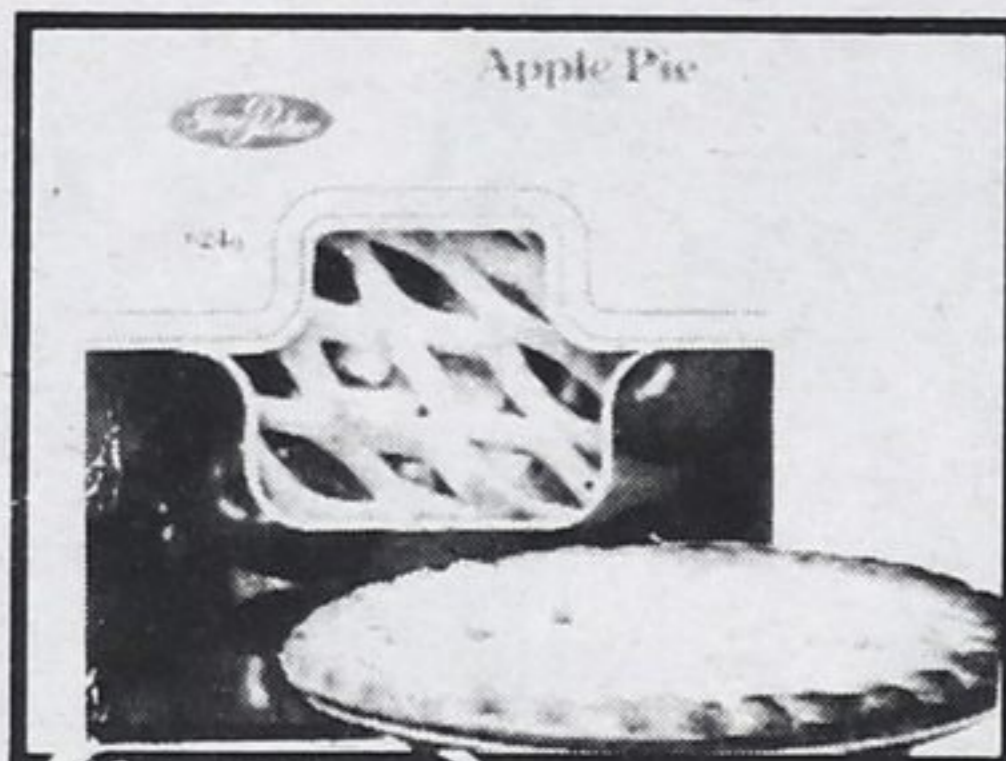


You'll do Better and Like it Better at



ACTION PRICES SAVE 1.00

(Pecan Pie 565 g 2.29-SAVE .40)
made with 100% pure vegetable shortening)

**Jane Parker
Apple Pie**
624 g SIZE

.99

ENRICHED (made with 100% pure vegetable shortening)

**Marvel White
Bread** 675 g loaf **.69**

JANE PARKER (PKG OF 8 1.39) SAVE 20

Hot Cross Buns pkgs of 12 **1.99**

JANE PARKER, WHEAT 'N RAISIN OR SAVE 36

Raisin Bread 450 g loaf **.89**

READY-TO-SERVE, ASSORTED VARIETIES SAVE 40

Duncan Hines Cookies 350 g pkg **1.99**

INSTANT, WITH CHICORY SAVE 1.80

Encore Coffee 7 oz jar **3.99**

ACTION PRICES SAVE .66

**Meadow Gold
Ice Cream** 2 l ctn. **1.49**

Packer's Label
**Frozen
Orange Juice** 12 1/2 oz. **.59**

READY-TO-SERVE, ASSORTED VARIETIES BUY 4-SAVE .49

Heinz Soups 8 fl oz tin **4/1.00**

CHOICE SAVE 50

Heinz Tomatoes 28 fl oz tin **.99**

CLOVER LEAF SAVE 60

Pink Salmon 7 1/2 oz tin **1.29**

ACTION PRICES SAVE .60

HEINZ, FANCY
Tomato Juice 48 fl oz tin **.89**

New Dundee
Salted Butter 1 lb. **1.99**
Limit 3 per customer

KELLOGG'S CEREAL SAVE 96

Corn Flakes 675 g pkg **1.69**

CHERRY PEPSI, REG OR DIET (PLUS .30 DEPOSIT) UNIT COST 9.24 PER 100 mL

Pepsi-Cola or 7UP 750 mL btl **.69**

CHERRY PEPSI, REG OR DIET NON-RETURNABLE UNIT COST 10¢ PER 100 mL

Pepsi-Cola or 7UP 2 litre btl **1.99**

ACTION PRICES SAVE .80

HUMPTY DUMPTY, ASSORTED VARIETIES
Potato Chips 200 g pkg **.99**

SAVE 4.41/kg



SAVE 2.00 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
6 BONE REGULAR CUT

Prime Rib Roasts
6.59 / 2.99 /kg / lb

Oven
Ready
Chef
Style

SAVE 2.20/kg-1.00 lb

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

SAVE 3.75/kg-1.70 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
Rib Steaks
7.25 / 3.29 /kg / lb

BLADE, CHUCK SHORT RIB OR SHOULDER

**Boneless
Beef Roasts** 4.39 / 1.99 /kg / lb

WHOLE SAVE 1.32/kg-60 lb

Pork Shoulders 2.18 / .99 /kg / lb

FRESH, SHANKLESS, PICNIC STYLE

Pork Shoulder Roast 2.18 / .99 /kg / lb

FRESH, SHOULDER BUTT (BONELESS 3.28/kg-1.49 lb)

Pork Roast 2.84 / 1.29 /kg / lb

SHOULDER BUTT

Pork Chops 3.51 / 1.59 /kg / lb

SHOPSYS, FOR ST. PATRICK'S DAY

Corned Beef Brisket 4.39 / 1.99 /kg / lb

FROZEN NEW ZEALAND

Loin Lamb Chops 6.59 / 2.99 /kg / lb

VEAL CUTLETS OR

Veal Scallopini 15.41 / 6.99 /kg / lb

CUT FROM CANADA'S FINEST WHITE VEAL

Shoulder Veal Chops 5.71 / 2.59 /kg / lb

(VEAL RIB CHOPS 10.56/kg-4.79 lb)

Loin Veal Chops 11.66 / 5.29 /kg / lb

FROZEN, SHRIMP PRIMAVERA WITH FETTUCCINI OR ORIENTAL WITH RICE

High Liner Lite 280 g pkg **2.99**

HIGH LINER, FROZEN, LITE TONITE, WITH FETTUCCINI

Seafood Newburg 270 g pkg **2.79**

HIGH LINER, FROZEN, LITE TONITE, WITH NOODLES

Fillet Florentine 270 g pkg **2.19**

HIGH LINER, FROZEN, LITE TONITE, WITH LINGUINI

Medium Scallops 280 g pkg **3.29**

EXCELLENT FOR BRAISING

**Blade
Steaks** 3.95 / 1.79 /kg / lb

FRESH

Medium Ground Beef 3.73 / 1.69 /kg / lb

CAP OFF

Rib Steaks 7.70 / 3.49 /kg / lb

POINT (Centre Cut 5.93/kg-2.69 lb)

Brisket Beef End Cuts 5.49 / 2.49 /kg / lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF

Beef Short Ribs 3.73 / 1.69 /kg / lb

BONELESS

Beef Briskets 4.39 / 1.99 /kg / lb

FROZEN, CUT-UP, TRAY PACK

Stewing Hens 1.74 / .79 /kg / lb

CHERRY RIVER, READY-TO-SERVE

Boneless Picnics 4.39 / 1.99 /kg / lb

REGULAR, B.B.O., BEEF WIENERS

Pride of Canada vac pac, 450 g **1.69**

BURNS

Breakfast Sausage 3.28 / 1.49 /kg / lb

PRIDE OF CANADA, BY THE PIECE, VAC PAC

Bologna Chunks 3.73 / 1.69 /kg / lb

PRIDE OF CANADA

Polish Sausage 4.39 / 1.99 /kg / lb

PRIDE OF CANADA, 4 VARIETIES INCLUDING PEPPERONI

Party Sticks 500 g size **2.79**

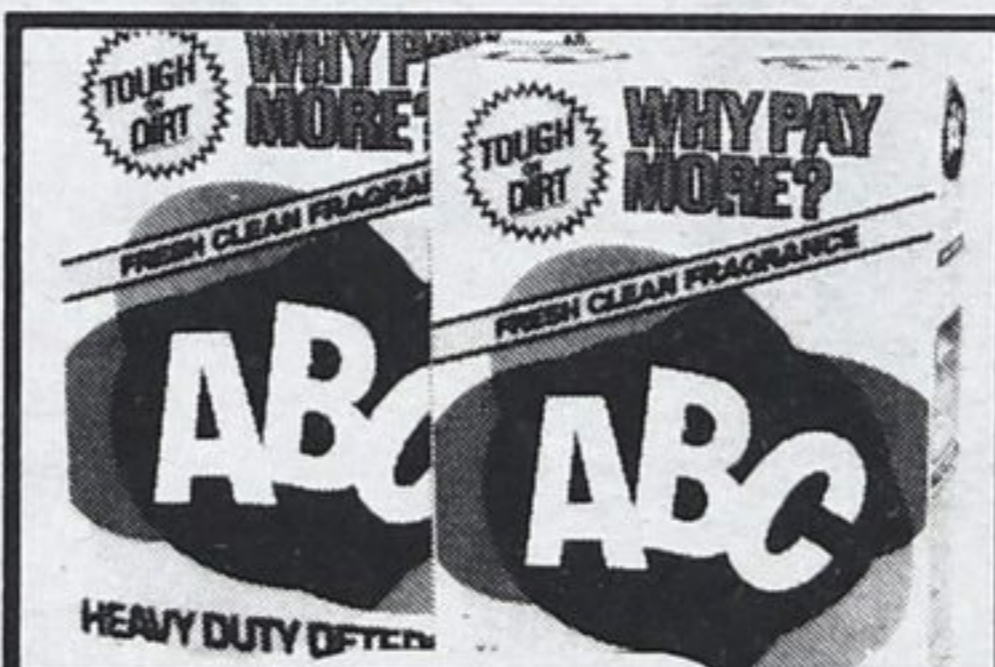
PRIDE OF CANADA, BY THE PIECE, VAC PAC

Back Bacon 11.00 / 4.99 /kg / lb



ACTION PRICES SAVE 1.30

A PREMIUM HEARTY BLEND
CUSTOM GROUND, NOTHING BEATS THE BEAN
**Bokar
Bean Coffee** 1 lb bag **3.99**
(3 lb bag 11.69-SAVE 3.90)



ACTION PRICES

POWDERED LAUNDRY
**ABC
Detergent** 12 litre box **4.99**



ACTION PRICES SAVE 1.50

ST. PATRICK'S DAY SPECIAL

ORANGE PEKOE
**Galway
Tea Bags**
PKG OF 72

1.99

PARTLY SKIMMED HEAL VALUE

**Fresh
2% Milk** 4 litre bag **2.69**

SWISS STYLE, ASSORTED FLAVOURS SAVE 50

Gay Lea Yogurt 500 mL tub **1.49**

REG OR UNSALTED CORN OIL, REG OR LIGHT SUNFLOWER OIL SAVE 40

Fleischmann's Margarine 8 oz tubs, pkg of 2 **1.29**

MINUTE MAID, REFRIGERATED, FROM CONCENTRATE SAVE 30

Orange Juice 32 fl oz cont **1.19**

GAY LEA, REFRIGERATED SAVE 46

Sour Cream 500 mL tub **1.69**

ACTION PRICES

ALLAN'S NOVELTY, MILK CHOCOLATE
Easter Rabbit or Rooster 300 g size **3.49**

GREEN, GOLD OR ORANGE SAVE 60

**White Swan
Paper Towels** pkg of 2 rolls **.99**

FROZEN, BEEF, CHICKEN, TURKEY SAVE 30

Savarin Pot Pies 8 oz pkg **.69**

FROZEN, CHICKEN SKILLET, BEEF, CHICKEN, SALISBURY STEAK, TURKEY

Savarin Dinners 11 oz pkg **1.29**

SARA LEE, FROZEN, REGULAR, CHOCOLATE CHIP OR RAISIN WALNUT SAVE 30

Pound Cakes 360 g pkg **2.49**

ACTION PRICES SAVE UP TO .30

IN TOMATO SAUCE, WITH PORK, WITH PORK IN MOLASSES, RED KIDNEY
Heinz Beans 14 fl oz tin **.59**

QUICK COOKING OR 1 MINUTE 1.25 kg SAVE 1.10

**Quaker
Oats** 1.35 kg pkg **.79**

(CEPACOL MOUTHWASH 500 mL 1.99)

Ultra Brite Toothpaste 100 mL tube **1.09**

REGULAR OR EXTRA BODY-CONDITIONER OR SAVE 1.00

Finesse Shampoo 300 mL plst btl **2.99**

NEW-REGULAR OR THINS SAVE 80

Vania Maxi Pads box of 30 **4.99**

ACTION PRICES SAVE 1.60

TOMATO, "NEW SQUEEZE BOTTLE"
Heinz Ketchup 1 litre plastic squeeze bottle **2.29**



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