

We redeem all  
food store  
coupons!

4TH BIG WEEK!



...the BETTER STORE!

# Grand Remodelling Sale Continues!

Visit our New Instore Bakeshop!



SAVE 2.00

REGULAR OR DIET  
**7UP or Pepsi-Cola**  
CASE OF 24-280 mL TINS

**5.99**

750 mL BTLs 59¢ PLUS .30 BTL DEPOSIT



SAVE 1.66

SILVERWOOD, BRONZE LABEL, CREME  
DE LA CREME, ASSORTED FLAVOURS  
**Ice Cream**  
2 LITRE CTN

**2.49**

MINI-ASSORTED VARIETIES SAVE .80

**Nestle Puddings** pkg of 4 5 oz tins **1.69**

FRAY BENTOS SAVE .74  
**Corned Beef** 340 g tin **1.99**

FRASERGOLD, RED SUPER BUY!  
**Sockeye Salmon** 7 1/2 oz tin **1.99**

YORK, SMOOTH OR CRUNCHY SAVE .70  
**Peanut Butter** 500 g jar **1.99**

SAVE .70

PRINTED, ORANGE, GREEN OR GOLD  
**White Swan Towels** pkg of 2 rolls **.99**

FIRST GRADE, LIMIT 2 lbs per family purchase  
**Wildmere Butter** 1 lb **1.99**

SEMI-SWEET CHOCOLATE OR CHOCOLATE MINT SAVE .66  
**Chipits** 350 g cello pkg **2.39**

WHITE SAVE 1.10  
**Heinz Vinegar** 4 litre jug **1.59**

NESTLE QUIK SAVE .70  
**Chocolate Syrup** 700 mL btl **2.69**

SAVE .50

FANCY  
**Aylmer Tomato Juice** 48 fl oz tin **.99**

Prices effective thru Saturday, July 21st, 1984.

SAVE 1.76/kg

*The Butcher Shop*  
AT A&P

SAVE .80 lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF  
OUTSIDE CUT, EYE REMOVED

**Boneless Round Roast**  
**5.71 / 2.59** /kg / lb

SAVE 1.54/kg - .70 lb

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CUT FROM CANADA'S FINEST GRADE "A" BEEF  
**Rib Eye Steaks**  
**13.21 / 5.99** /kg / lb

SIRLOIN TIP, RUMP OR INSIDE CUT ROUND BEEF  
**Boneless Roasts**  
**6.15 / 2.79** /kg / lb

(CENTRE CUT 5.93/kg-2.69 lb)  
**Brisket Point** End Cut **5.49 / 2.49** /kg / lb

FRESH "GREAT ON THE B.B.Q."  
**Lean Ground Beef** **4.39 / 1.99** /kg / lb

FULL SLICE (INSIDE CUT 6.59/kg-2.99 lb)  
**Round Steak** **6.37 / 2.89** /kg / lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF TENDERIZED  
**Cube Steak** **7.25 / 3.29** /kg / lb

FRESH QUARTERS  
**Chicken Legs** **2.62 / 1.19** /kg / lb

PREVIOUSLY FROZEN (WHOLE BREASTS 5.49/kg-2.49 lb)  
**Whole Turkey Legs** **3.28 / 1.49** /kg / lb

SWEET PICKLED, (CENTRE CUT 5.05/kg-2.29 lb)  
**Back Bacon** End Cut **4.61 / 2.09** /kg / lb

SWEET PICKLED, TOWN CLUB, VAC PAC  
**Cottage Rolls** **4.39 / 1.99** /kg / lb

FROZEN CANADA GRADE "A", 20-24 OZ AVERAGE

**Cornish Hens**  
**4.17 / 1.89** /kg / lb

NEW ZEALAND, FROZEN SHOULDER LAMB CHOPS OR

**Whole Lamb Legs**  
**4.39 / 1.99** /kg / lb

SUPER BUY!

MARTIN'S, RECONSTITUTED  
**Apple Juice**

**.99** 48 fl oz tin

REGULAR OR WINTERFRESH FLAVOURS SAVE .70

**Colgate Toothpaste** 50 mL tube **.69**

10 W 30 SAVE .40  
**Shell Motor Oil** 1 litre plast cont **1.19**

REG OR DEODORANT-BONUS PK 30'S PLUS 6 FREE SAVE 1.20  
**Stayfree Maxi** box of 36 **3.49**

HEINZ, FANCY BUY 3 SAVE .78  
**Tomato Juice** 10 fl oz tins **.99**

BUY 3-SAVE 1.12

SWISS STYLE, ASSORTED FLAVOURS  
**Gay Lea Yogourt**

**3 / 1.49** 175 g tubs

BATHROOM TISSUE, WHITE OR YELLOW SAVE .56

**Delsey Tissue** pkg of 4 rolls **1.69**

OLIVER, STUFFED SUPER BUY!  
**Manzanilla Olives** 375 mL jar **.99**

BEEF, IRISH, SPAGHETTI & MEATBALLS, BEANS & WIENERS  
**Burns Stew** 24 fl oz tin **1.49**

GRAPE, FRUIT PUNCH OR ORANGE LIGHT FLAVOUR SAVE .40  
**Wylers Crystals** poly pkg of 3-71 g envs **.99**



CANADA NO. 1, PROD. OF U.S.A.  
**Large Firm Green Peppers** **3 / .99**

PROD. OF U.S.A., "BUTTERY RICH IN MINERALS"  
**Calavo California Avocados** **2 / .99**

"FOR THOSE HOT SUMMER DAYS", ASSORTED FLAVOURS  
**j.b. Fruit Drinks** 1 1/2 litre btl **.99**

PROD. OF NEW ZEALAND, IDEAL IN FRUIT SALADS  
**Kiwi Fruit** **2 / .99**

PROD. OF U.S.A., GREAT WITH PERRIER WATER  
**Fresh Limes** **12 / .99**

PROD. OF U.S.A.  
**Fresh Blueberries** pint **1.49**

CANADA NO. 1, PROD. OF U.S.A., FIRM, SWEET  
**Anjou Pears** 174 / lb **.79**

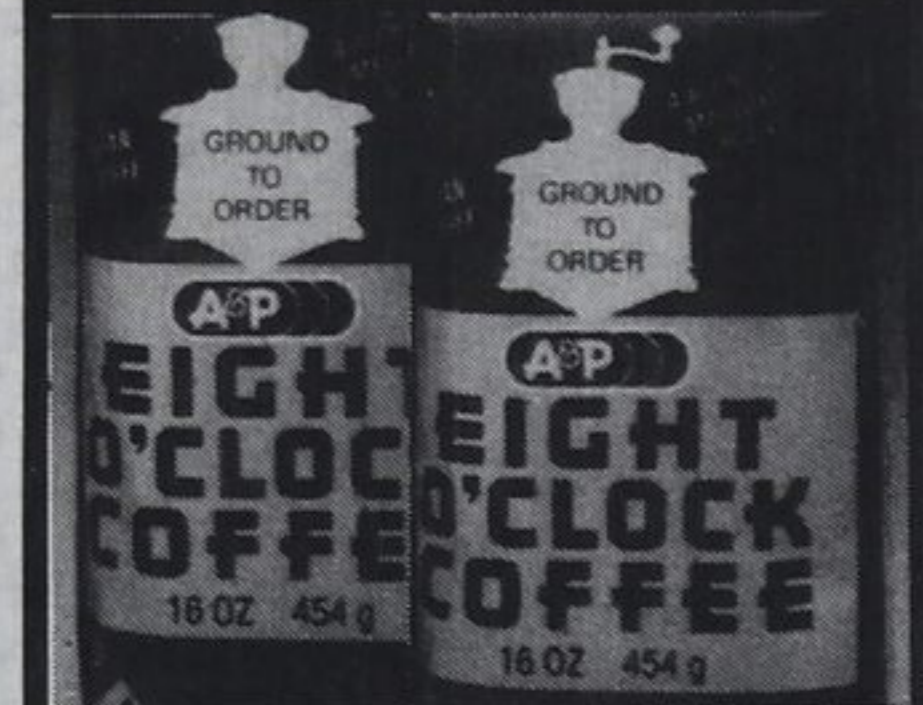
PROD. OF ONTARIO OR U.S.A., DELICIOUS RAW OR COOKED  
**Fresh Broccoli** bunch **.99**



SUPER BUY!

FARM HOUSE, BANANA, CHOCOLATE  
COCONUT LEMON  
**Frozen Cream Pies**  
12 OZ PKG

**.99**



SAVE .90

A SUPERB BLEND, RICH IN  
BRAZILIAN COFFEES, CUSTOM GROUND  
**8 O'Clock Coffee**  
1 LB BAG

**2.99**  
(3 lb bag 8.89-SAVE 2.70)

REGULAR & DIET (PLUS .30 BTL DEP) SUPER BUY!  
**7UP or Pepsi-Cola** 750 mL btl **.59**

KELLOGG'S SAVE .40  
**Corn Flakes** 657 g pkg **1.89**

A&P, RECONSTITUTED, UNSWEETENED SAVE .60  
**Grapefruit Juice** 48 fl oz tin **.99**

VITTEL SUPER BUY!  
**Mineral Water** 1.5 litre btl **.99**

SAVE .66

ASSORTED VARIETIES  
**Assorted Lancia Pastas** 900 g pkg **.99**

MILANO, GIANT BUY 3-SAVE .78  
**Lady Fingers** 3 / 150 g pkg **.99**

BRAVO, PLAIN (WITH MEAT & MUSHROOMS 1.09-SAVE .16)  
**Spaghetti Sauce** 14 fl oz tin **.89**

BRAVO BUY 5 SAVE .86  
**Tomato Paste** 5 1/2 oz tins **1.99**

BRAVO, RED SAVE .30  
**Kidney Beans** 19 fl oz tin **.69**



SAVE .40 WITH THIS COUPON

POWDERED, LAUNDRY  
**Cheer 2 Detergent** 6 litre box **2.99**

Limit one per coupon. VALID UNTIL JULY 21st, 1984. (Feature price 3.39 without coupon) V.C.

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

SAVINGS SHOWN IN THIS AD BASED ON A&P CURRENT REGULAR RETAILS.

**A&P HUGEL AVENUE MIDLAND**

**Mon./Thurs. 9 a.m. - 10 p.m.; Fri./Sat. 8 a.m. - 10 p.m.**