



Prices effective thru Sat., February 11th, 1984.

A&P reserves the right to limit quantities to normal family requirements!

SAVINGS IN THIS AD BASED ON OUR CURRENT REGULAR RETAIL.

2nd Big week of SAVINGS!

# Mid-Winter Food Spectacular!

We redeem all food store coupons!



IDEAL GIFT

MILK OR DARK CHOCOLATE

## Turtles

300 g BOX

# 3.99

(BLACK MAGIC CHOCOLATES 454 g BOX 4.49)



SUPER BUY!

CAPRI, WHITE, YELLOW OR BEIGE Bathroom Tissue

PKG OF 4 ROLLS

# 1.19



SUPER BUY!

PLAIN OR PRINTED, WHITE & YELLOW

Hi-Dri Towels

pkg of 2 rolls

# .99



SAVE 2.30

INSTANT COFFEE

Taster's Choice

8 OZ JAR

# 4.99

WHITE SWAN BOX OF 200 SHEETS  
**Facial Tissue** **SAVE .89**

CRISP CRACKERS 200 g pkg **Snackbread** **SAVE 30** **1.29**

ASSORTED VARIETIES, MISS MEW **Cat Food** **3 6 oz tin** **1.00**

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES. 8 O'CLOCK **Decaf Bean Coffee** **1 lb bag** **3.69**

SAVE 2.00

ASSORTED FLAVOURS **Canada Dry Beverages**

# 5.99

case of 24 280 mL tins

ASSORTED FLAVOURS, BEVERAGES 750 mL BTL **Canada Dry** **Plus .30 dep** **SAVE .26** **.49**

HUNT'S **Tomato Paste** **4 5.5 fl oz tins** **1.99**

NO. 1 GRADE, LIQUID **Bee Maid Honey** **500 g jar** **SAVE 60** **1.99**

DETERGENT **Sunlight Liquid** **1 litre plast bottle** **SAVE 60** **2.35**

SAVE .50

ASSORTED VARIETIES **Primo Pastas**

# .99

900 g pkg

PURE VEGETABLE 3 LITRE PLST CTN **Primo Oil** **SAVE 1.90** **3.49**

REGULAR OR DIET **Imperial Margarine** **pkf of 2-8 oz tubs** **SAVE 50** **.99**

10 W 30 **Shell Motor Oil** **1 litre tin** **1.19**

ASSORTED VARIETIES-PLUS .30 BTL DEPOSIT **Pepsi-Cola** **750 mL btl** **.59**

SUPER BUY!

ASSORTED VARIETIES **Pepsi-Cola**

CASE OF 24-280 mL TINS

# 6.99

SAVE 1.10/kg



SAVE .50 lb

EVICERATED, 2 TO 4 LB AVERAGE

## Grade 'A' Frozen Chickens

# 2.18 / .99

/kg / lb

SAVE 1.32/kg-.60 lb

EXCELLENT FOR BRAISING **Blade Steaks**

# 4.17 / 1.89

/kg / lb

SAVE 1.32/kg-.60 lb

SEMI-BONELESS BLADE OR CHUCK SHORT RIB **Beef Roasts**

# 4.17 / 1.89

/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF **Rib Eye Steak or Roast** **13.21 / 5.99**

/kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF **Strip Loin Steak or Roast** **12.55 / 5.69**

/kg / lb

FRESH, MEDIUM **Ground Beef** **3.73 / 1.69**

/kg / lb

PICNIC SHOULDER OR SHOULDER BUTT **Pork Chops** **3.06 / 1.39**

/kg / lb

PICNIC SHOULDER (BONELESS SHOULDER BUTT 3.06kg-1.39 lb) **Boneless Pork Roast** **2.84 / 1.29**

/kg / lb

FRESH **Ground Pork** **3.06 / 1.39**

/kg / lb

READY-TO-SERVE, SHANK OR BUTT H' VES (QUARTERS 4.39kg-1.39 lb) **Leg Hams** **3.95 / 1.79**

/kg / lb

SWIFT OLD MILL **Breakfast Sausages** **3.06 / 1.39**

/kg / lb

TOWN CLUB, SLICED **Side Bacon** **500 g vac pac** **2.29**

/kg / lb

OLDE-FASHIONED, READY-TO-SERVE **Schneider's Hams** **8.80 / 3.99**

/kg / lb

SCHNEIDER'S, REGULAR, BEEF & COUNTRY MAPLE **Mini Sizzlers** **500 g pkg** **2.39**

/kg / lb

FROZEN **Back Ribs** **8.80 / 3.99**

/kg / lb

CANADIAN QUEEN, SLICED, MINCED HAM OR VARIETY PACK **Cooked Meats** **375 g vac pac** **1.89**

/kg / lb

TOWN CLUB, SWEET PICKLED **Cottage Rolls** **4.39 / 1.99**

/kg / lb

SWIFT PREMIUM **Sliced Bologna** **375 g vac pac** **1.39**

/kg / lb

SWIFT **Premium Wieners** **450 g vac pac** **1.39**

/kg / lb

BLADE, CHUCK SHORT RIB OR **Boneless Shoulder Beef Roasts** **SAVE 1.10/kg .50 lb** **4.61 / 2.09**

SAVE 1.10/kg .50 lb

4.61 / 2.09



CANADA FRESH NO. 1, PROD. OF FLORIDA **Celery Hearts**

# 2.99

each

CANADA NO. 1, PROD. OF CHILE **Red Plums**

# 2.18 / .99

/kg / lb

CANADA NO. 1, ALL PURPOSE **P.E.I Potatoes** **20 lb bag** **3.99**

/kg / lb

PROD. OF ONTARIO-FOR VALENTINES DAY **Potted Mums** **6 inch pot** **4.88**

/kg / lb

PROD. OF ONTARIO & HOLLAND **Cut Flowers** **bunch** **2.49**

/kg / lb

PROD. OF CALIFORNIA **Brussel Sprout** **2.18 / .99**

/kg / lb

PROD. OF MEXICO **Cherry Tomatotes** **pint** **.99**

/kg / lb

CANADA EX FANCY, PROD. OF B.C. **Delicious Apples** **1.74 / .79**

/kg / lb

JANE PARKER, SLICED **60% Whole Wheat Bread** **SAVE .40** **675 g LOAF** **.59**

JANE PARKER (PKG OF 8 1.29-SAVE .20) **Hot Cross Buns** **pkf of 12** **1.79**

JANE PARKER, A GOOD SOURCE OF NATURAL FIBRE **Bran Bread** **675 g loaf** **.79**

HUNTS **Tomato Sauce** **14 fl oz tin** **.59**

SAVE 1.00

REGULAR, FINE OR EXTRA FINE **Nabob Tradition Coffee**

# 2.99

369 g vac pac

PRIMO PLAIN 28 FL OZ TIN **Spaghetti Sauce** **SAVE .30** **1.09**

READY-TO-SERVE, ASSORTED VARIETIES **Habitant Soups** **28 fl oz tin** **.99**

YORK, EXTRA SMOOTH OR EXTRA CRUNCH **Peanut Butter** **1 kg jar** **3.39**

ALL PURPOSE **Robin Hood Flour** **2.5 kg bag** **2.39**

BUY 5-SAVE .46

TOMATO **Campbell's Soup**

# 5 / 1.99

10 fl oz tins

FROZEN, CONC. GRANNY SMITH APPLE, GRAPEFRUIT, ORANGE OR GRAPE **Sun Pac Juices** **SAVE UP TO .50** **12.5 fl oz tin** **.99**

SILVERWOOD-SAVE .30 **Sour Cream** **500 mL ctn** **1.59**

ASSORTED FLAVOURS **Gay Lea Yogurt** **6 pack of 125 g tubs** **2.49**

REGULAR, WINTERFRESH OR GEL-SAVE 1.00 **Colgate Toothpaste** **150 mL tube** **1.79**

SAVE .50

FLAKED LIGHT **Bye The Sea Tuna**

# .99

6.5 oz tin