

**SUPERCHOICE**

# Country Markets



**BETTER SELECTION**

EVERY WEDNESDAY IS SENIORS DAY AT SUPERCHOICE 5% DISCOUNT ON ALL PURCHASES EXCEPT TOBACCO

**ORDER EARLY FOR CHRISTMAS**

- Fresh Fruit Baskets
- Meat Trays
- Cheese Trays

## THE MEAT DEPT.

Cut From Canada Gr. A Beef

**CROSS RIB STEAK** **2.09** LB.

Cut From Canada Gr. A Beef

**LEAN STEWING BEEF** **1.99** LB.

Freshly Ground

**LEAN GROUND BEEF** **1.99** LB.

Fresh Never Frozen

**WHOLE CUT-UP CHICKEN** **1.49** LB.

Fresh - Store Packed

**BREAKFAST LINK SAUSAGE** **1.49** LB.

**BLACK FOREST MINI HAMS** **2.99** LB.

Fresh Never Frozen

**BEEF LIVER** **99¢** LB.

**MARY MILES SLICED SIDE BACON** **1.99** 500 g. pkg.

**CAMPBELL'S CREAM OF MUSHROOM SOUP** **2/99¢**  
10 oz. tin

**V-8 VEGETABLE JUICE** **1.29**  
48 oz. can

**FIVE ROSES ALL PURPOSE FLOUR** **7.99**  
10 kg. bag

**McCAIN ORANGE JUICE** **99¢**  
355 ml. tin  
Frozen, Concentrated, Unsweetened

**LAURA SECORD PUDDING** **1.99**  
4 x 142 g. pkg.

**SHUGGLE FABRIC SOFTENER** **3.49**  
2 L. bottle

**McCAIN JUNIOR JUICES** **89¢**  
16 x 1-pak 4 x 12.5 ml. can  
ASSORTED VARIETIES

**CASCADE DISHWASHER DETERGENT** **4.99**  
1.8 kg. box

**PURINA DOG CHOW** **2.99**  
2 kg. bag

**MAXWELL HOUSE MASTER BLEND INSTANT COFFEE** **3.99**  
200 g. jar  
Regular

**LEAVER PIECES & STEMS MUSHROOMS** **99¢**  
10 oz. tin

**CHEF-BOY-AR-DEE CANNED PASTA** **1.99**  
850 g. tin

**McCAIN RISE 'N' FRY HOME FRIES** **99¢**  
680 g. pkg.

**McCAIN CROISSANT PIZZA** **2.69**  
frozen 245 290 g. pkg.

**PRIMO PASTA SAUCE** **1.99**  
750 ml. jar

**YOPLAIT FRUIT ON THE BOTTOM YOGURT** **2/89¢**  
175 g. cup  
ASSORTED VARIETIES

**BLANCHET 100% SOYA MARGARINE** **4.99**  
7 lb. pkg.

**PHILADELPHIA CREAM CHEESE** **1.79**  
250 g. pkg.

## FARM FRESH PRODUCE

Produce of U.S.A.

**ROMAINE LETTUCE** **69¢** EA.

Produce of Ontario  
Canada No. 1 Gr.

**CELLO CARROTS** **99¢** 5 LB.

Produce of U.S.A.

**FLORIDA ORANGES** **1.99** 5 LB. BAG

Produce of U.S.A.

**SLICING CUCUMBER** **3/99¢**

Produce of U.S.A.  
Canada Fancy Grade

**ANJOU PEARS** **79¢** LB.

Produce of U.S.A.  
Ont. No. 1 Gr.

**GREEN PEPPERS** **99¢** LB.

Produce of Ont.  
Can. Fancy Gr.

**MACINTOSH APPLES** **1.39** 3 LB. BAG

Produce of Ont.  
Can. No. 1 Gr.

**RUTABAGAS** **29¢** LB.

## DELI

Sliced at the Deli - LINK'S Cooked

**ROAST BEEF** **4.49** LB.  
200 100g

Sliced at the Deli

**COOKED HAM** **1.99** LB.  
688 100g

BY THE POUND - Schreiber's

**CHEDDAR CHEESE** **4.49** LB.  
588 100g  
SOLD ON HERRING

## BAKERY

SELECTED VARIETIES  
COUNTRY HARVEST  
**BREAD** **99¢**  
675 g. loaf

Baked Fresh Daily, SUPERCHOICE

**CRUSTY ROLLS** **6/99¢**

Baked Fresh Daily  
SUPERCHOICE

**CINNAMON SWEET BUNS** **1.49**

Cut From  
Canada Gr. A Beef

**BLADE OR SHORT RIB ROAST** **1.89** LB.

Fresh Never Frozen

**WHOLE FRYING CHICKENS** **1.29** LB.

**CANADA DRY GINGER ALE** **5.79**  
SODA or TONIC WATER  
24 x 280 ml. cans

Produce of U.S.A.

**FRESH BROCCOLI** **2/99¢**

Produce of Florida

**INDIAN RIVER RED GRAPEFRUIT** **8/99¢**

**PRONTO PAPER TOWELS**  
2 roll pkg.

**89¢**  
CASE OF 12 (2 roll pkgs.)  
**\$9.99**

