

<p>CLUB SODA, TONIC WATER OR <b>Canada Dry Ginger Ale</b> PLUS .30 DEPOSIT PER BTL.</p> <p>750 mL BTL. <b>.33</b></p>	<p>BYE THE SEA, IN OIL OR IN WATER <b>Chunk Light Tuna</b></p> <p>6½-OZ. TIN <b>.99</b></p>
<p>NESCAFE, <b>Instant Coffee</b></p> <p>10-OZ. JAR <b>4.99</b></p>	<p>HOSTESS, ALL VARIETIES <b>Potato Chips</b></p> <p>200 g PKG. <b>.79</b></p>

<p>Pride of Canada COOKED, BONELESS, <b>Dinner Hams</b></p> <p>3-LB. AVG. <b>1.89</b> LB.</p>	<p>MARY MILES, SLICED <b>Side Bacon</b></p> <p>500 g PKG. <b>1.29</b></p>	<p>NEW ZEALAND, FROZEN, <b>Shoulder Lamb Chops</b></p> <p>LB. <b>1.59</b></p>
<p>ASSORTED VARIETIES <b>Shopsy's Salads</b></p> <p>500 g TUB <b>.99</b></p>	<p>NEW ZEALAND, FROZEN, <b>Leg O' Lamb Roasts</b></p> <p>LB. <b>1.99</b></p>	<p>MARY MILES, <b>Wieners</b></p> <p>1-LB. PKG. <b>.99</b></p>
<p>ASSORTED VARIETIES <b>Shopsy's Salads</b></p> <p>500 g TUB <b>.99</b></p>	<p>NEW ZEALAND, FROZEN <b>Loin Lamb Chops</b></p> <p>LB. <b>2.39</b></p>	<p>MAPLE LEAF, <b>Cocktail Sausages or Wieners</b></p> <p>250 g PKG. <b>1.39</b></p>
<p>MAPLE LEAF, 1¼-LB. AVG. SELECTED POPULAR VARIETIES <b>Sandwich Meat Chunks</b></p> <p>LB. <b>2.19</b></p>	<p>NEW ZEALAND, FROZEN <b>Lamb Leg Steaks</b></p> <p>LB. <b>2.19</b></p>	<p>MAPLE LEAF, "EUROPEAN CUISINE" SPECIALTY VARIETIES <b>Deli Sausage</b></p> <p>250 g STICK <b>1.49</b></p>
<p>YORK, SWEET PICKLED, BY THE PIECE <b>Peamealed Back Bacon</b></p> <p>LB. <b>1.99</b></p>	<p>NEW ZEALAND, FROZEN, "ROAST OR STEW" <b>Lamb Shanks</b></p> <p>LB. <b>1.29</b></p>	<p>BRICK, FARMER OR COLBY <b>Maple Leaf Cheeses</b></p> <p>LB. <b>2.49</b></p>
		<p>SHOPSY'S, SWEET PICKLED, BRISKET VACUUM PACKED, 2½-LB. AVG. <b>Comed Beef</b></p> <p>LB. <b>2.29</b></p>

**FRESH for FLAVOUR**

PRODUCT OF U.S.A.  
FLORIDA MARSH, SEEDLESS  
**White  
Grapefruit**

SIZE 48's FOR **1.10**

PRODUCT OF U.S.A.  
**Florida  
Tangelos**

SIZE 120's DOZ. **1.29**

PRODUCT OF ONTARIO  
**Mushrooms**

LB. **1.59**

PRODUCT OF ONTARIO CANADA NO. 1 GRADE <b>Cooking Onions</b>	2-LB. BAG EACH <b>.59</b>	PRODUCT OF U.S.A. <b>Green Onions</b>	3 BUNCHES FOR <b>.99</b>
PRODUCT OF ONTARIO CANADA NO. 1 GRADE <b>Cello Carrots</b>	2-LB. BAG EACH <b>.59</b>	PRODUCT OF ONTARIO CANADA NO. 1 GRADE <b>Rutabagus</b>	LB. <b>.17</b>
PRODUCT OF U.S.A. <b>Cello Spinach</b>	10-OZ. PKG. <b>.79</b>	PRODUCT OF CANADA, CANADA FANCY GRADE <b>Red or Golden Delicious Apples</b>	LB. <b>.69</b>
PRODUCT OF MEXICO CANADA NO. 1 GRADE <b>Field Cucumbers</b>	2 FOR <b>.88</b>	PRODUCT OF U.S.A. <b>Avocados</b>	SIZE 36's 2 FOR <b>1.</b>

**METRIC SHOPPING IS COMING!**

In January Canadian Government regulations require us to begin converting scales to metric. After conversion, food weighed in our stores must be sold by kilogram weight. One kilogram equals approximately 2.2 pounds. The retail cost of product will not change due to this conversion, so the cost per serving will stay the same. Although some fruits and vegetables will still be sold by the unit, by quantity or bunch, the price of items sold by WEIGHT will be based on the price per kilogram.

RIO, <b>Mushrooms</b>	10-FL. OZ. TIN	<b>.69</b>	IGA, <b>Choice Peas</b>	10-FL. OZ. TINS	<b>3.1</b>
<b>Pieces &amp; Stems</b>			IGA, MILD, MEDIUM OR OLD COLORED <b>Cheddar Cheese</b>	12-OZ. BLOCK	<b>2.19</b>
IGA, CHOICE <b>Pure Apple Juice</b>	48-FL. OZ. TIN	<b>1.09</b>	DIP-A-CHIP <b>French Onion Chip Dip</b>	8-OZ. TUB	<b>.59</b>
IGA, CHOICE <b>Whole Tomatoes</b>	28-FL. OZ. TIN	<b>.79</b>			
RAGU, PLAIN <b>Spaghetti Sauce</b>	28-FL. OZ. JAR	<b>1.09</b>			
CLOVERLEAF, <b>Smoked Oysters</b>	3 2/3-FL. OZ. TIN	<b>.99</b>			
MEDIUM, CLEANED <b>Dejean Shrimp</b>	4½-FL. OZ. TIN	<b>2.99</b>			
McLAREN'S, MANZANILLA <b>Stuffed Olives</b>	375 mL JAR	<b>1.59</b>			
IGA <b>Brown 'N' Serve Rolls</b>	PKG. OF 12	<b>.89</b>			
TODDLER 24's OR REGULAR 30's <b>1/3 OFF Babyscott Diapers</b>	PKG.	<b>2.66</b>			
DISPOSABLE <b>Good News Razors</b>	6 PKGS. OF 2	<b>.99</b>			
DIAMOND, <b>Soap Pads</b>	PKG. OF 18	<b>.79</b>			
ECONO, POLY <b>Kitchen Garbage Bags</b>	PKG. OF 24	<b>.89</b>			
FRASERVALE, FROZEN, FANCY GRADE <b>Brussels Sprouts</b>	2-LB. POLY BAG	<b>1.69</b>			
BLUE WATER, FROZEN, HADDOCK WITH SHRIMP STUFFING <b>Ocean Snacks</b>	8-OZ. PKG.	<b>1.79</b>			
GAINSBOROUGH, FROZEN, 3-PACK <b>Pie Shells</b>	15-OZ. PKG.	<b>1.49</b>			
SEALTEST, ASSORTED FLAVORS <b>All Natural Ice Cream</b>	2 L PLST. TUB	<b>2.99</b>			
SEALTEST, <b>35% Whipping Cream</b>	250 mL CTN.	<b>.89</b>			

**EVERYDAY LOW PRICES**

<p>PARTLY SKIMMED, EVAPORATED <b>Carnation 2% Milk</b></p> <p>385 mL TIN <b>.54</b></p>	<p><b>Heinz Ketchup</b></p> <p>32-FL. OZ. JUG <b>1.78</b></p>
<p>HOSPITALITY, SLICED <b>White Bread</b></p> <p>24-OZ. LCAF <b>.59</b></p>	<p>POPULAR CANADIAN BRANDS <b>Cigarettes</b></p> <p>CTN. OF 200 REG. SIZE <b>10.25</b> KING SIZE <b>10.35</b></p>

<p>FROZEN, 100% PURE FROM FLORIDA, CONCENTRATED, UNSWEETENED <b>Old South Grapefruit or Orange Juice</b></p> <p>12½-FL. OZ. TIN <b>.89</b></p>	<p>CHRISTIE'S, <b>Ritz Crackers</b></p> <p>250 g PKG. <b>.99</b></p>
<p>DIGESTIVE, ARROWROOT, SHORTCAKE, FRUIT SHORTCAKE OR NICE <b>Peek Frean Biscuits</b></p> <p>400 g PKG. <b>1.39</b></p>	<p>PLAIN, POLSKIE OGORKI OR GARLIC <b>Bick's Dill Pickles</b></p> <p>1 L JAR <b>1.29</b></p>