

YOU'LL DO BETTER AT...



Prices effective thru Saturday, January 25th, 1988. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on A&P current regular retail.

We redeem all food store coupons. Some illustrations are for design only and do not necessarily represent items on sale.



SAVE 1.00

FROZEN, LAYER, CHOCOLATE, STRAWBERRY VANILLA, LEMON

Sara Lee Cakes

369 g CAKE

.99

BRIGHT'S, FANCY Tomato Juice

48 fl oz tin **.79**

JANE PARKER **SAVE .26**
100% Whole Wheat Bread 675 g loaf **.79**

JANE PARKER (made with 100% pure vegetable shortening) **SAVE 1.00**
Peach Pie 624 g size **1.29**

CATELLI **ACTION PRICES**
Mac & Cheese 225 g pkg **.39**

ACTION PRICES

POWDERED LAUNDRY

ABC Detergent

5.99 12 litre box

KELLOGG'S CEREAL **SAVE 1.00**
Rice Krispies 725 g pkg **2.75**

INSTANT, REGULAR, SEMI-SWEET, MARSHMALLOW OR LITE
Cadbury Chocolate 30 g envs **1.99**

DEEP BROWN, WITH PORK, IN TOMATO SAUCE, WITH MOLASSES, CHILI STYLE OR RED KIDNEY BEANS **SAVE .50**
Libby's Beans 14 fl oz tin **.69**

MEADOWGLEN **SAVE .24**
Mushrooms 10 fl oz tin **.89**

ACTION PRICES **SAVE .66**

(Lasagna 500 g pkg **SAVE .50**)

Assorted Catelli Pastas

1 kg pkg **.99**

(Catelli Plain Spaghetti Sauce 28 fl oz jar .99-**SAVE .70**)

ASSORTED VARIETIES **BUY 3-SAVE .77**
Miss Mew Cat Food 6 oz tins **3/1.00**

FLAKED LIGHT **ACTION PRICES**
Admiral Tuna 6 oz tin **.89**

NABISCO CEREAL **SAVE 1.00**
Shreddies 675 g pkg **1.99**

READY TO USE, INFANT FORMULA **SAVE 3.00**
Einfalac Liquid case of 24 425 mL tins **36.99**

ACTION PRICES **SAVE .50**

NEWBORN 60'S, EXTRA ABSORBENT 48'S, TODDLERS 36'S, SUPER ABSORBENT 40'S, REGULAR ABSORBENT 54'S, TODDLER PLUS 32'S

Pampers Disposable Diapers

box **8.99**

(Scott Baby Fresh Wipes 80's 4.89-**SAVE .30**)

SAVE 1.76/kg *The Butcher Shop* **SAVE .80 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF, SEMI-BONELESS
Blade or Chuck **Short Rib Roasts**
4.17 / 1.89 /kg / lb

SAVE 3.75/kg-1.70 lb **SAVE 1.32/kg-.60 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF 6 BONE SEMI-BONELESS, REGULAR CUT
Prime Rib Roast **7.25 / 3.29** /kg / lb

COMBINATION PACK-CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS
Loin Pork Chops **4.39 / 1.99** /kg / lb

FRESH, WITH BACKS ATTACHED **SAVE 1.99/kg-.90 lb**
Chicken Leg Quarters **2.18 / .99** /kg / lb

RIB PORTION (BONELESS 6.15/kg-2.79 lb)
Pork Loin Roasts **4.39 / 1.99** /kg / lb

BLADE, CHUCK SHORT RIB OR SHOULDER **4.83 / 2.19** /kg / lb
Boneless Beef Roasts

EXCELLENT FOR BRAISING **4.17 / 1.89** /kg / lb
Blade Steaks

FRESH **3.73 / 1.69** /kg / lb
Medium Ground Beef

REGULAR, ALL BEEF, B.B.Q. **450 g vac pac** **1.89**
Maple Leaf Wieners

FROZEN, NEW ZEALAND (SEMI-BONELESS 5.49/kg-2.49 lb) **3.95 / 1.79** /kg / lb
Lamb Legs Short Cut

PREVIOUSLY FROZEN, SLICED (CALVES LIVER 4.17/kg-1.89 lb) **1.96 / .89** /kg / lb
Beef Liver

TOWN CLUB, FROZEN **1 kb pkg** **3.99**
Hamburg Patties

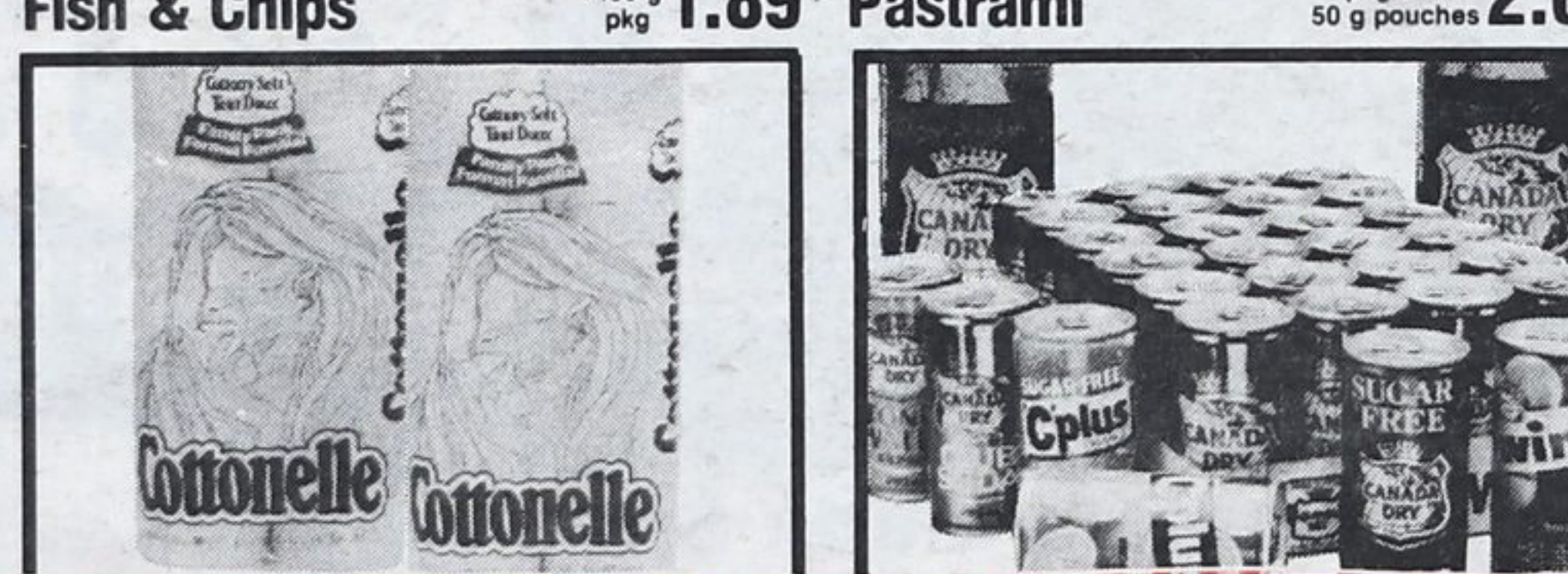
COMMODORE, COOKED & BREADED (HADDOCK 340 g PKG 1.89) **454 g pkg** **2.79**
Frozen Cod Fillets

HIGH LINER, FROZEN, IN LIGHT TEMPURA BATTER **350 g pkg** **2.49**
Haddock Fish Sticks

HIGH LINER, FROZEN (COD IN LIGHT TEMPURA BATTER 350 g 1.99) **16 oz pkg** **1.99**
Haddock Fish & Chips

FRASER VALE, FROZEN **580 g pkg** **3.29**
Fish in Batter

BLUE WATER, FROZEN, HADDOCK **400 g pkg** **1.89**
Fish & Chips



SAVE 1.26 **ACTION PRICES** **ACTION PRICES**

1-PLY BATHROOM, WHITE, YELLOW, CHAMPAGNE
Cottonelle Tissue
2.69 pkg of 8 rolls

GINGER ALE, SUGAR FREE GINGER ALE, C-PLUS ORANGE, SUGAR FREE C-PLUS ORANGE, TONIC, SODA OR WINK
Canada Dry Beverages
CASE OF 24-280 mL TINS **5.99** 750 mL BOTTLE **.59**

(Unit cost 8.9¢ per 100 mL) (Unit cost 7.9¢ per 100 mL) (Plus .30 btl deposit)

PRODUCT OF CHILE, SWEET, JUICY **2.18 / .99** /kg / lb
Fresh Nectarines

PRODUCT OF HONDURAS, LARGE SIZE, SWEET, RIPE **1 lb bag** **.99**
Dole Pineapple

ONTARIO, NO. 1 **10 lb bag** **.99**
Potatoes

PRODUCT OF U.S.A., DELICIOUS IN SALADS **2 / .99**
Fresh Avocados

PRODUCT OF HAWAII, TROPICAL TREAT **each** **1.69**
Fresh Papayas

PRODUCT OF U.S.A., DELICIOUS WITH CHEESE SAUCE **bunch** **.99**
Fresh Broccoli

CANADA FANCY, PRODUCT OF ONTARIO, ALL PURPOSE **3 lb bag** **1.69**
Spartan Apples

PRODUCT OF PERU, SWEET, JUICY, LARGE SIZE **each** **1.69**
Fresh Mangos

PRODUCT OF MEXICO, DELICIOUS IN SALADS **pint** **.99**
Cherry Tomatoes

PRODUCT OF SPAIN, SWEET, EASY TO PEEL, SEEDLESS **2 lb tray** **1.99**
Clementines

PRODUCT OF U.S.A., SWEET, SEEDLESS **bag of 12** **3.99**
Navel Oranges



ACTION PRICES

ALL POPULAR BRANDS, REGULAR OR KING SIZE

Canadian Cigarettes

CARTON OF 20'S OR 25'S

15.99

WARNING: Health & Welfare Canada advises that danger to health increases with amount smoked-avoid inhaling.

(LIMIT: 3 per family purchase)

PROCESS, SWISS OR THINS **SAVE UP TO 1.10**
Schneider's Cheese Slices 500 g pkg **2.99**

SEALTEST, REFRIGERATED, CREAMED **SAVE .60**
Cottage Cheese 500 g ctn **1.49**

SOFT MARGARINE **SAVE .40**
Blue Bonnet pkg of 2 8 oz tubs **1.29**

SEALTEST, ASSORTED FLAVOURS **SAVE .80**
Parlour Ice Cream 2 litre ctn **3.49**

ACTION PRICES **SAVE .50**

GREEN GIANT, FANCY
Niblets Whole Kernel Corn
.49 12 fl oz tin

(LIMIT: 6 per family purchase)

STOUFFERS, FROZEN, ASSORTED VARIETIES **SAVE 1.00**
Lean Cuisine 245 g pkg **2.59**

MCCAIN, FROZEN, CONCENTRATED **SAVE .50**
Orange Juice 12 1/2 fl oz tin **1.29**

FROZEN, CHICKEN, BEEF, TURKEY, STEAK & MUSHROOM **283 g pkg** **1.99**
Stouffers Meat Pie

FRASERVALE, ASSORTED VARIETIES **SAVE .30**
Frozen Vegetables 1 kg poly pkg **2.49**

ACTION PRICES **SAVE 1.40**

REGULAR OR AUTOMATIC DRIP
Chase & Sanborn Coffee 369 g vac pac **2.89**

MOTHER PARKER **SAVE 1.30**
Instant Coffee 200 g jar **3.99**

ALOE, BABY OR UNSCENTED **SAVE .20**
Arriid Deodorant 60 g size **2.89**

REGULAR SANITARY PADS **SAVE .80**
Maxi Thins box of 30 **3.99**

NEW PUMP TOOTHPASTE **ACTION PRICE**
Aqua Fresh 100 mL tube **1.79**

ACTION PRICES **SAVE 3.50**

ALL PURPOSE
Robin Hood Flour 10 kg bag **7.99**



HUGEL AVENUE, MIDLAND

Mon.-Tues.-Wed. 9 a.m.-10 p.m.
Thurs.-Fri.-Sat. 8 a.m.-10 p.m.

We Redeem all food store coupons