



You'll do better at our great..

# PRE-HOLIDAY

SILVERWOOD, ASSORTED FLAVOURS

**Supreme Ice Cream**

2 LITRE CONTAINER

**2.99**

OUR REGULAR PRICE 4.29

SAVE 1.30

DELUXE II

**Duncan Hines Cake Mixes**

520 g PKG

**.99**

OUR REGULAR PRICE 1.63

LIMIT 4 per family purchase

SAVE .64

REG OR SUGAR FREE GINGER ALE, C-PLUS ORANGE TONIC WATER, SODA WATER, WINK DR. PEPPER

**Canada Dry Beverages**

CASE OF 24-10 FL OZ TINS

**5.99**

OUR REGULAR PRICE 9.99

6 pack returnable btls available at our reg price

SAVE 4.00

SOLID WHITE ALBACORE, IN SPRING WATER

**Star-Kist Tuna**

7 oz tin

**1.99**

OUR REGULAR PRICE 2.29

SAVE 30

**THE FARM**

AT A&P

For Freshness & Savings

CANADA EXTRA FANCY, PROD. OF B.C.

**Red or Golden Delicious Apples**

OUR REGULAR PRICE 1.52/kg-.69 lb

SAVE .44/kg .20 lb

**1.08 / .49**

/kg / lb

ASST VAR VEGETABLES INCL SUMMER SWEET PEAS

**Green Giant**

14 fl oz tin

**.69**

OUR REGULAR PRICE UP TO .99

SAVE UP TO .30

CANADA NO 1 GRADE, PROD. OF CHILE, SWEET

**Juicy Red Grapes**

**2.18 / .99**

/kg / lb

CANADA NO 1 GRADE, PROD. OF ONTARIO, LONG

**Seedless Cucumbers**

each

**.99**

FOODLAND ONTARIO

PROD. OF CALIFORNIA, SWEET, RIPE

**Fresh Strawberries**

quart

**1.98**

WHOLE, KOSHER OR POLSKI OGORKI

**Heinz Dill Pickles**

1 litre jar

**1.59**

OUR REGULAR PRICE 2.59

SAVE 1.00

PROD. OF CALIFORNIA, SWEET, SEEDLESS

**Navel Oranges** 18 / 1.99

PROD. OF CALIFORNIA, FRESH, CRISP

**Green Onions** 3 bunches 1.00

PROD. OF CALIFORNIA, SWEET, NEW CROP

**Fresh Bunch Carrots** 2 / 1.49

PROD. OF ONTARIO, DELICIOUS IN SALADS

**Fresh Mushrooms** 4.39 / 1.99 lb

CANADA NO 1 GRADE, PROD. OF CANADA

**P.E.I. Potatoes** 20 lb bag 3.99

PROD. OF U.S.A., GREAT IN SALADS

**Fresh Spinach** 10 oz pkg .98

CANADA NO 1 GRADE, PROD. OF FLORIDA, FAMILY PACK

**Tomatoes** 1 1/2 lb tray 1.99

PROD. OF U.S.A., DELICIOUS

**Fresh Watercress** bunch .69

CANADA FANCY, PROD. OF ONTARIO

**Red Delicious Apples** 5 lb bag 1.99

CANADA FANCY, PROD. OF ONTARIO, SWEET

**Mutsu Apples** 108 / .49 lb

PROD. OF ONTARIO, SOYA BEAN CURD

**Fresh To Fu** 500 g pkg .99

PROD. OF CALIFORNIA

**Fresh Avocados** 2 / .99

PROD. OF CALIFORNIA, FRIEDA'S FINEST, FRESH

**Wonton Egg Roll Wrappers** 16 oz pkg 1.88

PROD. OF ONTARIO, FRESH

**Bean Sprouts** 1 1/2 kg / 2.10

PROD. OF CALIFORNIA

**Fresh Lemons** 5 / .99

CANADA NO 1 GRADE, PROD. OF U.S.A. OR ONTARIO

**Fresh Asparagus** 4.39 / 1.99 lb

FROM THE TROPICS, BOIL, BAKE OR FRY

**Plantain or Batatas** 1.52 / .69 lb

PROD. OF ONTARIO

**Persian Violets** 6 inch pot 5.99

**BAKED GOODS!**

JANE PARKER 390 g CAKE

**Angel Cake** **1.29**

OUR REGULAR PRICE 1.99

JANE PARKER 624 g size

**Rhubarb-Apple Pie** 1.29

JANE PARKER, OLD FASHIONED 624 g size

**Raisin Pie** 1.29

JANE PARKER pkg of 6

**Macaroon Cup Cakes** 1.29

JANE PARKER pkg of 6

**English Muffins** .75

JANE PARKER, GLAZED pkg of 8

**Homestyle Donuts** 1.49

JANE PARKER 624 g size

**Blueberry Pie** 1.69

MARVEL, HAMBURGER BUNS OR pkg of 12

**Wiener Rolls** .99

MINI PUDDINGS, ASSORTED FLAVOURS pkg of 4

**Laura Secord** 1.49

SILVERWOOD, REG 500 g CARTON

**Cottage Cheese** **1.49**

OUR REGULAR PRICE 1.89

SAVE .70

SAVE .40

**Health & Beauty Aids & General Merchandise**

REGULAR OR WINTERFRESH 150 mL TUBE

**Colgate Toothpaste** **1.79**

BONUS PK 100 mL PLUS 50 mL FREE

REGULAR OR OILY-BONUS PK 450 mL PLUS 150 mL FREE 600 mL

**V.O. 5 Shampoo** 2.99

REGULAR OR CONDITIONING FORMULA SHAMPOO 450 mL

**Head & Shoulders** 4.99

BONUS PK 750 mL PLUS 250 mL FREE 1000 mL

**Scope Mouthwash** 3.99

MAXI PADS box of 48

**Stayfree** 4.99

A&P pkg of 3 pairs

**Pantyhose** 2.99

WHITE OR PINK pack of 3

**Palmolive Soap** 1.39

MATCHLIGHT 4 lb bag

**Briquets** 3.19

REGULAR OR DEODORANT box of 30

**Kotex Lightdays** 1.99

PRIOR PARK PKG OF 100

**Salada Tea Bags** **1.99**

OUR REGULAR PRICE 2.29

SAVE .30

**FROZEN FOODS!**

FROZEN, CONC, 3 VAR 12 1/2 FL OZ TIN

**Minute Maid Juices** **1.09**

OUR REGULAR PRICE 1.29

MINUTE MAID, FROZEN, CONCENTRATED, LIMEADE, CLEAR OR PINK 12 1/2 fl oz tin

**Lemonade** .79

HOLIDAY FARMS (SALISBURY STEAK 2 LB PKG-4.79)

**Frozen Cabbage Rolls** 1 lb pkg 2.69

FROZEN VEGETABLES, 2 VARIETIES 350 g poly bag

**Green Giant** .89

SARA LEE 3 VARIETIES REGULAR PRICE 1.99

**Layer Cake** **1.19**

FROZEN, CHOCOLATE OR NEAPOLITAN 19 oz cake

**McCain Fiesta Cakes** 2.29

FROZEN, LASAGNA OR SALISBURY STEAK (MAC & CHEESE 1.09) 255 g pkg

**Green Giant Entrees** 1.99

FROZEN, IN LEMON BUTTER, CHEESE OR MUSHROOM SAUCE 14 oz pkg

**High Liner Fillets** 2.39

HIGH LINER, FROZEN 700 g pkg

**Cod Fillets** 3.39

POWDERED LAUNDRY 6 LITRE BOX

**Surf Detergent** **2.69**

SAVE .20

SAVE .80

SAVE .30

SUPER BUY!

Mon.-Thurs., 9 a.m.-9:30 p.m.

**A&P HUGEL AVENUE**

**MIDLAND**