

We reserve the right to limit quantities to normal family requirements!



You'll do

Prices effective thru Saturday, February 7th, 1981.

COME VISIT

THE FARM
at A&P

FOR FRESHNESS
AND FLAVOUR

Product of California,
Sweet, Juicy, Size 138's

**NAVEL
ORANGES**

each

8¢

Product of Texas,
Washed, Excellent in Salads

**FRESH
SPINACH**

10-oz cello pkg

58¢

Produce of California,
Sweet, Juicy, Plump

**RED EMPEROR
GRAPES**

89¢

Canada No. 1 Grade, Crisp,
Produce of Florida, Fresh

**CELERY
HEARTS**

89¢



DOLE, CHIQUITA, DEL MONTE,
FROM THE TROPICS, YELLOW, GOLDEN RIPE

Bananas Large Size lb **39¢**

PRODUCT OF ONTARIO, SNOW WHITE, FRESH

Mushrooms lb **1.79**

PRODUCT OF MEXICO, FIRM, FRESH, GREEN

Brussels Sprouts lb **79¢**

PRODUCT OF CALIFORNIA, LARGE SIZE 88's,
SEEDLESS, SWEET NAVAL

Oranges 12 for **2.89**

PRODUCT OF CALIFORNIA

Lemons 5 for **99¢**

Dieffenbachia Camelia

CANADA FANCY, PRODUCT OF ONTARIO
CRISP, JUICY

McIntosh Apples 5-LB BAG **1.39**

SOYA BEAN CURD, EXCELLENT SOURCE OF PROTEIN

Tofu 500 g pkg **88¢**

PRODUCT OF U.S.A.

Napa Chinese Cabbage lb **48¢**

PRODUCT OF ONTARIO, J.B. BRAND, SWEET

Apple Cider 64-fl-oz bl **1.19**

PRODUCT OF CHILE, SWEET, JUICY, FRESH

Nectarines lb **1.39**

**Beautiful Tropical
Lime Green
Coloured Plants** 6-inch pot **5.99**

ORIENTAL VEGETABLES

Are you looking for a change in your meals? Perk up menus with Oriental flair. It's easy with the wide assortment of fresh oriental vegetables available in the produce department of your A&P Store. If you have shied away from the more exotic vegetables, because you didn't know much about them, now is your chance to find out. Pick up a brochure at your A&P entitled "Oriental Vegetables". It gives information and some great oriental recipes.

Have you tried TOFU? This fresh soya bean curd can be cubed and added to many meals

such as soups, stews, curries, salads. Tofu makes a great sandwich filling mixed with chopped nuts, grated fruits, chopped vegetables, or alpha sprouts. It can be dressed up with sauces, spices, or herbs. It can be added to casseroles cubed, sliced or mashed. Tofu can also replace egg or cheese in many recipes. Look for the TOFU recipe leaflet at your A&P.

A&P Consumer Consultant,
Ruth Reynolds,
P.O. Box 68, Station A,
M5W 1A6.

Ellison's Best
**ALL PURPOSE
FLOUR**

2.5 kg bag **1.79**

Powdered Detergent
**OXYDOL or BOLD
DETERGENT**

6 litre box **3.99** (Our Reg. Price 4.39)
SAVE 40¢



SAVE 30¢

Assorted Colours
**KLEENEX
FACIAL TISSUE**

box of 200 sheets

69¢

(Our Regular Price 99¢)



SAVE 40¢

Scott, "Cashmere", White or Yellow
**BATHROOM
TISSUE**

pkg of 4 rolls

99¢

(Our Regular Price 1.39)

(Our Regular Price 1.64)

Liquid
**JAVEX
BLEACH**

3.6 litre plastic jug

SAVE 35¢
1.29

(Our Regular Price 1.29)

Betty Crocker, Assorted Varieties
**HAMBURGER
HELPER**

170 g pkg

SAVE 20¢
1.09



You'll do better with
BAKED GOODS from A&P!



You'll do better with
FAMOUS BRANDS from A&P

(Our Regular Price 1.99)

Liquid
**JANE PARKER
ANGEL CAKE**

14-oz cake

SAVE 30¢
1.69

(Our Regular Price 77¢)

Dessert Bits, Crushed, Sliced
**DEL MONTE
PINEAPPLE**

14-fl-oz tin

SAVE 18¢
59¢

JANE PARKER, SLICED

Cheese Bread 16-oz loaf **73¢**

JANE PARKER (Our Reg. Price 1.35 — SAVE 36¢)

Egg Buns pkg of 12 **99¢**

JANE PARKER (Our Reg. Price 1.29 — SAVE 30¢)

Hot Cross Buns pkg of 8 **99¢**

JANE PARKER, JELLY DONUTS PKG OF 6 OR PLAIN OR SUGAR

Family Donuts pkg. of 8 **1.19**

JANE PARKER (PECAN PIE FULL 8-INCH, 22-OZ PIE 1.89)

Apple Pie full 8-inch, 22-oz pie **1.29**

Marvel Sliced
WHITE BREAD
24-oz loaf

2.99 for

Buy 2 SAVE 47¢

Our reg. price 73¢ loaf

"Boutique", White or Yellow

**KLEENEX
TOWELS**

pkg of 2 rolls

1.19

DETERGENT 500 ml PLASTIC BOTTLE

Sunlight Liquid pp. **91¢**

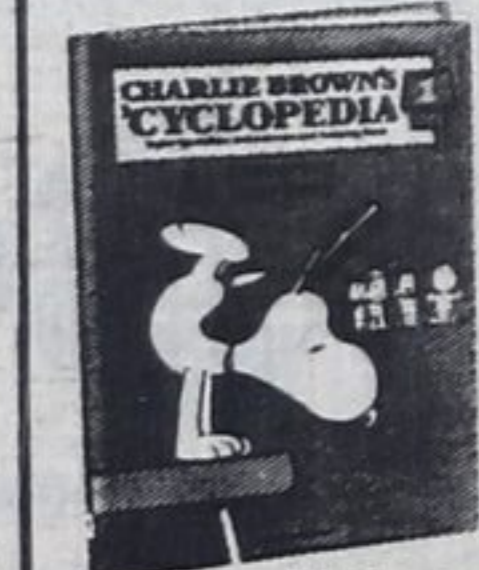
DETERGENT 1.8 kg BOX

Dishwasher Sunlight **3.29**

KELLOGG'S CEREAL

Corn Flakes 675 g pkg **1.49**

NOW AVAILABLE AT A&P
INTRODUCING CHARLIE BROWN'S
'CYCLOPEDIA
Super Questions and Answers and Amazing Facts
about things kids want to know about.



- Your Body
- All Kinds of Animals from Fish to Frogs
- All Kinds of Animals from Dinosaurs to Elephants
- Cars and Trains and Other Things that Move
- Boats and Other Things that Float
- Planes and Other Things that Fly
- Space Travel
- Stars and Planets and Plants
- The Earth, Weather and Climate
- People Around the World
- What we Wear
- Holidays

Volume 1 only **99¢**
VOLS. 2-12 ONLY \$2.49

NEW STORE HOURS: Monday

A&P HUGEL AVENUE

MIDLAND