

better at



We reserve the right to limit quantities to normal family requirements



Prices effective thru Saturday, August 6th, 1983.

SAVE .60

PRINTED, ASSORTED COLOURS
White Swan Towels
PKG OF 2 ROLLS

99

OUR REGULAR PRICE 1.59

2% milk SUPER BUY!

PARTLY SKIMMED
Fresh 2% Milk
4 LITRE BAG

2²⁹

SAVE .70

REGULAR, FINE OR EXTRA FINE
Nabob Tradition Coffee
369 g VAC PAC BAG

2⁹⁹

OUR REGULAR PRICE 3.69
(Regular or Fine Decaffeinated-369 g vac pac bag-3.59)

SUPER BUY!

REGULAR & SUGAR FREE SPRITE, DIET TAB COLA, DIET COKE OR
Coca-Cola Case of 24
280 mL TINS

5⁹⁹

SAVE 1.77/kg-.80 lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF SEMI-BONELESS

Blade Roast or Chuck Short Rib

2⁸⁴ / 1²⁹ /kg / lb

OUR REGULAR PRICE 4.61/kg-2.09 lb

The Butcher Shop
with supermarket prices

REGULAR & SUGAR FREE SPRITE, DIET TAB COLA, DIET COKE OR
Coca-Cola 750 mL Btl

SAVE .36 .39 plus .30 bottle deposit

OUR REGULAR PRICE .75 EACH

SAVE 1.77/kg-.80 lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF BLADE, CHUCK SHORT RIB OR SHOULDER BEEF

Boneless Roasts

3²⁸ / 1⁴⁹ /kg / lb

OUR REGULAR PRICE 5.05/kg-2.29 lb

SAVE 1.99/kg-.90 lb

EXCELLENT FOR BRAISING
Blade Steaks

2⁸⁴ / 1²⁹ /kg / lb

OUR REGULAR PRICE 4.83/kg-2.19 lb

SAVE 1.10/kg-.50 lb

COMB. PACK-CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUTS CHOPS, 8 CHOPS PER PKG

Loin Pork Chops

4¹⁷ / 1⁸⁹ /kg / lb

OUR REGULAR PRICE 5.27/kg-2.39 lb

MAPLE LEAF
Tenderflake Lard

SAVE .40 .79 1 lb pkg

OUR REGULAR PRICE 1.19

5-BONE CUT, OVEN READY ROAST OR STEAKS

Prime Rib

SAVE 3.31/kg 1.50 lb **6⁵⁹ / 2⁹⁹** /kg / lb

OUR REG PRICE UP TO 9.90/kg-4.49 lb

REGULAR, ALL BEEF OR B.B.Q. 1 LB VAC PAC

Maple Leaf Wieners

SAVE 1.20 **1⁴⁹**

OUR REGULAR PRICE 2.69

MAPLE LEAF, REGULAR, BEEF OR GARLIC 500 g VAC PAC

Sliced Bologna

SUPER BUY! **1⁶⁹**

E.D. SMITH
Garden Cocktail

SAVE .60 **1⁴⁹** 48 fl oz btl

OUR REGULAR PRICE 2.09

FRESH, MEDIUM

Ground Beef **3⁷³ / 1⁶⁹** /kg / lb

BEEF (CENTRE CUT 5.49/kg-2.49 lb)

Brisket Point **5⁰⁵ / 2²⁹** /kg / lb

SHOULDER CUTS (STRIP OR CUBED 4.39/kg-1.99 lb)

Stewing Beef **4¹⁷ / 1⁸⁹** /kg / lb

CANADA'S GRADE "A" BEEF

Rib Eye Steaks **13²¹ / 5⁹⁹** /kg / lb

CAP OFF

Rib Steaks **7⁴⁷ / 3³⁹** /kg / lb

RIB OR 3 TO 3 1/2 LB CUT, TENDERLOIN PORTION

Pork Loin Roasts **4¹⁷ / 1⁸⁹** /kg / lb

ROAST OR CHOPS

Pork Loin **5⁴⁹ / 2⁴⁹** /kg / lb

PORK LOIN RIB PORTION (COUNTRY STYLE)

Spare Ribs **4³⁹ / 1⁹⁹** /kg / lb

RIB PORTION

Boneless Pork Loin **5⁹³ / 2⁶⁹** /kg / lb

MAPLE LEAF, SWEET PICKLED, VAC PAC

Cottage Rolls **4¹⁷ / 1⁸⁹** /kg / lb

A&P, REGULAR & THICK SLICED

Side Bacon **2³⁹** /kg / lb

NEW ZEALAND SPRING, FROZEN, LOIN

Lamb Chops **6⁵⁹ / 2⁹⁹** /kg / lb

NEW ZEALAND SPRING, FROZEN (SHORT CUT)

Lamb Legs **5⁴⁹ / 2⁴⁹** /kg / lb

MAPLE LEAF

Bologna Chunks **3²⁹ / 1⁴⁹** /kg / lb

MAPLE LEAF, SLICED, 7 VAR INCL MAC & CHEESE

Cooked Meats **1⁵⁹** /kg / lb

MAPLE LEAF, 5 ASST VARIETIES INCL GOLDEN FRY

Sausages **2¹⁹** /kg / lb

BURNS BREAKFAST

Sausages **3²⁸ / 1⁴⁹** /kg / lb

BURNS PRIDE OF CANADA

Back Bacon **9⁹⁰ / 4⁴⁹** /kg / lb

CANADIAN QUEEN, HOT OR SWEET Italian Style

Sausages **3⁷³ / 1⁶⁹** /kg / lb

SHOPS'Y'S DELI FRESH, SLICED

Cooked Ham **1²⁹** /kg / lb

SHOPS'Y'S, COLE SLAW OR

Potato Salad **1³⁹** /kg / lb

STRAINED, MEATLESS VAR OF FOODS & JUICES

Heinz Baby Foods

3 / .99 4.5 fl oz jars

OUR REGULAR PRICE .44 EACH

ASSORTED FLAVOURS, SLEEVE PACK OF 2

Gay Lea Yogourt **.59** 125 g tubs

MONARCH, CORN OIL, SLEEVE PACK OF 2

Soft Margarine **1.29** 8 oz tubs

A&P

Cottage Cheese **1.29** 500 g cont

ASSORTED FLAVOURS

Tang Fruit Drinks **.99** 3 pack of 250 mL ctns

500 mL JAR

Kraft Mayonnaise **SAVE .50** **1⁴⁹**

OUR REGULAR PRICE 1.99

KRAFT, ASSORTED VARIETIES

B.B.Q. Sauce **1.29** 16 fl oz jar

KRAFT, PLAIN OR FRUIT FLAVOUR

Marshmallows **.69** 250 g pkg

UNICO

Tomato Paste **2⁷⁹** 2 1/2 fl oz tins

UNICO, RED

Kidney Beans **.59** 19 fl oz tin

STUFFED MANZANILLA OR QUEEN

Unico Olives **SAVE UP TO .90** **.99** 375 mL JAR

OUR REGULAR PRICE UP TO 1.89

"747" JUMBO OLIVES-750 mL JAR-1.79

IN STORES WITH DELI!

MAPLE LEAF, FINE, COARSE OR CREAMY

Liverwurst **.28 / 1²⁹** /100 g / lb

MAPLE LEAF

Smoked Sausage **.44 / 1⁹⁹** /100 g / lb

PALANDA, 'IN SYRUP', SLICED, CRUSHED, TID BITS

Pineapple **.69** 19 fl oz tin

AYLMER, CHOICE

Whole Tomatoes **.89** 28 fl oz tin

2% PARTLY SKIMMED

Carnation Milk **.59** 385 mL tin

NABISCO

Shreddies **1.39** 500 g pkg

GOOD HOST, REGULAR

Iced Tea Mix **SAVE .50** **2²⁹** 500 g CONT

OUR REGULAR PRICE 2.79

(750 g cont-3.19-Our reg price 3.69-SAVE .50)

PIECES & STEMS

A&P Mushrooms

SUPER BUY! **.69** 10 fl oz tin

Fri & Sat. 7 a.m. to 10 p.m.

A&P HUGEL AVENUE

MIDLAND