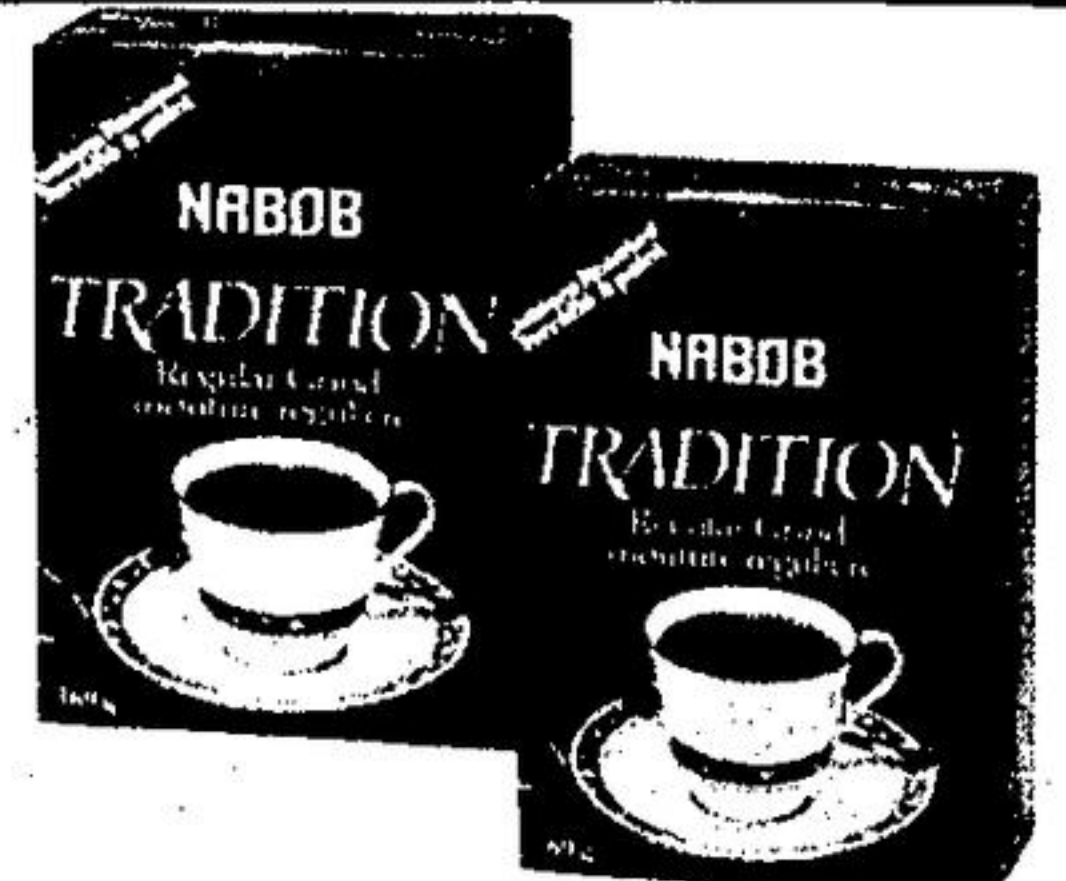
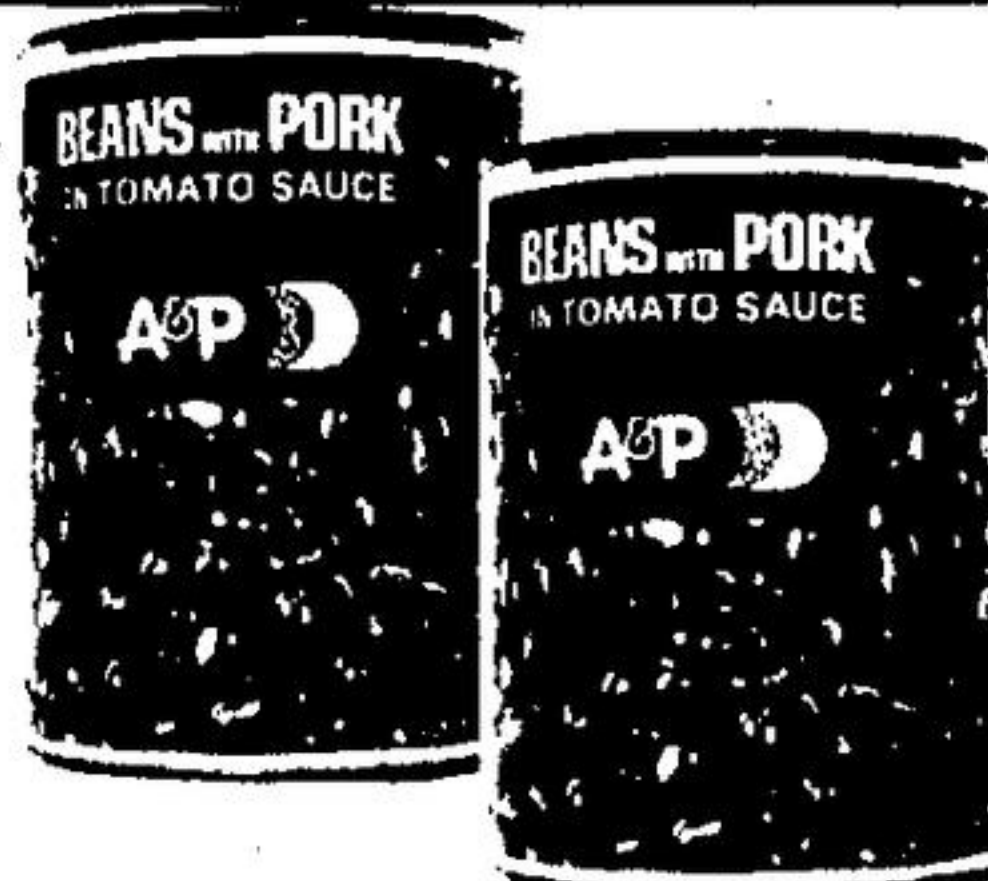
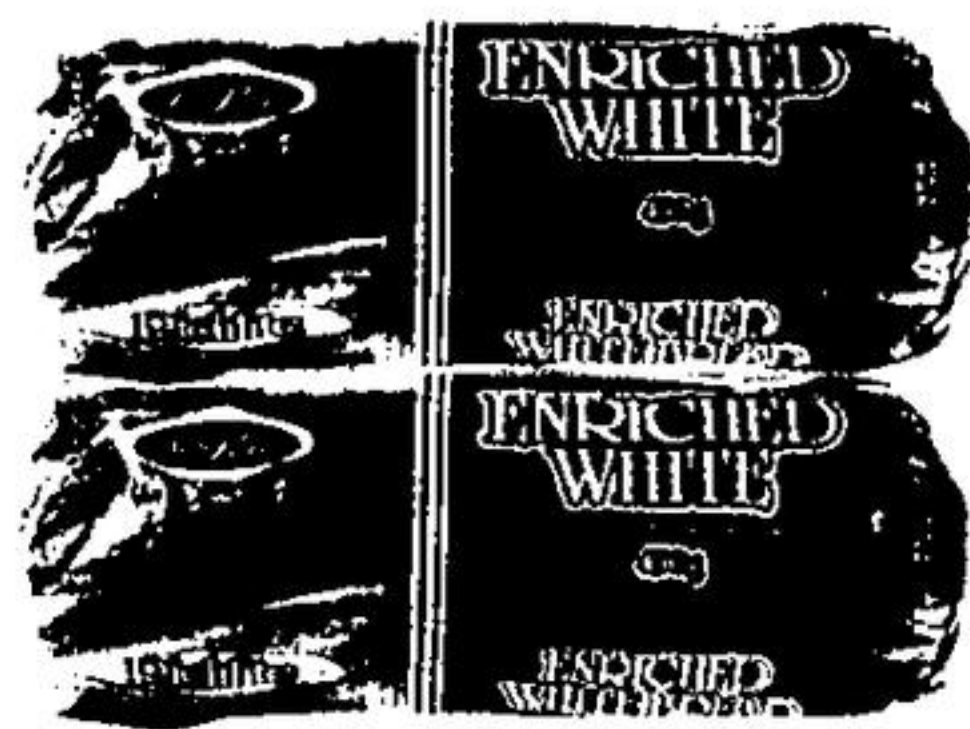
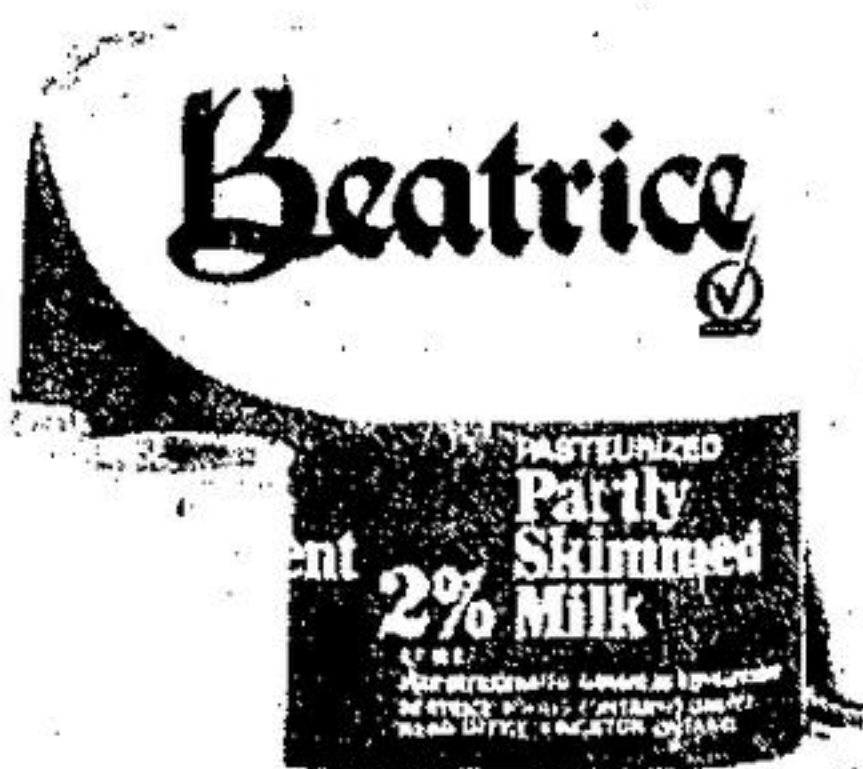


You'll do better

(AND LIKE IT BETTER)



REAL VALUE	ACTION PRICES	REAL VALUE	ACTION PRICES	SAVE .20	ACTION PRICES	SAVE UP TO 2.30
Partly Skimmed Fresh 2% Milk 4 LITRE BAG		JANE PARKER Rich Lite White Bread 450 g LOAF		A&P Beans 14 FL OZ TIN		Nabob Coffee 369 g VAC PAC BAG
2.79		.39 <small>Limit 6 per family purchase</small>		.59 <small>Case of 24 14 fl oz tins 10.99 SAVE 5.57</small>		3.99 <small>(Decaffeinated Coffee 369 g vac pac 5.99-Save .80)</small>

ACTION PRICES SAVE 1.00
(PEACH PIE 625 g SIZE 1.89-SAVE .40)

Jane Parker Lemon Pie 625 g size **.99**

JANE PARKER (a good source of natural fibre) **SAVE .40**
Bran Bread 675 g loaf **.79**

JANE PARKER **SAVE .30**
Cheese Bread 450 g loaf **1.09**

JANE PARKER **ACTION PRICE**
Mini Sub Rolls pkg of 6 **.99**

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

YOU'LL DO BETTER AT THE FARM AT A&P!

PRODUCT OF U.S.A., SWEET, RIPE
Fresh Strawberries

1.99 heaping quart

CANADA NO 1, PRODUCT OF ONTARIO
Seedless Cucumbers

.99 each

CANADA NO 1, PRODUCT OF U.S.A., FLORIDA, SUMMER SWEET
Corn on-the-Cob

8/1.99

ACTION PRICES SAVE 1.00
SMALL 66'S, MEDIUM 48'S, LARGE PLUS 32'S

Luv's Diapers box **10.99**
(Infant Formula M&M's 600 g pkg 5.99-SAVE 1.00)

ACTION PRICED
Gerbers Baby Foods 4.5 fl oz jar **.39**

MILUPA **SAVE .50**
Infant Baby Food 250 g pkg **2.99**

ASSORTED FLAVOURS, PACK OF 3 **SAVE .40**
Tang Fruit Drinks 250 mL tetra pack **1.19**

INSTANT, CHOCOLATE, VANILLA, STRAWBERRY **SAVE .40**
Carnation Breakfast Quench Crystals 80 g pkg **1.29**

ASSORTED FLAVOURS (Sugar Sweetened 113 g pkg 59-SAVE .20)
Kool-Aid 8 g env **5/1.00**

ASSORTED VARIETIES **SAVE .60**
Puritan Stews 680 g tin **1.99**

DETERGENT FOR DISHES **ACTION PRICED**
Palmolive Liquid 1.5 litre plst btl **3.49**

LONG GRAIN **SAVE .30**
Dainty Gem Rice 2 kg pkg **2.69**

CANADA NO 1, PRODUCT OF U.S.A., VINE RIPENED
Jumbo Cantaloupe each **.99**

CANADA FANCY, PRODUCT OF ONTARIO, ALL PURPOSE
Ida Red Apples 5 lb bag **2.89**

CANADA NO 1, PRODUCT OF U.S.A., GREEN
Seedless Grapes 439/199 lb **1.99**

CANADA NO 1, PRODUCT OF ONTARIO, TENDER GREEN
Fresh Asparagus 373/169 lb **1.99**

CANADA NO 1, PRODUCT OF U.S.A., DELICIOUS IN SALADS
Mini Carrots 12 oz pkg **.69**

CANADA NO 1, PRODUCT OF U.S.A., DELICIOUS IN SALADS
P.E.I. Potatoes 20 lb bag **2.99**

ACTION PRICES SAVE .60
Javex Bleach 3.6 litre plst btl **1.69**
(Javex Bleach for Unbleachables, 3 litre 4.39-Save .50)

FABRIC SOFTENER **SAVE 1.80**
Fleecy Liquid 5 litre plst btl **3.99**

DIGESTIVE, FRUIT CREME & FAMILY ASSORTMENT **SAVE UP TO 1.26**
Peek Frean Biscuits 600 g tin **2.99**

ASSORTED VARIETIES, READY-TO-SERVE **SAVE .40**
Duncan Hines Cookies 350 g pkg **1.99**

PRODUCT OF ONTARIO, DELICIOUS IN SALADS
Leaf Lettuce **2/.99**

CANADA NO 1, PRODUCT OF P.E.I., GREAT ON THE B.B.Q.
Baking Potatoes 5/99

PRODUCT OF U.S.A., DELICIOUS IN SALADS
Fresh Spinach 10 oz pkg **.99**

PRODUCT OF ONTARIO
Fresh Radishes 2 bunches for **.99**

CANADA NO 1, PRODUCT OF U.S.A., LARGE, MILD
Spanish Type Onions 2/.99

PRODUCT OF U.S.A., LARGE, SWEET, JUICY
Valencia Oranges bag of 12 **3.99**

ACTION PRICES SAVE 7.63
Miss Mew Cat Food case of 24 6 oz tins **7.99**
(Daily Cat Litter, 10 lb bag 3.49)

ASSORTED VARIETIES, CASE OF 24 (SINGLE 14 oz tin 49-SAVE .30) **SAVE 7.97**
Derby Dog Food 14 oz tins **10.99**

SPECIAL MENU, MEAT OR SEAFOOD **SAVE .50**
Puss'N Boots Cat Food 1 kg pkg **1.69**

CHAMPION BEEF, CHICKEN, OR LIVER **SAVE .20**
Dr. Ballards Dog Food 25 oz tin **.89**

PRODUCT OF U.S.A., SWEET, RIPE, FRESH
Cut Watermelon 108/ lb **.49**

PRODUCT OF U.S.A., DELICIOUS IN SALADS
Zucchini Squash 218/ lb **.99**

PRODUCT OF U.S.A., DELICIOUS IN SALADS & DIPS
Fresh Avocados each **.89**

PRODUCT OF SPAIN, GREAT WITH SEAFOOD & SALADS
Fresh Lemons 4/.99

PRODUCT OF U.S.A., CALIFORNIA, SWEET, JUICY, VALENCIA
Jumbo Oranges 5/1.99

PRODUCT OF ONTARIO, CHOICE OF COLOURS, GERANIUMS OR
Garden Mums 3 1/2 inch pot **.99**

ACTION PRICES SAVE 2.70
Fab Detergent 6 litre box **3.99**
(Arm & Hammer Detergent 5 litre box 3.59-SAVE .80)

REGULAR, WINTERFRESH OR GEL **SAVE .50**
Colgate Toothpaste 50 mL tube **.89**

FABERGE, REGULAR, EXTRA BODY OR OILY **ACTION PRICED**
Organic Shampoo 600 mL plst btl **2.99**

CHARCOAL **SAVE .50**
Gourmet King Briquets 10 lb bag **2.99**

ACTION PRICES SAVE .60
REGULAR OR LIGHT
Kraft Mayonnaise 500 mL jar **1.99**

ACTION PRICES SAVE .50
QUAKER, ASSORTED VARIETIES, CHEWY
Granola Bars 225 g pkg **1.99**
(Good Host, Regular or Lemon, Iced Tea Mix 750 g 3.69)

ACTION PRICES SAVE .40
REGULAR, SUPER OR SUPER PLUS, CAREFREE
O.B. Tampons box of 30 **4.39**
(Sure & Natural Maxi Shields, box of 30 4.49-SAVE .50)

ACTION PRICES SAVE .80
WHITE, CHAMPAGNE, YELLOW
Viva Paper Towels 2 roll pkg **.99**
(ScotTowel Holders, each 2.39)

ACTION PRICES SAVE .20
KRAFT, ASSORTED VARIETIES 456 mL JAR **SAVE .20**
Thick & Spicy B.B.Q. Sauce **1.99**

ACTION PRICES SAVE .20
(CASE OF 24-10 FL OZ TINS 10.99-SAVE 7.97)
REGULAR, FANCY, ASSORTED VARIETIES
Del Monte Vegetables 10 fl oz tin **.59**

ACTION PRICES SAVE .50
WHITE, YELLOW, BLUE, CHAMPAGNE TISSUE
Scotties Facial box of 200 **.99**

ACTION PRICES SAVE .50
WHITE OR CHAMPAGNE, 2-PLY TISSUE
Duvet Bathroom 4 roll pkg **1.99**

SAVE 2.90
Maxwell House Instant Coffee **4.99**
LIMIT OF 3 227 g.

REAL VALUE
REGULAR OR LIGHT 1 LITRE
Kraft Miracle Whip **2.49**

ACTION PRICES SUPER BUY!
Admiral Flaked Light Tuna 6.5 OZ. TIN **.79**

SAVE .70
ALL FLAVOURS 2 LITRE
Meadowgold Ice Cream **1.49**
LIMIT OF 3