

super save beef bonanza

2nd big week

National Nutrition Week

March 2-7, 1981

Energy in - energy out
it's a matter of balance

- Canada no. 1 Billy Bee buckwheat honey 1 lb. cont. **1.29**
- Sunspun Canadian processed cheese food single slices 500 g pkg. **2.19**
- 100% whole wheat Dietrich bread 24 oz. loaf **.78**
- assorted Weight Watchers low calorie spreads 250 mL jar **.89**
- frozen Weight Watchers lasagna dinners 13 oz. pkg. **2.39**

Cashmere 1 ply white 4 roll pkg. bathroom tissue **.89**

Weston English muffins pkg. 6 **.63**

Libby's Alpha-getti 15 oz. tin **.69** Viva - 2 ply paper towels 2 roll pkg. **1.19**

Fortune peach slices 14 oz. tin **.69** soft soap 300 ml **1.89**

Primo spaghetti sauce 28 oz. tin **.99** Niagara frozen orange juice 16 oz. cont. **.99**

PRODUCE SPECIALS

Size "138" seedless Navel No. 1 oranges doz. **.89**

U.S. No. 1 fresh cut rhubarb lb. **.77**

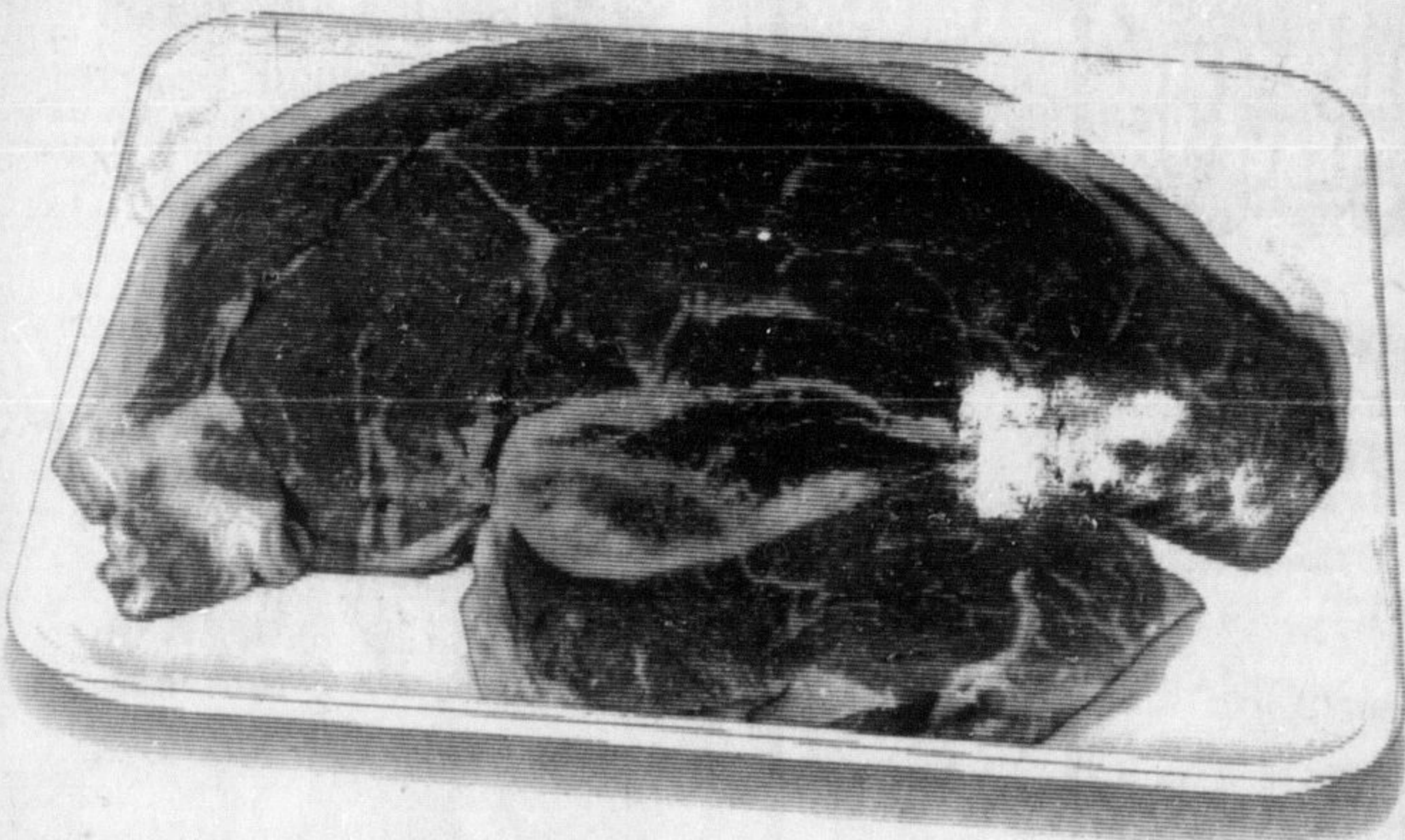
Canada "Fancy" Red Delicious apples 3 lb. bag ea. **.89**

U.S. No. 1 medium size green cabbage ea. **.49**

Canada No. 1 cooking onions 2 lb. bag ea. **.59**



Sunspun exact weight medium cheddar cheese 12 oz. pkg. **1.79**



cut from Canada grade 'A' beef sirloin steak lb. **2.88**



Maple Leaf all beef skinless wieners 16 oz. pkg. **1.68**

boneless cube style shank stewing beef lb. **1.98**

cut from Canada grade 'A' beef T-bone or wing steaks lb. **3.18**

cut from Canada grade 'A' beef boneless rump roast lb. **2.78**

chicken, mac & cheese, bologna pickle & pimento, pork loaf or luncheon Schneiders lunch meats 175 g pkg. **.88**

cut from Canada grade 'A' beef full slice round steak lb. **2.58**

Maple Leaf cooked ham 175 g pkg. **1.48**

beef and beefsteak Schneiders meat pies 250 g size **1.18**

Schneider's ham steaks 175 g **1.58**

Maple Leaf coil polish sausage lb. **1.88**

Golden Fry sausage 500 g. **1.98**

Quality Packers boneless smoked dinner hams lb. **1.88**

Pride of Canada by the piece bologna lb. **.88**

Town Club side bacon 500 g. **1.58**

Maple Leaf cryovac sweet pickled cottage rolls lb. **1.38**

Values effective until Saturday, March 7, 1981. We reserve the right to limit quantities.

sale of private label products - quality you can trust . . . we guarantee it!

Red Rose economy tea bags pkg. of 100 **1.69**

Sunspun frozen straight or crinkle cut 2 lb. bag french fries **.79**

frozen fancy Sunspun peas 2 lb. bag **.89**

Sunspun all purpose flour 2.5 kg bag **1.89**

Sunspun long grain rice 2 lb. pkg. **.88**

Dare's mallow cookies 260 g pkg. **.89**

with pork in tomato sauce Sunspun beans 19 fl. oz. tin **.59**

Fortune fancy fruit cocktail peach slices or peach halves 28 fl. oz. tin **1.09**

Sunspun orange flavour crystals 2 x 6 1/4 oz. pkg. **.99**

Betterbuy aluminum foil 12" x 25' roll **.79**

Weston assorted wagon wheels 350 gr. pkg. **1.19**



ready cut macaroni or Sunspun spaghetti 1 kg pkg. **.89**



Sunspun instant coffee 10 oz. jar **3.99**



Sunspun assorted soft drinks 24 x 10 fl. oz. tin **4.65**



FREE PARKING AT REAR OF STORE