

K
KNECHTEL

FROZEN FOOD



Honeydew Fruit Drinks
Frozen 12 Oz. Tin

1/2 PRICE

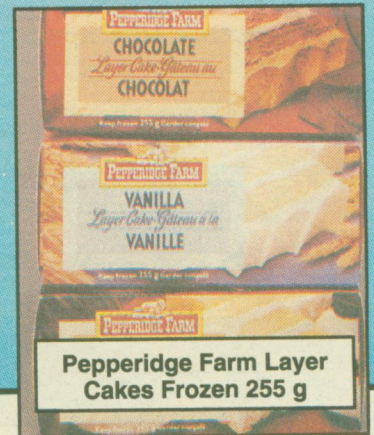
You Pay Only 59¢



Cavendish Hash Browns
750 g Bag

1/2 PRICE

You Pay Only 59¢



Pepperidge Farm Layer
Cakes Frozen 255 g

1/2 PRICE

You Pay Only 79¢



SAVE
2.00

**CHAPMANS
ICE CREAM**

4 Litre Tub

2.99



EGGO
WAFFLES
Assorted Varieties
312 g Pkg.
2.29

**Green Giant
VEGETABLES**

Selected Varieties
750 g/1 kg

2.99



SAVE
.40

**PILLSBURY
TOASTER
STRUDEL**

All Varieties 326 g Pkg.

2.49



Seafresh
Fish Sticks
or Battercrisp Fish
350 g
1.99

**CAVENDISH
FRENCH
FRIES**

1 kg Bag

1.39



SAVE
.50

**KRAFT
DINNER
DELUXE**

400 g Box

2.49



SAVE
.40

**Kraft Velveeta
CHEESE &
SHELLS**

350 g Box

2.49



SAVE
.30

**ALLEN'S
APPLESAUCE**

14 Oz.

1.19



GREAT
VALUE

**CLARK
BEANS**

14 Oz. Tin
Special Price With Coupon

6/3.99

Special Price Without Coupon 6/4.99

This week's recipe winner is Judy Newman.
Judy shops at Stonetown Foodmarket in St. Marys
and receives a \$25.00 Knechtel Food Voucher.
Congratulations!!

Send your recipes to the Knechtel Corp. Attn: Lynda Tiffin, P.O. Box 1358
Kitchener, ON, N2G 4H8. Please include your name, address, phone number and
the name of the Knechtel store where you shop.

EASY OVEN STEW

1 - lb. lean stewing beef cut
into bite size pieces
1 - can tomato soup,
undiluted

1 - cup beef broth
2 - onions, cut into wedges
1 - cup sliced carrots
1 - bay leaf

1/2 - tsp. salt
pinch - freshly ground pepper
3/4 - cup frozen peas

Place beef, tomato soup, onion, carrots, bay leaf, salt and pepper in a medium casserole; stir
well. Cover. Bake in at 275 for about 4 hours until meat is tender. Stir once or twice during
cooking time. Add peas about 20 minutes before stew is done.