

# You'll do Better and Like it Better at

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



Prices effective thru Saturday, February 22nd, 1986. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on A&P current regular retails.

**Beatrice**  
Partly Skimmed Milk  
2% Fat  
4 Litres

**ACTION PRICES**

PARTLY SKIMMED  
**Fresh 2% Milk**  
4 LITRE BAG

**2.69**

(a good source of natural fibre) **SAVE .40**

**Jane Parker Bran Bread** 675 g loaf **.79**

**JANE PARKER** **SAVE .60**  
**Spanish Bar Cake** 539 g size **1.29**

**JANE PARKER** (made with 100% pure vegetable shortening) **SAVE .40**  
**Cherry Pie** 624 g size **2.39**

**AUTOMATIC, FILTER OR REGULAR GROUND COFFEE** **SAVE .80**  
**Mother Parkers** 369 g vac pac bag **3.99**

**JANE PARKER** (pkg of 8-1.39) **SAVE .20**  
**Hot Cross Buns** pkg of 12 **1.99**

**ACTION PRICES** **SAVE 1.20**

ORANGE PEKOE  
**Red Rose Tea Bags**

**2.29** pkg of 60

ALL PURPOSE **SAVE 2.40**  
**Robin Hood Flour** 5 kg bag **4.99**

CADBURY, INSTANT, REG. MARSHMALLOW, SEMI-SWEET, LITE 12 g **SAVE .36**  
**Hot Chocolate** pkg of 10 30 g envs **1.99**

CHUNK LIGHT, IN OIL OR WATER **SAVE .60**  
**Clover Leaf Tuna** 6 1/2 oz tin **.99**

MELLOW GOLD **SAVE .70**  
**Ice Cream** 2 litre ctn **1.49**

**ACTION PRICES**

MACARONI & CHEESE  
**Kraft Dinner**

**3/1<sup>00</sup>** 225 g pkg

POLSKI OGORKI, WITH GARLIC, NO GARLIC DILLS, SWEET MIXED, YUM YUMS OR BABY DILLS **SAVE UP TO 1.40**  
**Bick's Pickles** 1 litre jar **1.99**

REGULAR OR SUGAR FREE GINGER ALE, C-PLUS ORANGE TONIC, SODA, WINK (Unit price 8.9¢ per 100 mL) **SAVE 2.00**  
**Canada Dry Beverages** case of 24 280 mL tins **5.99**

REGULAR OR SUGAR FREE GINGER ALE, C-PLUS ORANGE TONIC, SODA, WINK (Plus 30¢ deposit) (Unit price 9.2¢ per 750 mL) **SAVE .20**  
**Canada Dry Beverages** 100 mL btl **.69**

NEWBORN 60'S, EXTRA ABSORBENT 48'S, TODDLER 40'S, SUPER ABSORBENT 40'S, REGULAR 54'S, TODDLER PLUS 30'S **SAVE .50**  
**Pampers Diapers** box **8.99**

**ACTION PRICES** **SAVE .80**

ASSORTED VARIETIES, FRITO LAY, LAYS OR RUFFLES  
**Potato Chips**

**.99** 200 g pkg

**SAVE 2.42/kg** **SAVE 1.10 lb**

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

**Boneless Beef Roast**

**5.71 / 2.59** /kg / lb

**SAVE 2.21/kg-1.00 lb** **SAVE 1.32/kg-.60 lb**

SIRLOIN TIP, RUMP OR INSIDE CUT ROUND  
**Boneless Beef Roasts**

**6.15 / 2.79** /kg / lb

COMBINATION PACK-CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS  
**Loin Pork Chops**

**4.39 / 1.99** /kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF  
**Strip Loin Steaks** **11.00 / 4.99** /kg / lb

ROAST OR CHOPS  
**Pork Loin Centre Cut** **6.15 / 2.79** /kg / lb

(INSIDE CUT ROUND 6.37/kg-2.89 lb) **5.71 / 2.59** /kg / lb  
**Round Steak** (Full Slice)

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

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

CANADA GRADE 'A', FROZEN, Eviscerated, CORNISH  
**Game Hens** 20 to 24 average **4.17 / 1.89** /kg / lb

GRADE 'A', Eviscerated, FRESH, 5 LB X UP  
**Roasting Chickens** **2.84 / 1.29** /kg / lb

PRIDE OF CANADA, REGULAR, ALL BEEF OR B.B.Q.  
**Wieners** 450 g vac pac **1.69**

PRIDE OF CANADA, SLICED, 5 POPULAR VARIETIES  
**Cooked Meats** 175 g vac pac **.99**

PRIDE OF CANADA, BY THE PIECE  
**Bologna Chunks** **3.73 / 1.69** /kg / lb

PRIDE OF CANADA, READY-TO-SERVE, BONELESS  
**Picnic Shoulders** **5.49 / 2.49** /kg / lb

PRIDE OF CANADA  
**Polish Sausage** **4.17 / 1.89** /kg / lb

BLUE WATER, FROZEN, FISH IN LIGHT BATTER OR  
**Boston Blue Sticks** 700 g pkg **3.49**

GOLDEN SKILLET, FROZEN  
**Chicken Cutlets** **3.20 / 1.45** /kg / lb

FRESH, SHANKLESS, PICNIC STYLE  
**Pork Shoulder Roasts** **2.62 / 1.19** /kg / lb

RIB PORTION, RIB OR TENDERLOIN HALF  
**Pork Loin Roasts** **4.39 / 1.99** /kg / lb

COUNTRY STYLE SPARE RIBS  
**Pork Loin** Rib Portion **5.27 / 2.39** /kg / lb

FRESH  
**Ground Pork** **3.51 / 1.59** /kg / lb

PICNIC SHOULDER OR SHOULDER BUTT  
**Pork Chops** **3.51 / 1.59** /kg / lb

VEAL CUTLETS OR  
**Veal Scallopini** (LOIN VEAL CHOPS 11.66/kg-5.29 lb) **15.41 / 6.99** /kg / lb

FRESH, SHANKLESS, PICNIC STYLE  
**Veal Rib Chops** **10.56 / 4.79** /kg / lb

SHOULDER  
**Veal Chops** **5.71 / 2.59** /kg / lb

FROZEN NEW ZEALAND, SHOULDER (LOIN LAMB CHOPS 6.59/kg-2.59 lb)  
**Lamb Chops** **4.39 / 1.99** /kg / lb

FROZEN NEW ZEALAND, SHORT CUT  
**Lamb Legs** **3.95 / 1.79** /kg / lb

FROZEN, CUT UP, TRAY PACK  
**Stewing Hens** **1.74 / .79** /kg / lb

A&P, REGULAR OR THICK SLICED  
**Side Bacon** 500 g vac pac **2.59**

**Primo Spaghetti**

**Miracle Whip**

**SAVE .76**

(Primo, Plain Spaghetti Sauce 28 fl oz tin .89-SAVE .60)

**Assorted Primo Pastas**

**.89** 900 g pkg

**Primo Egg Noodles** **SAVE .26** 375 g pkg **.99**

**SAVE 1.00**

SALAD DRESSING, REGULAR OR LIGHT

**Kraft Miracle Whip**

**2.29** 1 litre jar

**THE FARM**  
For Freshness & Savings

PRODUCT OF ONTARIO, DELICIOUS IN SALADS  
**Fresh Mushrooms**

**4.39 / 1.99** /kg / lb

PRODUCT OF MEXICO, FRESH  
**Brussels Sprouts**

**1.52 / .69** /kg / lb

CANADA NO. 1, PRODUCT OF U.S.A.  
**Mini Carrots** 12 oz pkg **.79**

CANADA NO. 1, PROD. OF CHILE, SWEET, JUICY  
**Large Red Plums** **2.18 / .99** /kg / lb

CANADA NO. 1, PROD. OF CHILE, RED OR GREEN  
**Seedless Grapes** **3.73 / 1.69** /kg / lb

CANADA NO. 1, PROD. OF U.S.A., LARGE, SNOW WHITE  
**Fresh Cauliflower** each **1.99**

PRODUCT OF U.S.A., CALIFORNIA  
**Fresh Kiwi Fruit** **2 / .99**

PRODUCT OF U.S.A., FAMILY PACK, LARGE  
**Navel Oranges** 10 lb bag **6.99**

CANADA NO. 1, PROD. OF U.S.A., DELICIOUS RAW OR COOKED  
**Large Celery Stalks** bunch **.99**

PROD. OF U.S.A., JUICY, SEEDLESS, FLORIDA IS CITRUS, LARGE  
**Red Grapefruit** **4 / 1.99**

**Kellogg's CORN FLAKES**

**BRAN FLAKES**

**SAVE 1.16**

CEREAL  
**Kellogg's Corn Flakes**

675 g PKG

**1.49**

(Limit 4 per family purchase)

SCHNEIDER'S, PROCESS, REG OR MOZZARELLA **SAVE UP TO 1.10**

**Cheese Slices** 500 g pkg of 16 **2.99**

MOZZARELLA, MILD, MEDIUM OR OLD COLOURED CHEDDAR **SAVE UP TO .80**  
**McCain Cheese** 340 g **2.99**

SEALEST, REFRIGERATED, 2% PARTLY SKIMMED **SAVE .80**  
**Cottage Cheese** 500 g carton **1.49**

SWISS STYLE, ASSORTED FLAVOURS **SAVE .80**  
**Yoplait Yogurt** 175 g pks of 2 **.99**

REGULAR OR UNSALTED **SAVE .36**  
**Fleischmann's Margarine** 2 lb tub **2.99**

**ACTION PRICES** **SAVE 1.00**

1-PLY BATHROOM, ASSORTED COLOURS  
**White Swan Tissue**

**1.29** pkg of 4 rolls

FROZEN, CONCENTRATED **SAVE .60**  
**McCain Orange Juice** 12 1/2 fl oz tin **.99**

FROZEN, STRAIGHT OR CRINKLE CUT **SAVE .46**  
**McCain Superfries** poly pkg 1 kg **1.39**

McCain, FROZEN, NORMANDIE, PARISIENNE, FLORENTINE **SAVE .34**  
**International Vegetables** poly pkg 1 kg **2.29**

McCain, FROZEN, SEAFOOD NEWBORN, BEEF TERIYAKI, CHIKEN ITALIENNE OR ORIENTAL **SAVE .50**  
**Lite Delite Dinners** 275 g pkg **3.49**

**ACTION PRICES** **SAVE .90**

E.D. SMITH, TOMATO CLAM OR  
**Garden Cocktail**

Limit 4 per family purchase **.79** 796 mL btl

PURE VEGETABLE **SAVE 2.50**  
**Primo Oil** 3 litre plst cont **3.49**

REGULAR OR EXTRA BODY CONDITIONER-NORMAL OILY OR EXTRA BODY **SAVE .50**  
**Revlon Flex Shampoo** plst btl 450 mL **2.99**

DEODORANT OR UNSCENTED **SAVE 1.00**  
**New Freedom Maxi Slims** box of 30 **3.99**

RED OR GREEN-BONUS PACK 100 mL PLUS 50 mL FREE **ACTION PRICE**  
**Close-Up Toothpaste** 150 mL tube **1.19**

**ACTION PRICES** **SAVE .70**

WHITE SWAN, ORANGE, GREEN OR GOLD  
**Paper Towels**

**.99** pkg of 2 rolls