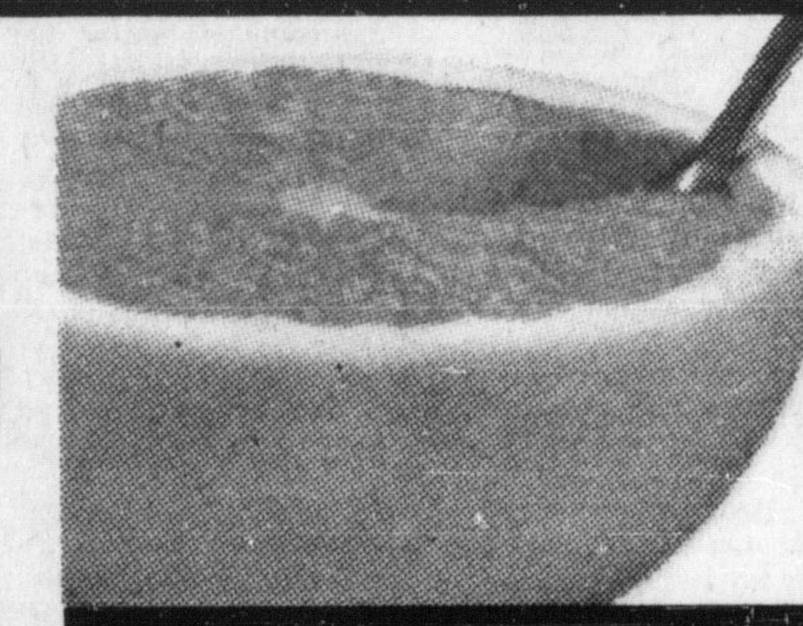
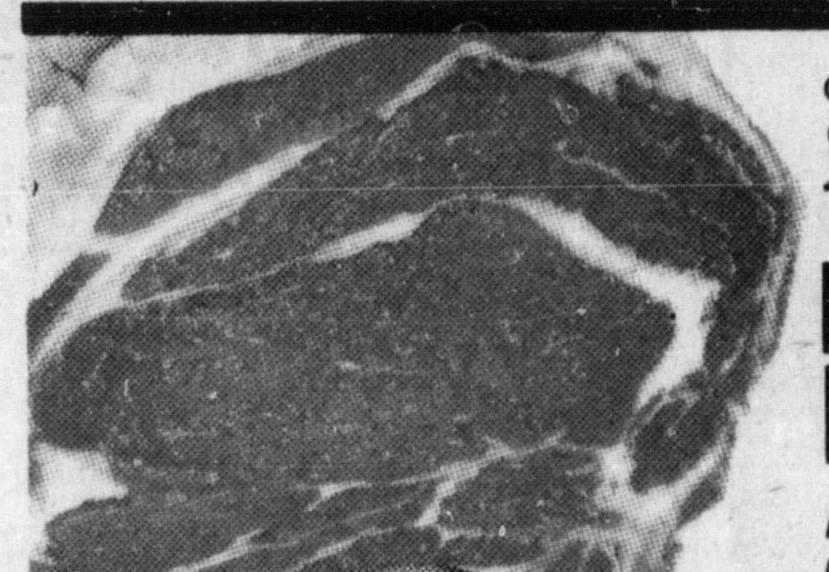


was 172 lb. frozen chicken legs



product of U.S.A. Florida was 25 ea. Indian River red (or white)
grapefruit



cut from Canada grade "A" beef 1st 5 ribs prime rib roasts

Limit - 2 prime rib roasts per family

was 3.28 lb.

lb.



all flavours,

Del Monte pudding CUPS (4 x 5 oz. tins)

sleeve

was 1.55



cut from Canada grade "A" beef

Limit - 8 rib steaks per family

was 3.98 lb. lb.



Delengi Mi DOCUM

liquid Sunlight
dish detergent

500 mL plastic btle.

was 1.15

#### more meat values

previously frozen		was .54
pork	lb.	.48
frozen tray pack cut up stewing		.68 .68
hens previously frozen sliced	lb.	was 1.18
beef liver	lb.	.88
ziggys cooked ham	175 g pkg.	was 1.88
ziggys 9 specified varieties cooked meat chubs	250 g pkg.	was 1.89 1.69
Valuplus wieners	1 lb. pkg.	was 1.58 1.38
Boston bluefish fries	8 oz. pkg.	.88

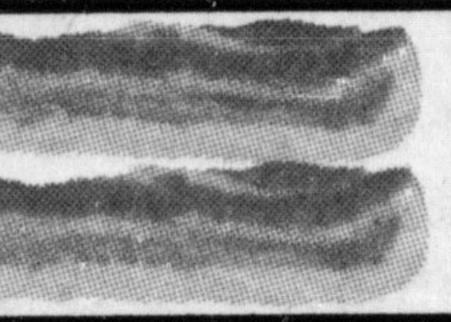
### more grocery values

Neilson Country Crisp all varieties (12's)	was 1.49
granola 9 oz. 1	.35
White Swan (1 ply) all colours	was 1.69
bathroom 4 roll tissue pkg.	.49
Wella Balsam dry or normal	was 3.19
conditioning 350 mL shampoo plas. btle.	.99
regular or extra body	was 2.69
Wella Balsam 350 mL conditioner plas. btle.	.99
butter recipe, deluxe 11 or country récipe - assorted varieties	was 1.35
Duncan Hines 520 g box	.29
	-



cut from Canada grade A beef ideal for braising short

was 1.78 lb. ribs bone was 2.08



Mary Miles Brand side bacon sliced 500 g pkg.

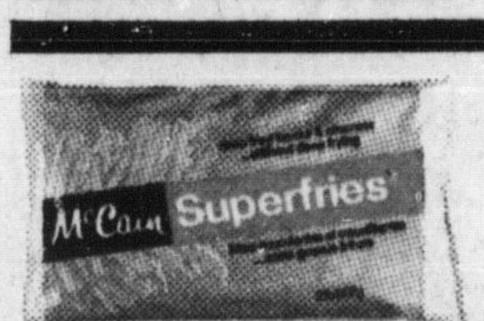
frozen store packaged Boston Bluefish fillets

was 1.59 lb. lb.



Del Monte choice whole tomatoes 14 fl. oz. tin

Heinz fancy tomato luice

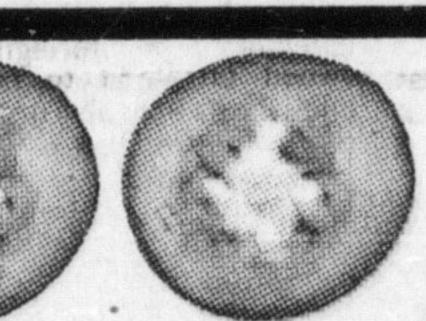


McCain straight or crinkle cut frozen fancy superfries 2 lb. poly bag

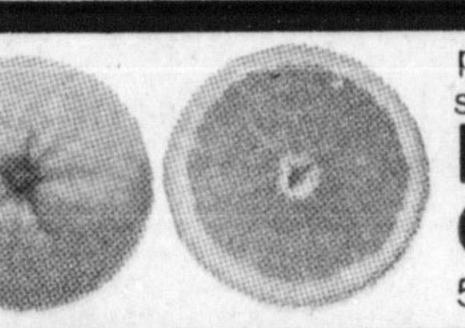
was 1.23

was .69





product of U.S.A. California Calavo brand avocado



product of U.S.A. Florida oranges 5 lb. bag



product of U.S.A. romaine variety lettuce



Hunt's tomato sauce 14 fl. oz. tin



Salada orange pekoe tea bags 8 oz. box 2 cup (60's)



was .79

was 1.88

was .67

was 2.39

was ,35

## more grocery values

Carnation instant		was 2.09
skim milk	500 g	qq
powder	box 1	1.00
York frozen, fancy		was 2.15
asparagus	10 oz.	qq
spears	box 1	1.00
York frozen, fancy		was 1.12
red	9 oz.	99
raspberries	pkg.	100
Stouffer's		was 1.59
meat pies	10 oz.	1.46
	pkg.	
frozen 5" (4's) peppe & extra cheese	BIOTH	was 2.29
Gusto	13 oz.	100
mini pizza	box	1.55
regular process slices	S	was 2.61
Kraft	500 g	10
cheese food	pkg	2.43
Kraft coloured (1.4 lb. sc	(uares)	was 1.99
Parkay	2 lb.	1 20
margarine	pkg	1.03

# more produce

product of U.S.A.	September 1999	was 1.99
#1 grade cauliflower	each	1.29
Anne's Gourmet 5 varieties salad		was 1.89
dressing product of U.S.A.	500 mL	1.33
green 3	bunches	.99
from Hawaii papaya	each	.78
a touch of spring triple		was 3.29 2.49
Ontario grown, beautifu	10	was 9.95 <b>8.59</b>
from Hawaii papaya a touch of spring triple hyacinths Ontario grown, beautifu	each	2.4 was

