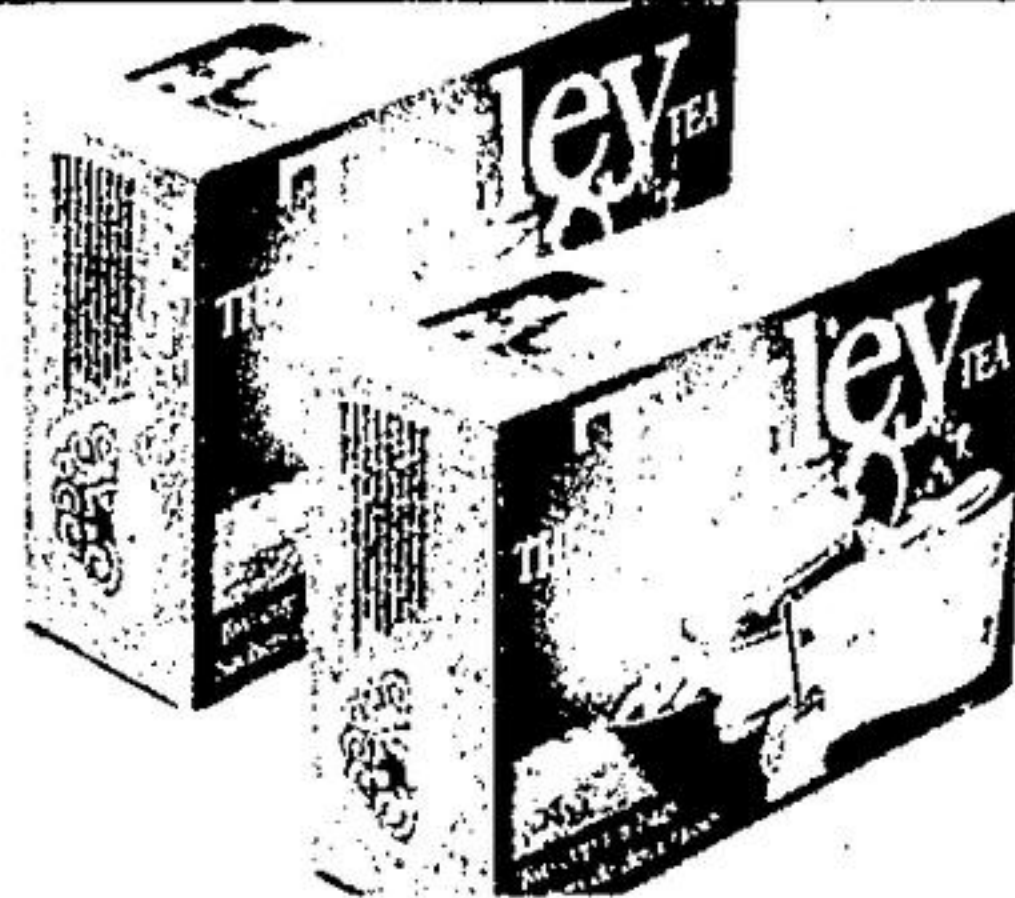


SOFT MARGARINE
Fleischmann's
TWIN PACK OF 2-8 OZ TUBS

.99

save .70



ORANGE PEKOE
Tetley Tea Bags
PKG OF 144

3.99

SAVE 2.00

1/3 off

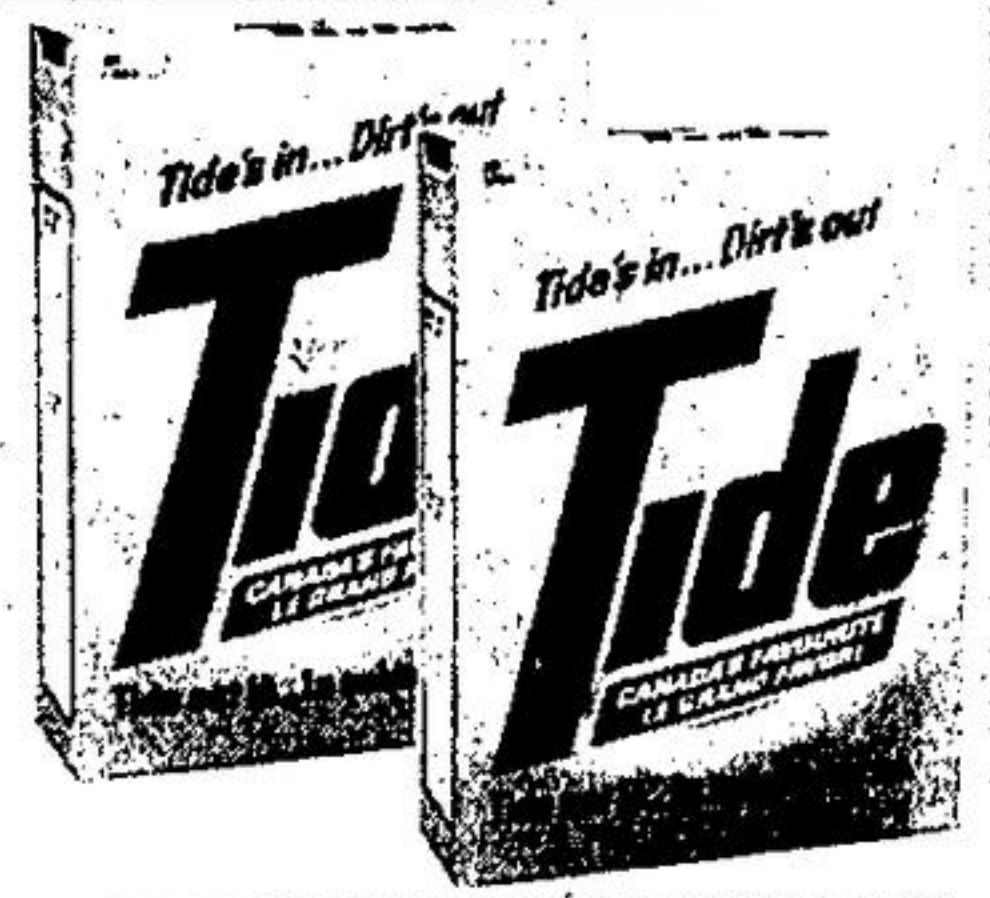


REGULAR INSTANT COFFEE 227 g
OR DECAFFEINATED OR SANKA
Maxwell House
170 g JAR

5.99

(Sanka Regular or Dark Roast)

save up to 1.80



POWDERED, LAUNDRY, SCENTED OR UNSCENTED
Tide Detergent
12 LITRE BOX

7.99

(Feature price without coupon 8.99)

with coupon below

Fresh Fruits
and Vegetables

The Farm

PRODUCT OF MEXICO, IDEAL IN FRUIT SALAD
Fresh Pineapple

1.99 each

CANADA NO. 1, PRODUCT OF ONTARIO,
FULL SWEET KERNELS, FRESH
Corn On-The-Cob

10/1⁹⁹

PRODUCT OF U.S.A., IDEAL IN SALADS
Fresh Spinach

.79 10 oz pkg

- PRODUCT OF MEXICO, SWEET
Mangoes each .79
- PRODUCT OF ONTARIO, SNAPPY FRESH
Fresh Green Beans 174/lb .79
- PRODUCT OF ONTARIO, IDEAL IN SALADS
Fresh Broccoli bunch .99
- CANADA NO. 1, PRODUCT OF ONTARIO, LONG SLICERS, FRESH
Seedless Cucumbers each .99

- CANADA NO. 1, PRODUCT OF U.S.A., IDEAL IN FRUIT SALAD
Cantaloupes each .99
- PRODUCT OF U.S.A., SWEET, JUICY
Nectarines 218/lb .99
- PRODUCT OF U.S.A., FOR THOSE COOL DRINKS
Fresh Limes 8/.99
- CANADA NO. 1, PRODUCT OF U.S.A., FIRM RIPE
Bartlett Pears 218/lb .99

- CANADA NO. 1 GRADE, PRODUCT OF ONTARIO, NEW CROP
Fresh Green Cabbage each .69
- CANADA NO. 1, PRODUCT OF U.S.A., FAMILY PACK
Fresh Tomatoes 1 1/2 lb tray 1.99
- CANADA NO. 1, PRODUCT OF SOUTH CAROLINA SWEET
Freestone Peaches 218/lb .99
- PRODUCT OF U.S.A., LARGE BERRIES
Blueberries pint 1.99

- CANADA NO. 1, PRODUCT OF U.S.A., RED OR GREEN
Seedless Grapes 328/1.49 lb
- CANADA NO. 1, PRODUCT OF U.S.A., FULL OF JUICE
Sweet Plums 218/lb .99
- PRODUCT OF U.S.A., SWEET, A REAL TREAT
Watermelon each 3.99
- PRODUCT OF U.S.A., SWEET
Valencia Oranges bag of 12 3.99

dairy specials

REGULAR PROCESSED CHEESE FOOD
Kraft Slices

2.99 pkg of 16

save 1.10

frozen specials

FROZEN, CONCENTRATED, APPLE, RASPBERRY OR
McCain Orange Juice

.99 12 1/2 fl oz tin

save .50

summer specials

1-PLY BATHROOM, ASSORTED COLOURS
White Swan Tissue

1.39 pkg of 4 rolls

save .60

case lot sale

ASSORTED COLOURS, BATHROOM
Capri Tissue

9.99 case of 12 4 roll pkg

(single 4 roll pkg .99)

- MONARCH, 100% VEGETABLE OIL
Soft Margarine 1 lb cont .99
- BLACK DIAMOND
Colby Cheese 225 g pkg 1.99
- BEATRICE, ALL FLAVOURS
Squeeze 4 litre btl 1.79

- FROZEN, ASSORTED VARIETIES
Sara Lee Cakes 369 g pkg 2.49
- CONCENTRATED CITRUS, REGULAR OR LIGHT
Frozen Five Alive 12 fl oz tin 1.19
- FROZEN, CHIOUITA
Fruit Bars pkg of 6 1.99

- CATELLI, TOMATO
Spaghetti Sauce 28 fl oz jar .99
- REGULAR
Catelli Lasagna 300 g pkg 1.29
- SPAGHETTI, SPAGHETTINI, READY CUT OR STRAIGHT MACARONI, FETTICINE LINGUINE
Catelli Pastas 900 g pkg 1.29

- SALTED, UNSALTED
Planters Peanuts 350 g pkg 1.99
- ASSORTED VARIETIES
Lowney's Snack 175 g pkg 1.49
- DRY ROASTED, UNSALTED
Planters Peanuts 750 g cont 3.59

buy 3-save 1.30

- FRUIT ON THE BOTTOM, ALL FLAVOURS
Sealtest Yogourt 175 g cont 3/1.49

- CHOCOLATE
Sealtest Nutty Cones pkg of 6 2.29

- FOR DISHES
Ivory Liquid Detergent 1 litre pld btl 2.99

- FOR AUTOMATIC DISHWASHERS
Cascade Detergent 1.8 kg pkg 5.79

- ASSORTED VARIETIES
Habitant Soups 14 fl oz tin .69
- ASSORTED CUTS, CATELLI
Egg Noodles 375 g .99
- CATELLI OLD FASHIONED, ASSORTED VARIETIES
Spaghetti Sauce 750 mL jar 1.99
- ASST. VAR. BREAD & BUTTER, KOSHER BABY DILLS, POLSKI BABY DILLS
Heinz Pickles 500 mL jar 1.79

- ASSORTED
Del Monte Juices 1 litre tetra pack .99
- FRUIT SALAD, DICED PEACHES OR PEARS
Del Monte Fruit Cups pkg of 4 5 oz tins 2.49
- PINEAPPLE ORANGE, PINEAPPLE GRAPEFRUIT
Del Monte Drinks 48 fl oz tin 1.49
- FANCY, ASSORTED VARIETIES
Del Monte Vegetables 10 fl oz tin .49

- LUXURY, ASSORTED VARIETIES
Beefeater Dog Food 185 g tin 2/.99
- BEEF CHUNKS, TRIO
Alpo Dog Food 24 oz tin .99
- LIQUID, REGULAR OR FRESH SCENT
Javex Bleach 3.6 L pld btl 1.49
- LIQUID
Pinesol Cleaner 800 mL cont 3.59

- FABRIC SOFTENER
Fleecy Liquid 3.6 L pld btl 2.99
- SCOPE MOUTHWASH
Scope Mouthwash 750 mL btl 4.49
- DEODORANT OR NON-DEODORANT, REGULAR OR SUPER
Playtex Tampons pkg of 30 4.59
- 40, 60 OR 100 WATT
Sylvania Light Bulbs pkg of 4 2.49

action price

- CHEFMASTER, SMOOTH
Peanut Butter 1 kg pld pail 3.99

save .76

- CEREAL
Kellogg's Corn Flakes 350 g pkg .99

real value

- ASSORTED COLOURS
White Swan Facial Tissue box of 200 sheets .89

save .60

- WHITE SWAN, ASSORTED COLOURS
Decorator Towels pkg of 2 rolls .99

real value

- ASSORTED VARIETIES BEVERAGES, REGULAR OR DIET
Canada Dry 750 mL BTL 2/.99 2 LITRE BTL 1.69
- (Plus .30 btl deposit) (Unit cost 8.5¢ per 100 mL)

action price

- PLAIN, RIPPLE OR SALT & VINEGAR
A&P Potato Chips 200 g pkg .99

WITH THIS COUPON **A&P** SAVE 1.50
NEWBORN 40'S, REGULAR ABSORBENT 54'S, EXTRA ABSORBENT 49'S, SUPER ABSORBENT 40'S, TODDLERS 39'S, TODDLERS PLUS 32'S

Pampers Diapers box 9.49

LIMIT: one per coupon. VALID UNTIL JULY 26th, 1986. (Feature price 10.99 without coupon.) V.C.#

WITH THIS COUPON **A&P** SAVE 1.00

SCENTED OR UNSCENTED, POWDERED LAUNDRY
Tide Detergent 12 litre box 7.99

LIMIT: one per coupon. VALID UNTIL JULY 26th, 1986. (Feature price 8.99 without coupon.) V.C.#