loin Centre Cut

637 / 289

/kg / lb

FRESH

## Ground Pork

351 / 159

/kg / lb

VEAL CUTLETS OR

## Scallopini

1762 / 799

/kg / lb

(LOIN VEAL CHOPS 11.88/kg-5.39 lb)

## Veal Rib Chops

1078 / 489

/kg / lb

FROZEN NEW ZEALAND SPRING (LOIN CHOPS 6.59/kg-2.99 lb)

## Shoulder Lamb Chops

439 / 199

/kg / lb

FROZEN NEW ZEALAND SPRING, BONELESS

## Lamb Shoulders

439 / 199

/kg / lb

SWEET PICKLED

## Sliced Back Bacon

593 / 269

/kg / lb

CANADA GRADE 'A', FROZEN, CORNISH, 20-24 OZ AVG

## Game Hens

439 / 199

/kg / lb

A&P, REGULAR OR THICK SLICED

## Side Bacon

vac pac 500 g

# 2.49

TOWN CLUB, SWEET PICKLED

## Cottage Rolls

417 / 189

/kg / lb

UTILITY GRADE, Eviscerated, 2-4 LB AVERAGE

## Frozen Chickens

218 / .99

/kg / lb



**ACTION PRICES** **SAVE .30**

ASSORTED VARIETIES

## A&P Potato Chips

200 g pkg

# .99

PRODUCT OF U.S.A.

## Fresh Artichokes

# 3 / 1.00

PRODUCT OF U.S.A., FLORIDA IS CITRUS

## Large Red Grapefruit

4 / 1.99

PRODUCT OF U.S.A., SWEET, SEEDLESS, FAMILY PACK

## Navel Oranges

10 lb bag

# 6.99

CANADA NO. 1, PRODUCT OF P.E.I., ALL PURPOSE

## P.E.I. Potatoes

20 lb bag

# 2.99

PRODUCT OF MEXICO, SWEET, RIPE, FRESH

## Cut Watermelon

130 / .59

/kg / lb



**ACTION PRICES** **SAVE UP TO .40**

MACARONI & CHEESE

## Kraft Dinner

225 g PKG

1/2 price

# .39

FROZEN, CONCENTRATED, UNSWEETENED **SAVE .80**

## McCain Orange Juice

12 1/2 fl oz tin

# .99

SWISS SPUN, ASSORTED FLAVOURS **SAVE .56**

## Yoplait Yogourt

500 g carton

# 1.49

IMPERIAL (1 LB TUB), REGULAR OR DIET **SAVE .50**

## Soft Margarine

8 oz tubs pkg of 2

# .99

FROZEN **SAVE .50**

## A&P Fancy Peas

poly pkg 1 kg

# 1.99

PEPPERIDGE FARM, FROZEN, ASSORTED VARIETIES **SAVE .70**

## Layer Cakes

369 g pkg

# 1.29

**ACTION PRICES** **SAVE .70**

SUN PAC

## Pure Apple Juice

48 fl oz tin

# .99

ORANGE PEKOE **SAVE 1.60**

## Salada Tea Bags

pkg of 144

# 4.99

NABISCO **SAVE .50**

## Shredded Wheat

600 g pkg

# 2.49

ASSORTED VARIETIES **BUY 3-SAVE .77**

## Nine Lives Cat Food

6 oz tins

# 3 / 1.00

2-PLY FACIAL, WHITE OR ALMOND **SAVE .60**

## Florelle Tissue

box of 200 sheets

# .89

**ACTION PRICES** **SAVE 2.70**

POWDERED LAUNDRY

## Sunlight Detergent

12 litre box

# 7.99

CONDENSED, TOMATO, VEGETABLE OR MUSHROOM (Limit: 8 per family purchase) **BUY 3-SAVE UP TO .49**

## Heinz Soups

10 fl oz tins

# 3 / 1.00

DETERGENT FOR DISHES **SAVE .30**

## A&P Liquid

plst bit 500 mL

# .99

RED OR GREEN **SAVE .60**

## Close-Up Toothpaste

100 mL tube

# 1.19

UNSCENTED OR DEODORANT **SAVE .50**

## Stayfree Panty Liners

box of 30

# 2.49

**ACTION PRICES** **SAVE 1.60**

2-PLY BATHROOM, WHITE, YELLOW, ALMOND

## Royale Tissue

pkg of 8 rolls

# 2.99