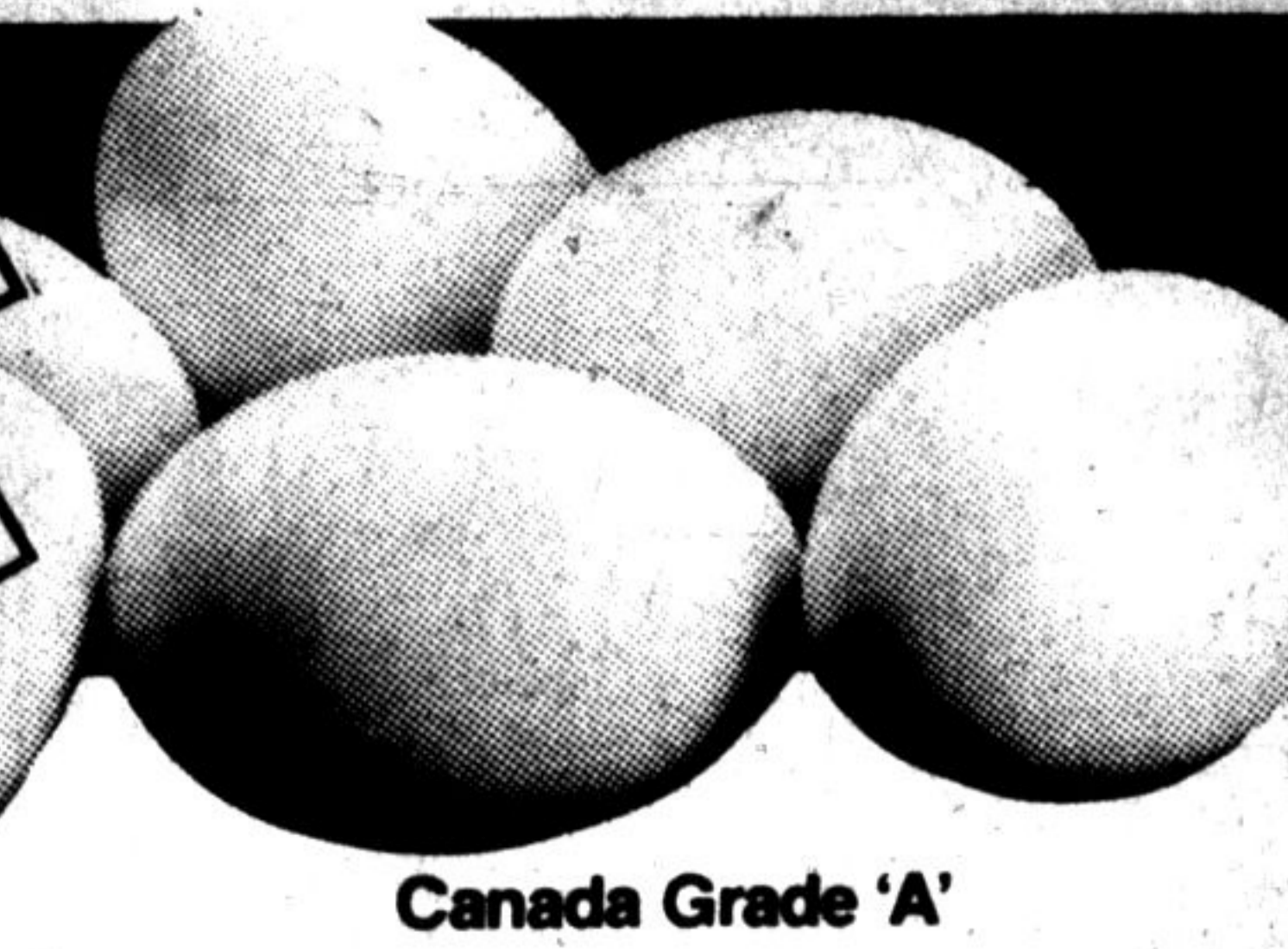


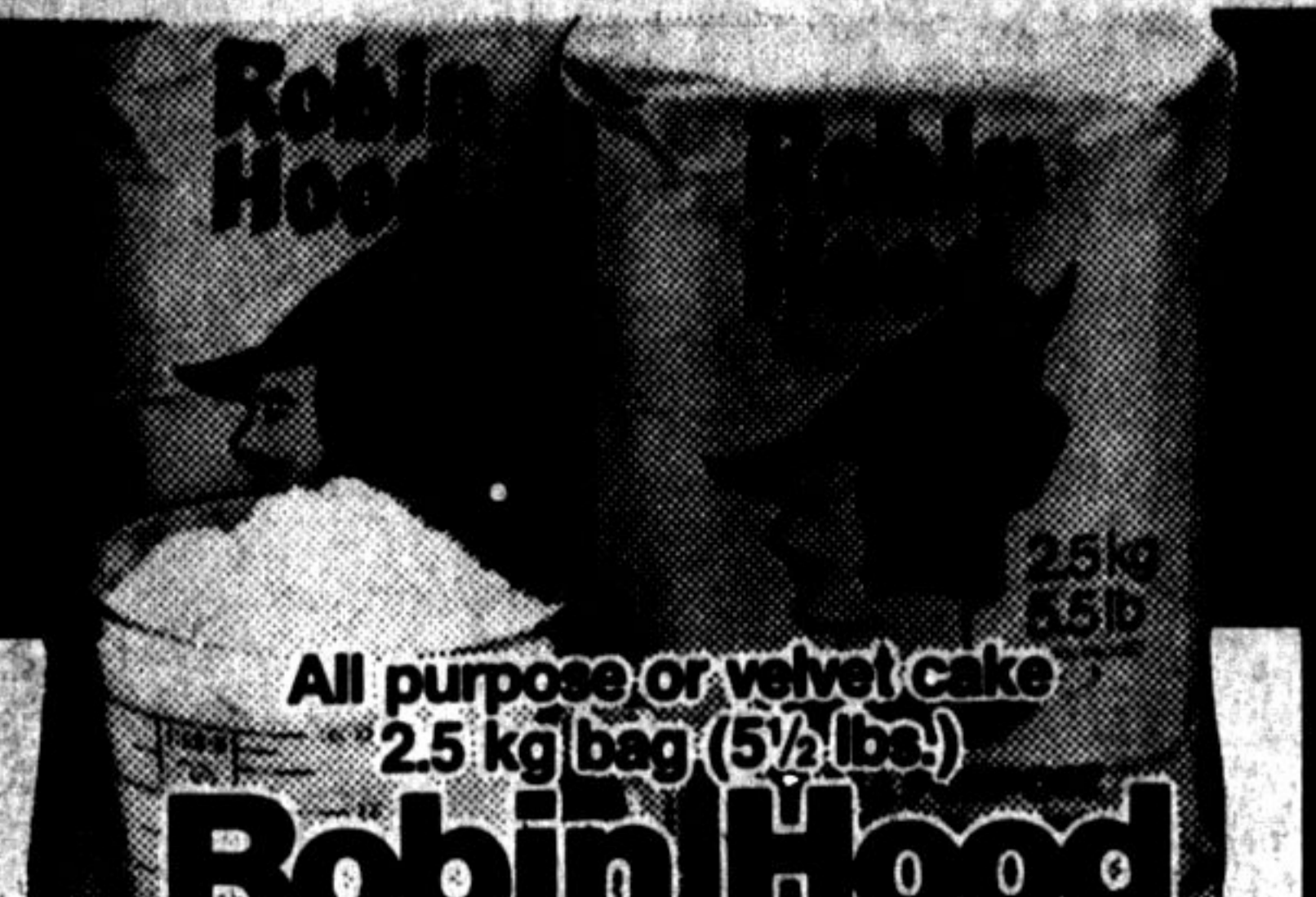
Super Sale



Canada Grade 'A'
Large eggs
BONUS BUY
Limit: 2 dozen per family.
.99



Reconstituted, unsweetened, grapefruit, orange, pineapple, Nature's Blend or 3 x 250 mL cont.
Del Monte apple juice
save .40
1.29

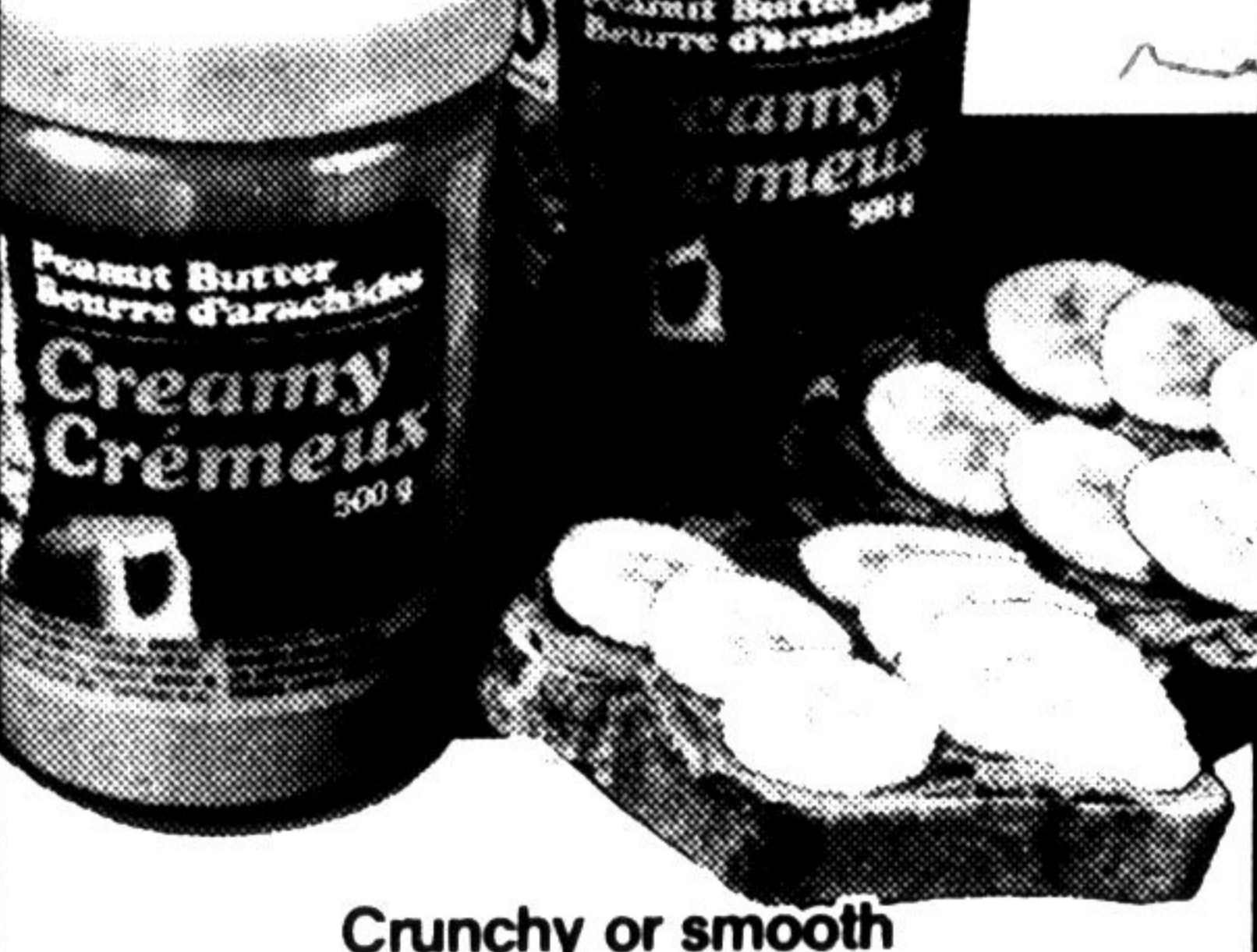


All purpose or velvet cake
2.5 kg bag (5 1/2 lbs)
Robin Hood flour
save .66
2.79

Grocery

Grocery

Grocery

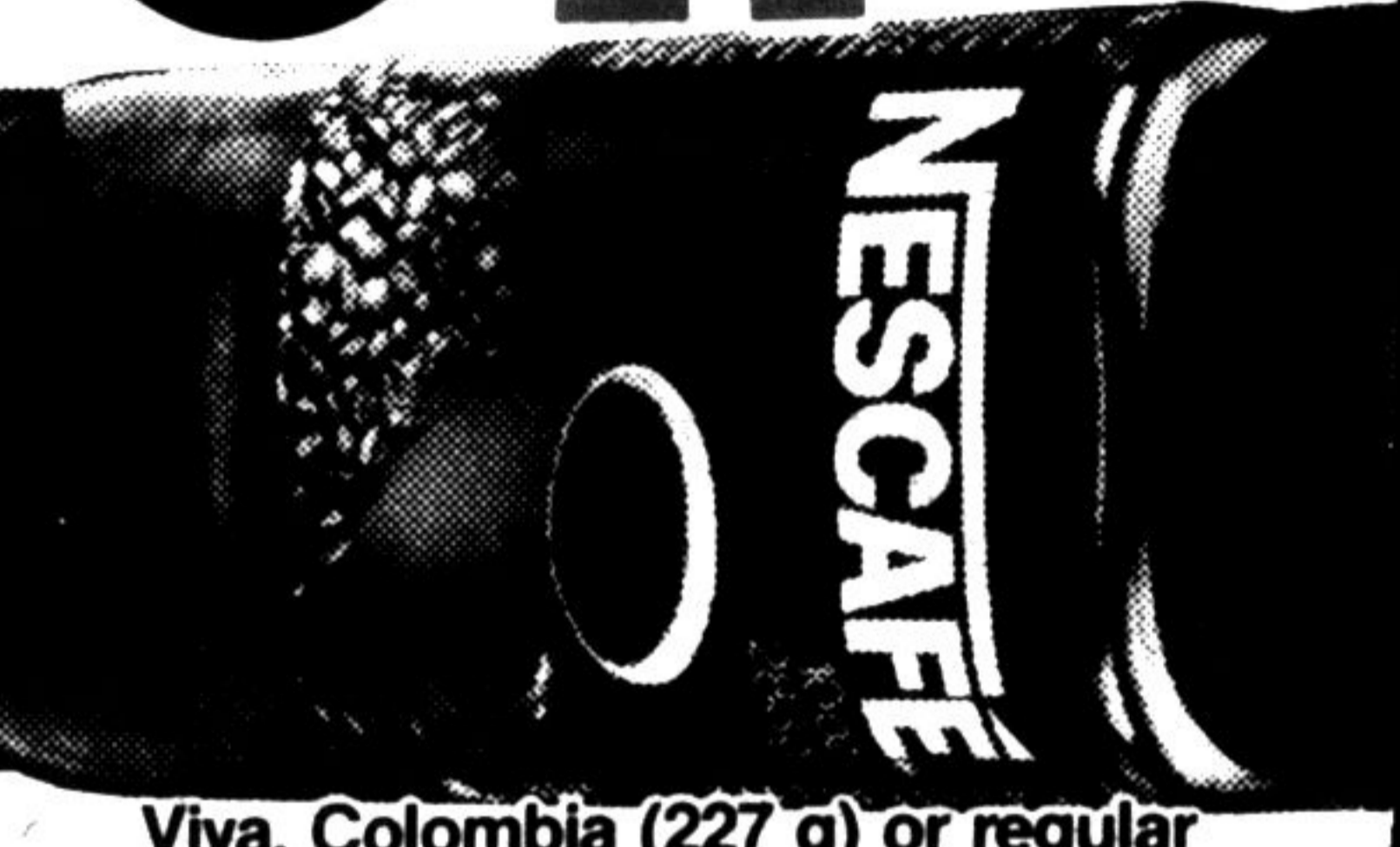


Crunchy or smooth Dominion, 500 g jar
Peanut butter
save .70
1.59

Chunky chocolate chip or oatmeal 350 g pkg.
Dad's cookies
save .70
1.69

General Mills, Honey Nut 400 g pkg.
Cheerios
save .66
1.99

Assorted varieties Camation, 500 g jar
Hot chocolate
save .34
2.79



Viva, Colombia (227 g) or regular 283 g jar (10 oz.)
Nescafe instant coffee
save 1.20
5.99

Reconstituted 1.36 litre cont. (48 fl. oz.)
Martin's apple juice
1.19

Automatic drip or all purpose 454 g vacuum packed tin
Country Club coffee
3.79

Richmello, pkg. of 12
Cake donuts
1.09

Peas & carrots, mixed vegetables, cream style corn 10 fl. oz. or 7 fl. oz. tin
York kernel corn
.55

125 g pkg.
Croustines crisp crackers
.95

pkg. of 12
Sealtest Frostsicles
1.89

In tomato sauce, Scarlos, UFO's or 8 fl. oz. tin
Heinz spaghetti
.59

Pride of the Sea 184 g tin
Flaked white tuna
1.19

Frozen pepperoni or 400 g pkg. of four
Aloro deluxe pizza
2.69

Blanched 400 g pkg.
Beaver peanuts
save .54
1.39

Canada Packers 12 oz. tin
Klik luncheon meat
1.99

Frozen, concentrated fruit punch, grape or orange 341 mL cont.
Honey Dew drink
.99

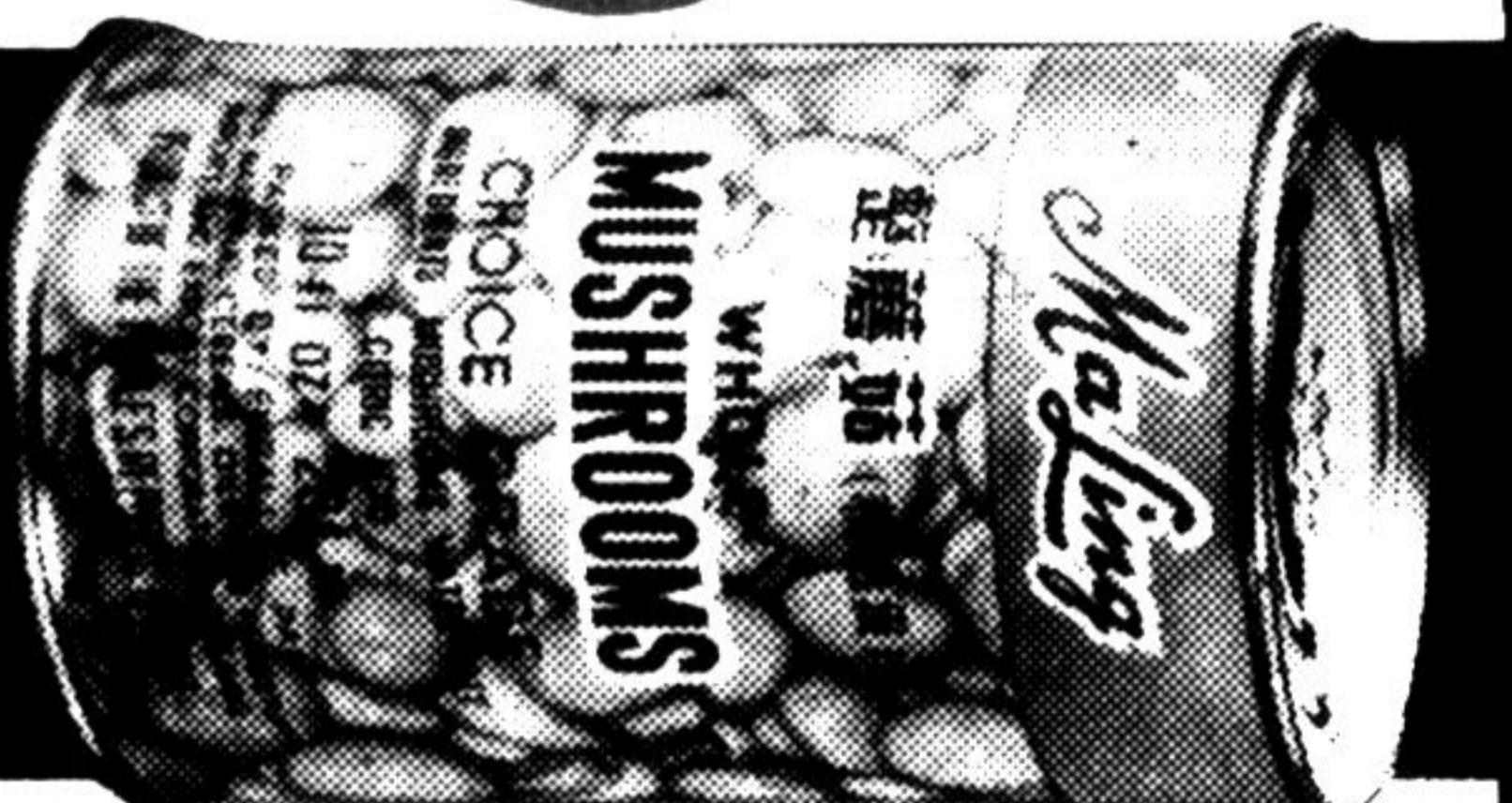
Assorted varieties Sealtest, 500 g cont.
Light'n Lively yogurt
1.49

Frozen, concentrated, unsweetened, 355 mL cont.
Sun Pac orange juice
.99

Meat

Meat

Meat



Ma Ling, Choice 10 fl. oz. tin
Whole mushrooms
save .40
.69

Cut from Canada Grade 'A' beef boneless
Stewing beef
5.05/kg
2.29/lb.

Cut from Canada Grade 'A' beef
Hip cube steak
8.80/kg
3.99/lb.

Fresh chicken thighs or
Chicken drumsticks
4.39/kg
1.99/lb.

Ground daily
Minced pork
kg **3.06**
lb **1.39**

Frozen
Grade 'A' ducks
kg **2.84**
lb **1.29**

Fresh
Sole fillets
kg **8.80**
lb **3.99**

Frozen New Zealand short cut
Lamb legs
kg **3.95**
lb **1.79**

English style, breakfast or Bittner's
Bratwurst sausage
kg **4.39**
lb **1.99**

Fresh
Haddock fillets
kg **7.91**
lb **3.59**

Fresh butt or shank portion
Pork leg roast
kg **3.28**
lb **1.49**

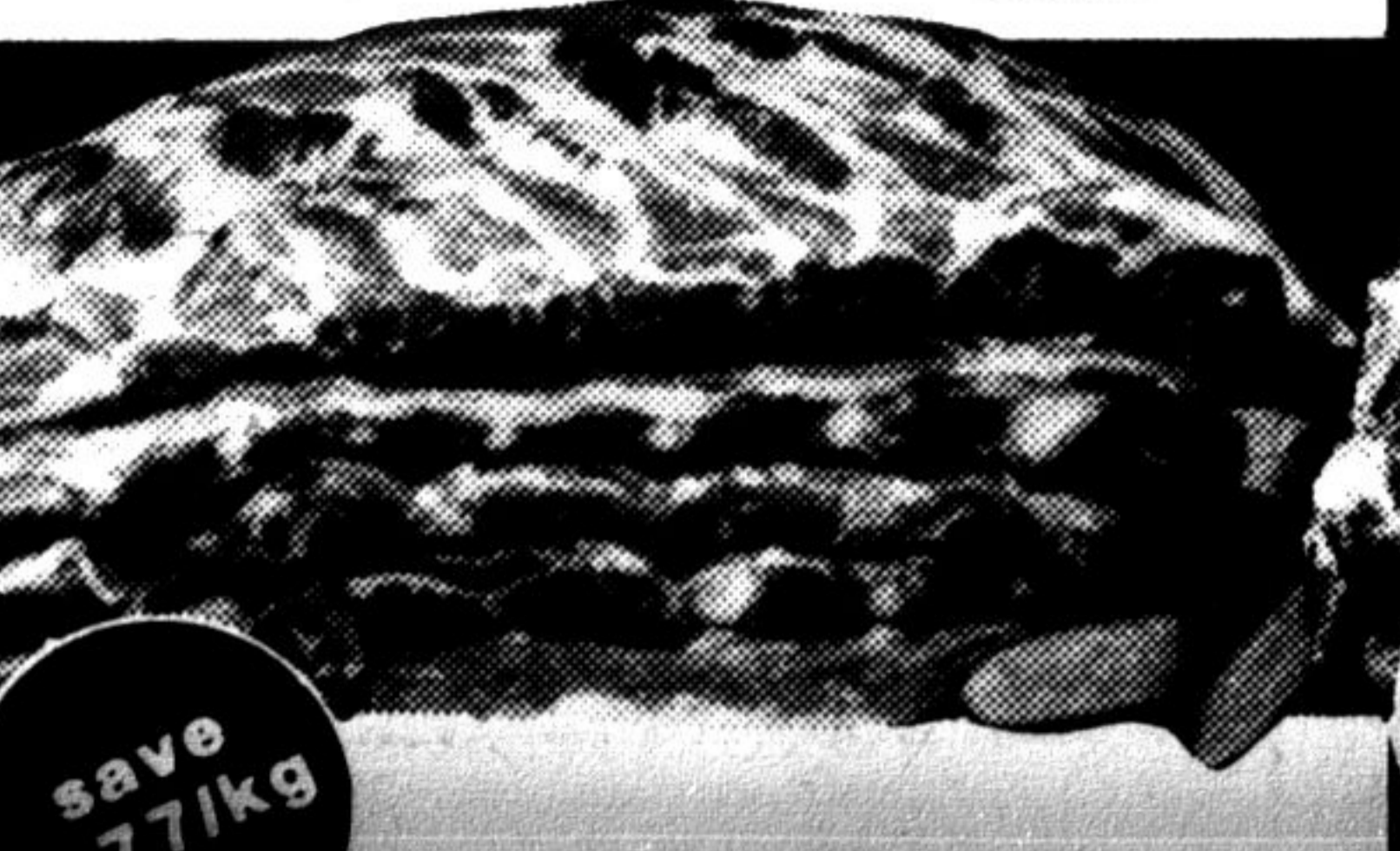
Shopsy's pepperoni or 175 g pkg.
All beef salami
1.39

Available at stores with deli counters only, deli sliced
Cooked ham
100 g **.44**
deli lb **1.99**

Fresh daily
Medium ground beef
kg **3.73**
lb **1.69**

For a quick lunch assorted varieties, 175 g pkg.
Shopsy's deli bake pies
.99

Available at stores with deli counters only, deli sliced, bottom round
Bens Montreal smoked meat
100 g **.88**
deli lb **3.99**



Previously frozen
Pork side spare ribs
save 1.77/kg
3.28/1.49



Cut from Canada Grade 'A' Beef
Cap on rib steak
save 4.19/kg
6.59/2.99



Cut from Canada Grade 'A' Beef
Braising short ribs
save 1.32/kg
3.95/1.79



Frozen, New Zealand
Short cut lamb leg
save .44/kg
3.95/1.79

BONUS BUY
G
Fle
n
save .48
Beaver, 3
Dry ro
peanu
Quikki, pl
Sandw
bags
Dixie, pla
Wine
glasse
400 g aer
Mr. M
oven c
300 mL ae
Hai Ka
shave
P
A great s
delicious
with ice c
From t
tropics
ban
From Califor
first of the seas
Fresh
strawb
From Ontario o
crisp and crunc
lda
red ap
From Hawaii, fo
serve with a squ
Large
papaya
From Ontario, fo
winter evenings
Warm
fire log

Tab
save 2.52
Limit: 1 bag per family