



Chicken &

MEAT

Ideal for barbecue Maple Leaf, frozen	750 g pkg.	3.69
Beef burgers		
Ideal for barbecue Regular or barbecue, Maple Leaf		
Wieners		
	454 g pkg.	1.39
Chicken, macaroni & cheese, bologna, headcheese or luncheon Maple Leaf sliced	175 g pkg.	.88
Cooked meats		
Maple Leaf smoked		3.73/1.69
Picnic shoulders		
Bittners half		9.90/4.49
Black Forest hams		
Black Forest deli sliced		.95/4.29
Bittners hams		
	100 g	1.49
Shopsy salads		
Montreal famous Bens Deli sliced	500 g cont.	1.06/4.79
Smoked meat		
	100 g	1.38
Burns		8.36/3.79
Vintage hams		
Schneiders beef or beef	400 g pkg.	1.99
Steak pies		
Shopsy Old Vienna	500 g pkg.	2.99
Salami chubs		
Vacuum packed sliced		1.94/.88
Beef liver		
Vacuum packed sliced		4.39/1.99
Calves liver		
Individually quick frozen		4.39/1.99
Perch fillets		
Ideal for barbecue, frozen dressed		3.73/1.69
Baby salmon		
Frozen cello pack		3.40/1.54
Cod fillets		

EVERYDAY NEEDS

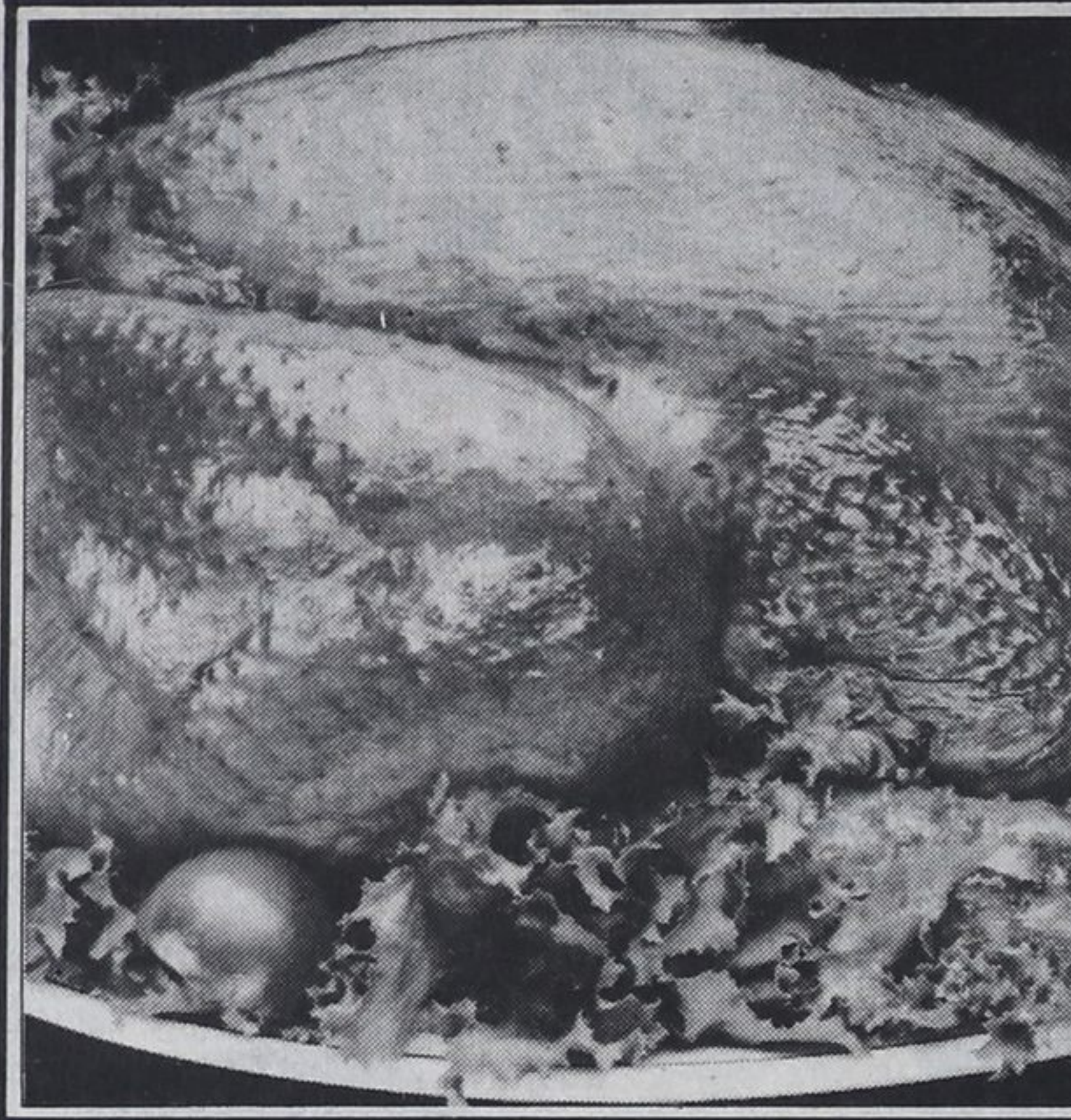
Assorted colours Kleenex	pkg. of 200	.89
Facial tissue		
Pepsodent	100 mL tube	1.29
Toothpaste		
Toddler disposable	pkg. of 24	4.39
Dominion diapers		
Scented or super dry antiperspirant	150 mL cont.	2.29
Soft & Dri		
Shampoo 200 mL, finishing rinse 200 mL or protection pack 2/25 mL.	pkg.	2.79
Vidal Sassoon		
Remoisturizer	40 g pkg.	2.29
Vidal Sassoon		
Spring fresh or herbal fresh Wizard rug and	400 g pkg.	2.15
Room deodorizer		
Refill Kids	pkg. of 100 5 oz. cups	2.69
Dixie cups		

FROZEN FOOD

York frozen	1 kg pkg.	2.99
Tiny cut carrots		
Dominion frozen	32 oz. pkg.	2.19
Cauliflower		
Highliner frozen individually wrapped	700 g pkg.	3.19
Cod fillet		
Sun Pac frozen concentrated unsweetened	12.5 fl. oz. cont.	.79
Orange juice		

PICKLING NEEDS

Heinz	4 L cont.	2.25
Pickling vinegar		
	12x1L jar	4.69
Mason jars		
Sifo	2 kg bag	1.19
Pickling salt		
Viceroy rubber	pkg. of 12	.59
Jar rings		
	12/1.5 L jars	5.99
Mason jars		
	pkg. of 12	1.29
Metal rings		
Country kitchen	8/500 mL jars	3.79
Pot jars		



Roasting chickens

Frozen eviscerated, utility grade
3 to 4 lb./1.3 to 1.8 kg avg.

1.72 /kg
.78 lb.



SALE

3.04 /kg | **1.38** /lb.

Fearmans fully cooked part skinned whole or half

Hams



SALE

7.69 /kg | **3.49** /lb.

New Zealand, frozen, boneless, beef

Loin steaks



SALE

2.49

Heinz tomato 1 L cont.

Keg O Ketchup



SALE

1.89

Orange Pekoe 227 g pkg. of 60

Salada tea bags

Smoked meat

Montreal famous Bens 2 x 85 g pouches

SALE

2.29

Ground beef

Medium ground

SALE

3.22 /kg | **1.46** /lb.

Pudding Pops

Assorted, banana, chocolate, vanilla or butterscotch frozen Jell-O 600 mL pkg.

SALE

2.69

Lemonade crystals

Pink or white, Realemon 3x92g pkg. flavoured

SALE

1.49

Wylers crystals

Assorted flavours 568 g canister

SALE

2.49

Hunts tomato sauce

Plain, with mushrooms or with onion 7.5 fl. oz. tin

SALE

.39



PLUS

THE HUNDREDS OF WINNERS OF

- Free Spirit Touring Bikes from Sears
- Coleman Gas Barbecues
- Roller Skates
- Wham-O Frisbee® Discs

CONGRATULATIONS TO THE FREE WHEELING SUMMER CONTEST WINNERS OF G.M. PONTIAC ACADIANS



Mrs. Ruth Caverley Don Mills

Mrs. Ruth Rath Ottawa

Mrs. Mary DeHetre London

Mrs. L. Cassman Brampton

This coupon is worth .40 off the regular purchase price of any one 1.36 litre tin

CHOICE DOMINION APPLE JUICE

Coupon valid until close of business Tuesday, August 3, 1982 at Midland stores only. Limit: one coupon per family.

.40 OFF

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