



Heinz Ketchup

1 LITRE PLASTIC SQUEEZE BOTTLE

2.49

save 1.50



Miracle Whip

KRAFT SALAD DRESSING, REGULAR OR LIGHT

1 LITRE JAR

2.49

save up to 1.10



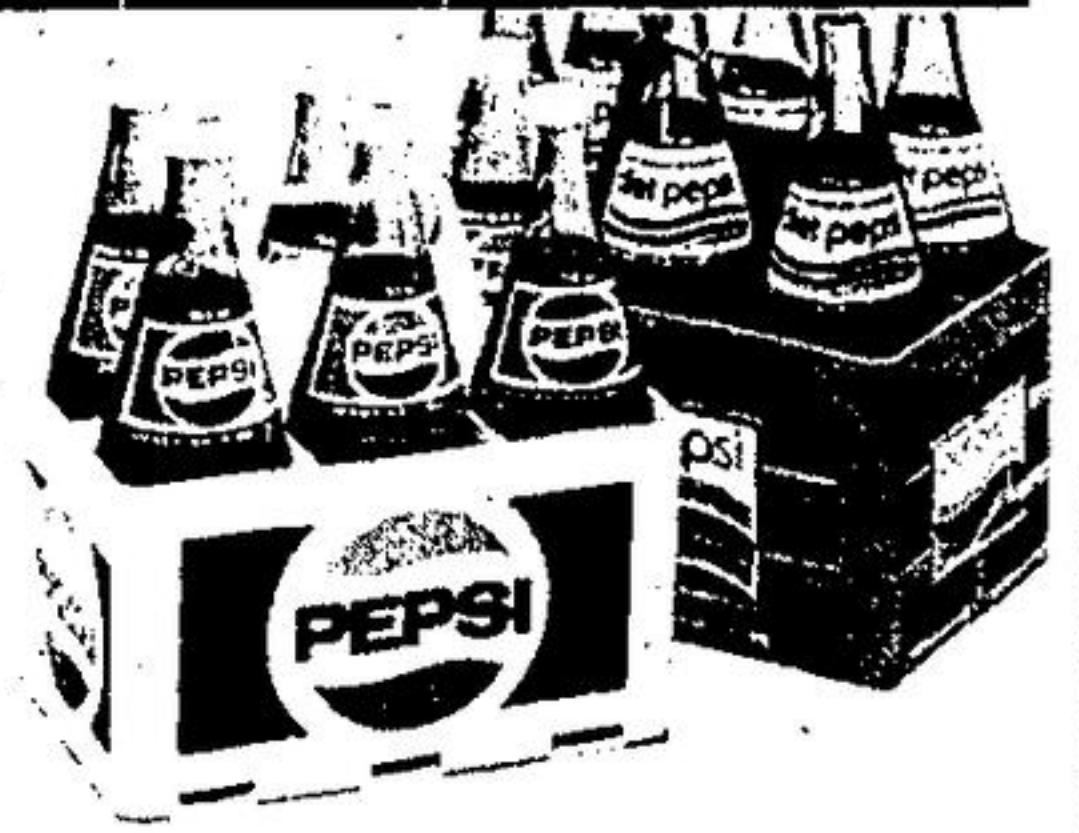
Heinz Beans

IN TOMATO SAUCE, WITH PORK, WITH PORK & MOLASSES

14 FL OZ PKG

.59

save up to .30



Pepsi-Cola

REGULAR & DIET ONLY

750 mL BTL-PLUS .30 BTL DEPOSIT

6/2.99

(Unit cost 6.6¢ per 100 mL)

FREE 2 litre DIET PEPSI-COLA with every purchase of any 6-750 mL btl

Fresh Fruits and Vegetables



- PRODUCT OF ONTARIO, ASSORTED FLAVOURS
J.B. Fruit Drinks 1.5 litre btl **1.29**
- PRODUCT OF NEW ZEALAND
Fresh Kiwi Fruit **2/.99**
- CANADA FANCY, PRODUCT OF ONTARIO, ALL PURPOSE
Ida Red Apples 5 lb bag **2.99**
- PRODUCT OF U.S.A., CALIFORNIA
Fresh Broccoli bunch **.99**

Romaine Lettuce

PRODUCT OF ONTARIO, FRESH, DELICIOUS IN CAESAR SALAD

2/.99

- CANADA NO. 1, PRODUCT OF ONTARIO
Green Cabbage each **.79**
- PRODUCT OF U.S.A.
Fresh Blueberries pint **1.99**
- PRODUCT OF U.S.A., JUICY, SEEDLESS
Fresh Limes **12/1.99**
- PRODUCT OF U.S.A., SWEET, RIPE
Whole Watermelon each **3.99**

Jumbo Pineapple

PRODUCT OF MEXICO, SWEET, RIPE

1.99 each

- CANADA NO. 1, PRODUCT OF U.S.A., SWEET, RIPE
Bing Cherries 4³⁹/₁₉₉ lb **4.39/1.99**
- CANADA NO. 1, PRODUCT OF U.S.A., SUMMER SWEET
Corn On-The-Cob **6/1.99**
- CANADA NO. 1, PRODUCT OF U.S.A., GREEN OR RED
Seedless Grapes 4³⁹/₁₉₉ lb **4.39/1.99**
- PRODUCT OF MEXICO, RIPE, JUICY
Fresh Mangoes each **.99**

Seedless Cucumbers

CANADA NO. 1, PRODUCT OF ONTARIO

.99 each

- PRODUCT OF U.S.A., CALIFORNIA, SWEET, JUICY
Fresh Nectarines 2¹⁹/₁₉₉ lb **2.19/1.99**
- PRODUCT OF U.S.A., CALIFORNIA, JUMBO SIZE
Valencia Oranges **5/1.99**
- PRODUCT OF ONTARIO, FRESH
Bunch Radishes **2/.99**
- CANADA NO. 1, PRODUCT OF U.S.A., SOUTH CAROLINA, SWEET, JUICY
Fresh Peaches 2¹⁸/₁₉₉ lb **2.18/1.99**

paper special

1-PLY BATHROOM, ASSORTED COLOURS

White Swan Tissue

1.29 pkg of 4 rolls

save up to .70

- CAPRI, 1-PLY, WHITE, YELLOW, BEIGE
Bathroom Tissue pkg of 4 rolls **.99**
- WHITE SWAN
Paper Serviettes pkg of 240 **2.49**
- ASSORTED FLAVOURS
Kisko Freezies pkg of 18 20 mL **.99**

dairy specials

PROCESS CHEESE FOOD

Kraft Cheese Whiz

2.99 500 g jar

save up to 1.20

- REFRIGERATED, CRESCENT OR BUTTERFLAKE
Pillsbury Rolls 227 g pkg **.99**
- ORANGE DRINK, REFRIGERATED
Honey Dew 64 fl oz cont **1.99**
- BEATRICE, REFRIGERATED
Sour Cream 500 mL ctn **1.19**

frozen specials

OLDE-FASHIONED, ASSORTED FLAVOURS

Beatrice Ice Cream

3.49 2 litre carton

save 1.50

- FROZEN, CONCENTRATED, LIMEADE, WHITE & PINK REGULAR OR DIET LEMONADE
Minute Maid Lemonade 355 mL tin **.59**
- CHIQUITA, FROZEN, ASSORTED FLAVOURS
Ice Cream Novelties pkg of 6 **2.29**
- FROZEN, STRAIGHT CUT OR CRINKLE CUT
McCain Superfries 1 kg poly pkg **1.49**

summer specials

REGULAR INSTANT 227 g OR DECAFFEINATED COFFEE, SANKA OR

Maxwell House

5.99 170 g jar

save up to 2.50

- SUN PAC, FROM CONCENTRATE
Apple Juice 48 fl oz cont **.89**
- ORANGE PEKOE
Red Rose Tea Bags pkg of 160 **2.29**
- ASST FLAVOURS INCLUDING CHOCOLATE CHIP
Colonial Cookies 1 lb bag 400 g **1.79**

save up to .60

- 2-PLY DECORATOR-PLAIN WHITE, PRINTED ORANGE, GREEN OR GOLD
White Swan Paper Towels pkg of 2 rolls **.99**
- SANDWICH CREAMS OR ASSORTED
A&P Cookies 900 g box **2.89**
- HOSTESS, ASSORTED VARIETIES
Potato Chips 200 g pkg **1.19**
- KRAFT, WHITE OR FLAVOURED, JET PUFFED
Marshmallows 250 g pkg **.99**
- MONARCH, ASST VAR INCLUDING FUDGE BROWNIE
Added Touch Cake Mixes 125 g pkg **.89**

save .50

- BEATRICE, REFRIGERATED, FRESH
Whipping Cream 250 mL cont **.99**
- GRAPE DRINK (48 fl oz tin .99-Save .70)
Welchade 250 mL tetra packs pack of 3 **.99**
- PREPARED
Heinz Mustard 500 mL jar **.99**
- CONVERTED
Uncle Ben's Rice 2 kg pkg **3.99**
- TROPICAL, GRAPE OR FLORIDA CITRUS
Sunny Delight 250 mL tetra packs pack of 3 **.99**

save .50

- GOOD HUMOR, ASSORTED FLAVOURS
Sealtest Popsicles pkg of 24 **2.49**
- HEREFORD
Corned Beef 12 oz tin **1.99**
- THIRST QUENCHER, LEMON LIME OR ORANGE FLAVOURS
Gatorade 950 mL plast btl **1.39**
- ASSORTED VARIETIES
Lancia Pastas 500 g pkg **.69**
- NESTLE ASSORTED VARIETIES
Mini Puddings 5 fl oz tins pkg of 4 **1.99**

Fresh Ground

- A SUPERB BLEND, RICH IN BRAZILIAN COFFEES (12 lb bag 14.75-Save .90)
8 O'Clock Bean Coffee 1 lb bag **4.99**
- SURTEC, PLASTIC
Garbage Bags pkg of 10 **1.49**
- REGULAR, MINT, GEL OR 'NEW' TARTAR
Crest Toothpaste 100 mL tube **1.59**
- GENER-9 INCH SIZE
Foam Plates pkg of 50 **2.99**
- GOODTIMES
Foam Cups pkg of 51 **.99**

save 7.13

- ASSORTED VARIETIES (Single 170 g tin 3/1.00-Buy 3-Save .89)
Purrr Cat Food case of 24 170 g tins **7.99**

save up to 12.97

- FROZEN, CONCENTRATED, UNSWEETENED, ORANGE, GRAPE, APPLE
Sun Pac Juices case of 24 12 fl oz tins **17.99**

save up to .90

- REGULAR OR HONEY NUT 350 g
Kellogg's Corn Flakes 675 g pkg **1.99**

save .50

- HEINZ, FANCY
Tomato Juice 48 fl oz tin **.99**

case lot sale

(Single 695 mL Btl .89) **NATURAL LIME, ORANGE OR LEMON, CARBONATED MINERAL**

Perrier Water

CASE OF 12-695 mL BTLS

9.99 SAVE 5.49

case lot sale

(Single pack of 3-250 mL .89) SUN PAC-ORANGE, APPLE, GRAPE OR FRUIT PUNCH. *FLAVOURS

Snoopy Fruit Drinks

CASE OF 9 PACKS OF 3-250 mL

7.99 SAVE 6.32

You'll do better at...



100 Sinclair Ave. (Corner of Hwy. 7) Georgetown
STORE HOURS: OPEN 24 HOURS: Monday 8:00 a.m. to Saturday 8:00 p.m.