

Miracle's 'Beef at its Best'



ON BEEF AT IT'S BEST

Our Reg. Price \$2.98 to \$3.98
Boneless full round or
SIRLOIN STEAKS
From Best Quality Grade A Beef

2.48
LB.

Save up to 90¢ lb. Limit 3 per Family **BEST BUY**

Our Reg. Price \$3.58
No Tail, T-Bone or
PORTERHOUSE STEAKS
From Best Quality Grade A Beef

2.68
LB.

Save 90¢ lb. Limit 6 per Family **BEST BUY**

Our Reg. Price \$3.08
Boneless
SIRLOIN TIP ROASTS
From Best Quality Grade A Beef

2.38
LB.

Save 70¢ lb. **BEST BUY**

Our Reg. Price \$1.28 lb.
By the 5 lb. ctn. only
CHICKEN LEGS
Frozen

88¢
LB.

Save \$2.00 ctn. **BEST BUY**

Our Reg. Price \$1.38
Fresh Ontario Pork
FRESH LEG OF PORK ROASTS
Butt Portion

88¢
LB.

Save 50¢ lb. **BEST BUY**

Our Reg. Price \$1.18
SMOKED PORK PICNIC SHOULDERS
5-7 lb. avg. size

88¢
LB.

Save 30¢ lb. **BEST BUY**

Regular Bone in
RUMP ROASTS
From Best Quality Grade A Beef

2.48
LB.

BEST BUY

Frozen Utility Grade
FRYING OR ROASTING CHICKENS

66¢
LB.

BEST BUY

Quality Wieners
SHOPSY'S FUNTASTICKS
1 lb. pkg.

1.08

BEST BUY

Empire or Pioneer
SLICED SIDE BACON
1 lb. pkg.

1.18

BEST BUY

Pride of Canada
SLICED COOKED HAM
6 oz. pkg.

1.18

BEST BUY

PRIDE OF CANADA WIENERS
1 lb. pkg.

1.28

BEST BUY

ON YOUR GROCERY ORDER

Our Reg. Price \$4.09
CHASE & SANBORN GROUND COFFEE
1 lb. bag

2.99

Save \$1.10 or 26% **BEST BUY**

Our Reg. Price \$1.02
FBI PURE APPLE JUICE
48 fl. oz. btl.

79¢

Save 23¢ or 22% **BEST BUY**

Our Reg. Price 87¢
Miracle Food Mart
Frozen Concentrated
FLORIDA ORANGE JUICE
12 1/2 fl. oz. tin

69¢

Save 18¢ or 20% **BEST BUY**

Our Reg. Price \$1.03
Bye the Sea
FLAKED LIGHT TUNA
6 oz. tin

88¢

Save 15¢ or 14% **BEST BUY**

Our Reg. Price \$2.69
Regular Disposable
BABY SCOTT DIAPERS
pkg. of 30

1.99

Save 70¢ or 26% **BEST BUY**

Our Reg. Price \$2.29
Miracle Food Mart
GARBAGE BAGS
pkg. of 20

1.69

Save 60¢ or 26% **BEST BUY**

Regular or Diet
SEVEN-UP
750 ml. btl.
plus 25¢ deposit

33¢

BEST BUY

From the Tudor Bakery
"MIRACLE'S IN-STORE BAKERY"

All Purpose
MONARCH FLOUR
2.5 kg bag

1.29

BEST BUY

A Tasty Treat
CHELSEA BUNS
pkg. of 6

1.19

Beef, Irish or Meatball
CLARK'S STEWS
24 fl. oz. tin

1.19

BEST BUY

Tudor
CRUSTY ROLLS
pkg. of 8

59¢

Delicious
COCONUT MACAROONS
pkg. of 12

1.19

ON HARVEST-FRESH PRODUCE

Our Reg. Price 12/\$1.48
Product of U.S.A.
NEW CROP FLORIDA TANGELOS

12/98¢

Save 50¢ or 33% **BEST BUY**

Our Reg. Price \$1.89
Fancy Grade
ONTARIO GROWN McINTOSH APPLES
5 lb. bag

1.29

Save 60¢ or 31% **BEST BUY**

Our Reg. Price 79¢
No. 1 Grade
ONTARIO GROWN CARROTS OR YELLOW ONIONS
5 lb. bag

58¢

Save 21¢ or 26% **BEST BUY**

Our Reg. Price 78¢
Product of U.S.A.
Washed and Trimmed
SPINACH
10 oz. bag

58¢

Save 20¢ or 25% **BEST BUY**

Fresh from the Tropics
LARGE SIZE BANANAS

29¢
LB.

BEST BUY

Product of U.S.A.
RED EMPEROR GRAPES

68¢
LB.

BEST BUY

Product of South Africa Outspan
VALENCIA ORANGES

12/\$1.98

BEST BUY

Canadian Grown
No. 1 Grade
P.E.I. POTATOES
10 lb. bag

78¢

BEST BUY

Product of U.S.A.
JUMBO PEANUTS

98¢
LB.

BEST BUY

Product of U.S.A.
Cinderella Brand
SEEDLESS RAISINS
14x 1/2 oz.

1.39

BEST BUY

ON FALL FAVOURITES

Miracle Food Mart
Cracked Wheat or 60%
WHOLE WHEAT BREAD
24 oz. loaf

49¢

BEST BUY

Condensed
AYLMER TOMATO SOUP
10 fl. oz. tin

5/\$1

or 20¢ each **BEST BUY**

Assorted Varieties
MIRACLE FOOD MART CAKE MIXES
19 oz. pkg.

69¢

BEST BUY

Our Reg. Price \$1.19
Mrs. Luke's Raspberry or
STRAWBERRY JAM
with pectin, 24 fl. oz. jar

99¢

Save 20¢ or 16% **BEST BUY**

ALL PRICES EFFECTIVE OCT. 24 TO 30, 1979 IN METRO TORONTO • MISSISSAUGA • OAKVILLE • THORNHILL • BRAMPTON • MALTON • MARKHAM • OSHAWA • GEORGETOWN • ORILLIA • BOWMANVILLE • BARRIE • WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



An all Canadian Company

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