

**MENU-WISE  
BUDGET WISE**

**BEST  
FOOD  
BUYS**



CHOICE PLUMP CANADA GRADE "A"

**CHICKENS**  
2½-lb. to 3-lb.  
Average  
**39¢**  
lb.

TENDER, JUICY  
**CHICKEN  
QUARTERS**  
lb. **45¢**

LEAN - MEATY - PORK  
**SPARERIBS** **79¢** L.B.

SWIFT PREMIUM BY THE PIECE  
**BOLOGNA** **39¢** lb

SWIFT PREMIUM - SKINLESS  
**SAUSAGE** **49¢** lb

SWIFT PREMIUM 6-OZ. PKG.  
**COOKED HAM** **59¢**

Swift Premium Smoked  
**Picnics** **59¢** lb

**FREEZER SPECIAL!**  
FREEZER SPECIAL! 10 to 13-lb. avg.  
**Whole Loin of Pork** lb **89¢**  
**BRAISING RIBS** 4 lbs. \***2.99**

**SUPER XTRA**  
CHRISTIE'S PREMIUM  
**CRACKERS**  
1-lb. Pkg. **38¢**  
SUPER DAVE MARKET

**SUPER XTRA**  
SHIRRIFF  
MASHED INSTANT  
**POTATOES**  
12-oz. Pkg. **49¢**  
SUPER DAVE MARKET

**SUPER XTRA**  
INSTANT COFFEE  
**NESCAFE**  
10-OZ. JAR  
**\$1.69**  
SUPER DAVE MARKET

**SUPER XTRA**  
SOCKEYE  
**SALMON**  
7¾-oz. Tin **66¢**  
SUPER DAVE MARKET

**FROZEN FOOD FEATURES!**  
BRUNSWICK 1 LB. BAR  
**HADDOCK FILLETS** **79¢**  
BANQUET 8 OZ. PKG.  
**MEAT PIES** 4 FOR **\$1**  
SUPREME - 12 OZ. TIN  
**ORANGE JUICE** 2 FOR **75¢**

SUPER SAVER! - UTOPIA  
**CHOICE TOMATOES** 28-oz. tin **29¢**

NESTLE'S 2 LB. TIN  
**CHOCOLATE QUIK** FOR HOT OR COLD DRINKS **89¢**

SUPER SAVER! - MONARCH ASSORTED - Pouch Pack  
**CAKE MIXES** 2 FOR **37¢**

SUPER SAVER! - Chef Boy-ar-dee Meat or Mushroom  
**SPAGHETTI SAUCES** 14-OZ. TINS 2 FOR **69¢**

SUPER SAVER! - SWIFT PREMIUM 1½-Lb. Tin  
**CANNED HAMS** **\$1.49**

SUPER SAVER! - KRAFT MILD  
**CHEESE** CRACKER BARREL - 12-oz. Wedge **69¢**

SUPER SAVER! - ROASTED  
**COFFEE** RED ROSE 1-Lb. Bag **89¢**

SUPER SAVER! 12-Oz. Tins  
**PREM LUNCH MEAT** 2 FOR **89¢**

FEATURE! - KRAFT 32-Oz. Jar  
**MIRACLE WHIP SALAD DRESSING** **67¢**

CHICKEN NOODLE 2 PACKS  
**LIPTON SOUP MIX** 4 FOR **99¢**

FEATURE! - CANADIAN PROCESS 8-Oz. Pkg.  
**SUNSPUN CHEESE SLICES** **45¢**

FEATURE! - AYLMER  
**JAMS** Raspberry-Strawberry (With Pectin) 24-OZ. JAR **49¢**

SUPER SAVER! - HOUSEHOLD  
**SCOTT TOWELS** 2 roll pack **55¢**

SUPER SAVER! - BATHROOM SINGLE PLY  
**MARLBORO** TOILET TISSUE 4 ROLL S **39¢**

SUPER SAVER! - WITH PORK ... 19-Oz. Tins  
**VAN CAMP BEANS** 2 FOR **49¢**

SUPER SAVER!  
**LUX LIQUID** 24-oz. bottle **59¢**

SUPER SAVER! - G.P.  
**SOFT MARGARINE** 1 LB. TUB 3 FOR **\$1**

PEEK FREAN - ALL VARIETIES  
**ASSORTED COOKIES** 1 LB. BAG **55¢**

RED BREAST  
**COHOE SALMON** 7¾ OZ. TIN **49¢**

26 OZ. RETURNABLE BOTTLES  
**CLASSIC BEVERAGES** 6 FOR **\$1**

SHIRRIFF - ALL FLAVOURS 3¾ OZ. PKGS.  
**JELLY POWDERS** 10 FOR **99¢**

SHIRRIFF - GOOD MORNING  
**MARMALADE** 24 OZ. JAR **59¢**

**PRODUCE FEATURE**  
ONT. NO. 1 3 LB. BAG.  
**COOKING ONIONS** **29¢**  
PINK OR WHITE  
**GRAPEFRUIT** 10 FOR **99¢**  
FRESH PICKED-TANGMERE  
**MUSHROOMS** **69¢** L.B.

PALM GARDEN  
**TEA BAGS** 100 to cello **69¢**  
OVEN PRIDE - ALL PURPOSE  
**FLOUR** 7-lb. bag **69¢**  
FEATURE! - DOMESTIC  
**SHORTENING** 1-lb. **39¢**  
McNAIR AUSTRALIAN SULTANA  
**RAISINS** 2-lb. cello **69¢**

**Health & Beauty Features**  
TOOTH PASTE  
**CLOSE UP** Family tube **99¢**  
1½ OZ. TUBE  
**SCORE** Hair Dressing **49¢**  
REG. 4-OZ. TIN  
**BAN SUPER DRY** **89¢**  
KOTEX - REGULAR  
**NAPKINS** PKG. OF 12's **53¢**

**LEDWITH'S**

238 Main St.  
**MILTON**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

