



Prices Effective: Monday Nov. 29 to Saturday Dec. 4, 1993.  
We reserve the right to limit quantities.

# FOODLAND



**SAVE 60¢**  
675 g

**Kellogg's  
Corn Flakes**

**1.99**

2.59 without. Available at Foodland only.  
Limit 1 box per coupon. Expires Dec. 4/93.  
A.C. NIELSEN 71367154 rl

Cut From Canada "A" Grades Beef  
Wing or

**T-bone  
steaks**

8.80/kg

**3.99** lb.

Product of Spain  
Easy-to-Peel

**clementine  
oranges**

2.3 kg box

**4.99**

**SAVE 50¢**

400 g - 450 g Chunky Chips Ahoy,  
Chips Ahoy, Chips Ahoy Rainbow,  
Fudge-O, Oreo

**Christie  
cookies**

**1.99**

2.49 without. Available at Foodland only.  
Limit 1 pkg. per coupon. Expires Dec. 4/93.  
A.C. NIELSEN 01126352 rl

10 oz. Double Noodle,  
Hearty Vegetable & Pasta,  
Vegetable, Chicken Noodle

**Campbell's  
soups**

**2.99**

241 g - 326 g "Frozen"  
Selected Varieties

**Swanson  
dinners**

**1.99**

355 ml "Frozen"

**Old South  
orange  
juice**

**.79**

6 litre Ultra,  
12 litre Original

**Tide  
powdered  
laundry detergent**

**7.99**

All Purpose

**Five Roses  
flour**

**6.99**

425 g - 520 g  
Selected Varieties  
MONARCH

**Added Touch  
cake mix**

**.99**

250 ml x 3 Tetra Pack  
Selected Varieties

**Minute Maid  
juices  
& drinks**

**.99**

900 g  
Selected Varieties

**Catelli  
pasta**

**3.19**

3 for 2.99 without coupon

200 g

**Mother Parkers  
instant  
coffee**

**2.99**

3.99 without coupon

Value Priced

**bathroom  
tissue**

**1.69**

500 g 100% Peanuts,  
No Salt, Smooth, Crunchy

**Kraft  
peanut  
butter**

**1.69**

1.99 without coupon

5 litre Liquid

**Javex  
bleach**

**2.49**

**TENDERBEST**

Cut From Canada "A" Grades Beef

**boneless  
sirloin tip  
roasts**

7.69/kg

**3.49** lb.

Fresh Chicken	"Fresh" Ontario Pork Regular or With Dressing
<b>drumsticks or thighs</b>	<b>boneless pork butt roast</b>
3.28/kg <b>1.49</b> lb.	3.73/kg <b>1.69</b> lb.
340 g 40 Count "Frozen"	250 g Beef Only Twin Pack
<b>Mirabel shrimp ring</b>	<b>Schneiders meat pies</b>
<b>7.99</b>	<b>.99</b>
500 g Assorted Varieties	Cut From Canada "A" Grades Beef
<b>Schneiders side bacon</b>	<b>boneless stewing beef</b>
<b>2.99</b> pkg.	6.59/kg <b>2.99</b> lb.

1 litre

**Frontenac  
egg nog**

**.89**

225 g  
Macaroni & Cheese

**Kraft Dinner**

**.69**

750 ml bottle Regular or Diet

**7-UP or  
Pepsi**

**.69** per deposit

2 litre bottle Regular or Diet	24 x 355 ml cans Regular or Diet
<b>7-Up or Pepsi</b>	<b>7-UP or Pepsi</b>
<b>1.49</b> 7c/100 ml	<b>6.99</b> 8c/100 ml

**FRESHBEST**

Product of U.S.A.  
No. 1 Grade

**fresh  
tomatoes**

1.74/kg

**.79** lb.

Product of Ontario Canada Fancy Grade	Product of U.S.A. No. 1 Grade
<b>McIntosh apples</b>	<b>fresh celery stalks</b>
5 lb. bag <b>2.99</b>	each <b>.89</b>

**DELI**

Deli Sliced Assorted Varieties Popular Varieties	Deli Sliced Seasoned, Cooked or smoked
<b>Schneiders lunch meats</b>	<b>turkey breast</b>
3.99/lb. <b>.88</b> 100 g	5.99/lb. <b>1.32</b> 100 g
Deli Sliced Seasoned SCHNEIDERS	Deli Sliced
<b>cooked roast beef</b>	<b>Hereford corned beef</b>
4.99/lb. <b>1.10</b> 100 g	3.99/lb. <b>.88</b> 100 g

**Save \$1.00**  
900 g

Selected Varieties

**Catelli pasta**

3 for 1.99 with coupon. 3 for 2.99 without.  
Limit 3 pkgs. per coupon.  
Available at Foodland. Expires Dec. 4/93.  
A.C. NIELSEN 10813919 rl

**Save 50¢**  
500 ml VACHON

**Double Fruit  
jam**

2.99 with coupon. 3.49 without.  
Limit 1 jar per coupon.  
Available at Foodland. Expires Dec. 4/93.  
A.C. NIELSEN 18103856 rl

**Save 30¢**  
500 g 100% Peanuts, No Salt,  
Smooth, Crunchy  
KRAFT

**peanut butter**

1.69 with coupon. 1.99 without.  
Limit 1 jar per coupon.  
Available at Foodland. Expires Dec. 4/93.  
A.C. NIELSEN 41990751 rl

**Save \$1.00**  
200 g

**Mother Parkers  
instant coffee**

2.99 with coupon. 3.99 without.  
Limit 1 pkg. per coupon.  
Available at Foodland. Expires Dec. 4/93.  
A.C. NIELSEN 24305121 rl

**Save 50¢**  
300 ml EAGLE BRAND

**sweetened  
condensed milk**

1.89 with coupon. 2.39 without.  
Limit 1 tin per coupon.  
Available at Foodland. Expires Dec. 4/93.  
A.C. NIELSEN 14008968 rl

## RECIPE CORNER

**Baked Spareribs with Dressing**  
(Four servings)  
Preheat oven to 500 degrees Fahrenheit.  
Parboil for two minutes: 4 pounds spareribs.  
Cut into two pieces. Spread one piece with Apple Onion Dressing (see recipe). Cover the dressing with the other piece of meat. Tie the two pieces together. Rub the outside of the meat with:

2 tablespoons flour  
1/8 teaspoon salt  
A few grains pepper.

Place on a rack in an uncovered roasting pan and reduce the heat at once to 325 degrees F. Bake for about one hour. Baste the

meat every 10 minutes with the fat in the pan.

**Apple and Onion Dressing (About 12 cups)**  
Place in boiling water for five minutes: 1 cup raisins. Drain well. Add them to: 7 cups soft bread crumbs. Melt: 3/4 cup butter. Sauté in it for three minutes: 1 cup chopped onion 1 chopped clove garlic 1 cup chopped celery

Add these ingredients to the bread crumbs with:

3 cups tart diced apples  
1/4 cup finely chopped parsley  
1 1/2 teaspoons salt  
1/4 teaspoon paprika

**Pork Side Ribs**

**\$1.29 lb.**  
(\$2.84 kg.)

**At Acton Foodland only!!**