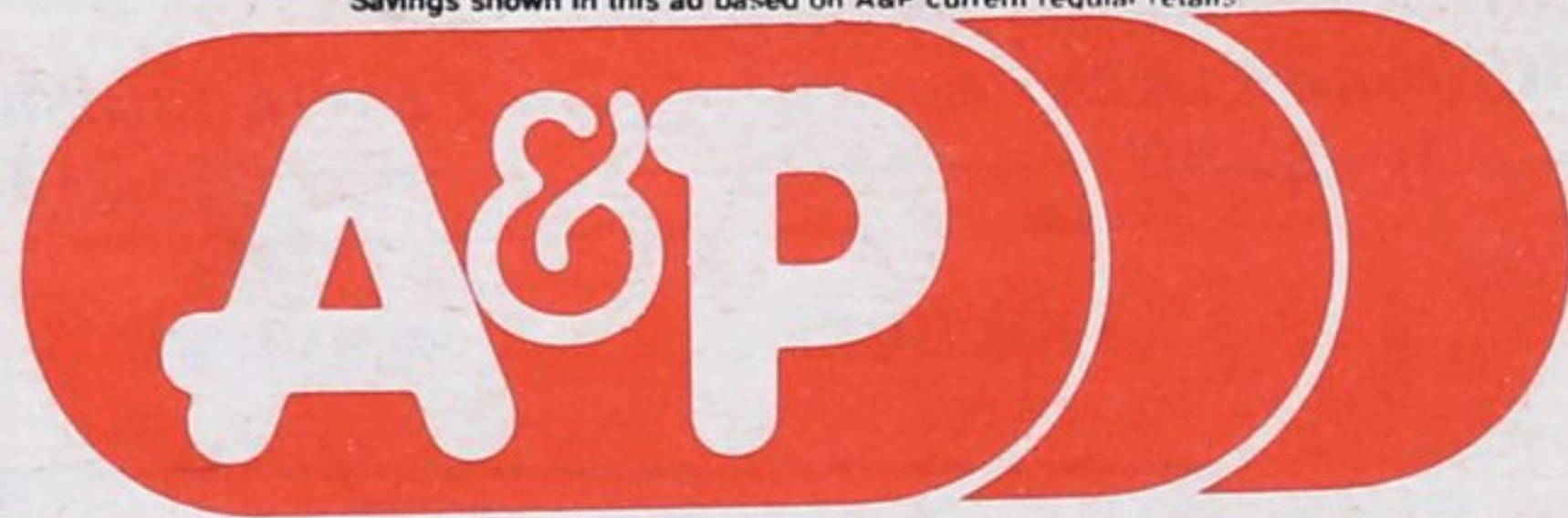


You'll do Better and Like it Better at



Prices effective thru Saturday, May 24th, 1986.
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.



ACTION PRICES **REAL VALUE**

REGULAR & SUPER FREE PURE SPRING GINGER ALE, REGULAR & SUGAR FREE HIRES ROOT BEER, REGULAR & SUGAR FREE ORANGE CRUSH, GRAPE, TONIC, SODA

Crush Beverages
CASE OF 24-280 mL TINS

5.99
(Unit cost 8.9¢ per 100 mL)
(Limit: 4 cases per family purchase)

6/2.99
750 mL BTL-PLUS .30 BTL DEPOSIT
(Unit cost 6.6¢ per 100 mL)

JANE PARKER **SAVE .90**

Spanish Bar Cake 540 g pkg **.99**

JANE PARKER, WHEAT N RAISIN OR **SAVE .60**

Raisin Bread 450 g loaf **.69**

JANE PARKER, WHEAT ROLLS OR **SAVE .30**

Scone Rolls pkg of 8 **.99**

MARVEL, HAMBURGER BUNS OR **SAVE .36**

Wiener Rolls pkg of 12 **.99**

JANE PARKER **SAVE .30**

Chiffon Cake 375 g pkg **1.69**

ACTION PRICES **SAVE 3.00**

PURE VEGETABLE

Primo Oil

2.99 (plst cont 3 litre)

ASSORTED CUTS (LASAGNA 500 g PKG-1.09) **SAVE .80**

Primo Pastas 900 g pkg **.99**

SALADA **SAVE .90**

Prior Park Tea Bags pkg of 100 **1.99**

ALL VEGETABLE **SAVE .40**

Crisco Shortening 1 lb pkg **1.19**

CRYSTALS, FRUIT JUICY RED, VERY BERRY, TUTTI FRUTTI, WILD & FRUITI FLAVOURS

Hawaiian Punch 26 g envs pkg of 3 **.99**

ACTION PRICES **SAVE 1.00**

FINE OR EXTRA FINE GRIND

Melitta Premium Coffee

4.99 (369 g vac pac bag)
(Melitta Coffee Filters (4 to 6 cup size) pkg of 40-1.59-SAVE .20)

VEGETABLE **SAVE 1.30**

Pure Crisco Oil 1 litre btl **2.49**

KELLOGG'S **SAVE .76**

Bran Flakes 400 g pkg **.99**

KELLOGG'S **SAVE .70**

Rice Krispies 575 g pkg **2.99**

KELLOGG'S CEREAL **SAVE .70**

Corn Flakes 350 g pkg **.99**

ACTION PRICES **SAVE 1.50**

KELLOGG'S

Variety Pack

1.99 (300 g pkg)

SAVE 2.42/kg *The Butcher Shop* **SAVE 1.10 lb**
with supermarket prices

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
BLADE, CHUCK SHORT RIB OR SHOULDER

Boneless Beef Roasts

3.93 / 1.79 /kg / lb

SAVE 2.87/kg-1.30 lb

EXCELLENT OR BRAISING

Blade Steaks

3.28 / 1.49 /kg / lb

SAVE 1.32/kg-.60 lb

COMBINATION PACK-CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS

Loin Pork Chops

4.39 / 1.99 /kg / lb

FRESH 'GREAT ON THE B.B.Q.'

Medium Ground Beef 395/179 /kg / lb

NEW ZEALAND SPRING

Frozen Short Cut Lamb Legs 439/199 /kg / lb

FRESH 'GREAT ON THE B.B.Q.'

Lean Ground Beef 439/199 /kg / lb

ROAST OR CHOPS

Pork Loin Centre Cut 637/289 /kg / lb

Cross Rib Roast 505/229 /kg / lb

Pork Rib Portion 527/239 /kg / lb

POINT (CENTER CUTS 5.93/kg-2.69 lb)

Brisket Beef End Cuts 549/249 /kg / lb

Shoulder Lamb Chops 439/199 /kg / lb

SHOULDER CUTS (STRIP OR CURED 5.05/kg-2.29 lb)

Stewing Beef 439/199 /kg / lb

Boneless Lamb Shoulders 395/179 /kg / lb

MARY MILES, STORE PACKED

Pork Shoulders 417/189 /kg / lb

VEAL CUTLETS OR

Scallopini 1762/799 /kg / lb

Breakfast Sausage 284/129 /kg / lb

CUT FROM CANADA'S FINEST WHITE VEAL

Shoulder Veal Chops 593/269 /kg / lb

SCHNEIDER'S, SLICED, 13 VARIETIES

Side Bacon 2.99

(LOIN VEAL CHOPS 11.88/kg-5.39 lb)

Rib Veal Chops 1078/489 /kg / lb

Cooked Meats 175 g vac pac **1.19**

CANADA GRADE 'A' FROZEN, EVisCERATED, CORNISH, 20-24 OZ AVG

Game Hens 439/199 /kg / lb

OLDE-FASHIONED HAMS 880/399 /kg / lb

REGULAR OR THICK SLICED

A&P Side Bacon 500 g vac pac **2.49**

SAU SEA, FROZEN

Cooked Shrimp 8 oz pkg **6.39**

RED HOTS, DUTCH TREET, SKINLESS, ALL BEEF DINNER FRANKS, ALL BEEF DINNER FRANKS

Schneider's Wieners 450 g vac pac **1.99**

BLUEWATER, FROZEN

Fish & Chips 750 g pkg **2.29**

MARY MILES, SLICED

Side Bacon 250 g vac pac **1.29**

FROZEN IN LIGHT TEMPURA BATTER-SOLE, HADDOCK, BOSTON BLUE OR CO

Bluewater Fish 350 g pkg **2.29**

Banquet Dinners 11 oz pkg **1.19**

HIGH LINEER, FROZEN, LITE TONITE, IN CRUMBS

Haddock Fillets 225 g pkg **1.99**



ACTION PRICES **SAVE .30**

PLAIN, RIPPLE OR SALT & VINEGAR

A&P Potato Chips

.99 (200 g pkg)
(Tio Sancho Nacho Chips 190 g pkg 2.39-Save .30)



ACTION PRICES **SAVE .30**

CHOICE

A&P Whole Tomatoes

.69 (28 fl oz tin)
(A&P Choice Whole White Potatoes 19 fl oz tin .69)

THE FARM
For Freshness & Savings

CANADA NO. 1, PRODUCT OF U.S.A., TENDER, GREEN, SUMMER SWEET

Corn On-The-Cob 6/1.99

PRODUCT OF U.S.A., SWEET, RIPE

Fresh Strawberries 1.99 (heaping quart)

CANADA NO. 1, PRODUCT OF U.S.A.

Green Slicers Cucumbers 2/.99

PRODUCT OF U.S.A., DELICIOUS IN SALADS, FRESH

Green Onions 3 bunches for **1.00**

CANADA FANCY, PRODUCT OF ONTARIO, ALL PURPOSE

Ida Red Apples 5 lb bag **2.89**

PRODUCT OF U.S.A., DELICIOUS IN SALADS

Avocados each **.89**

CANADA NO. 1, PRODUCT OF ONTARIO, ALL GREEN

Fresh Asparagus 439/199 /kg / lb

PRODUCT OF MEXICO, SWEET, RIPE

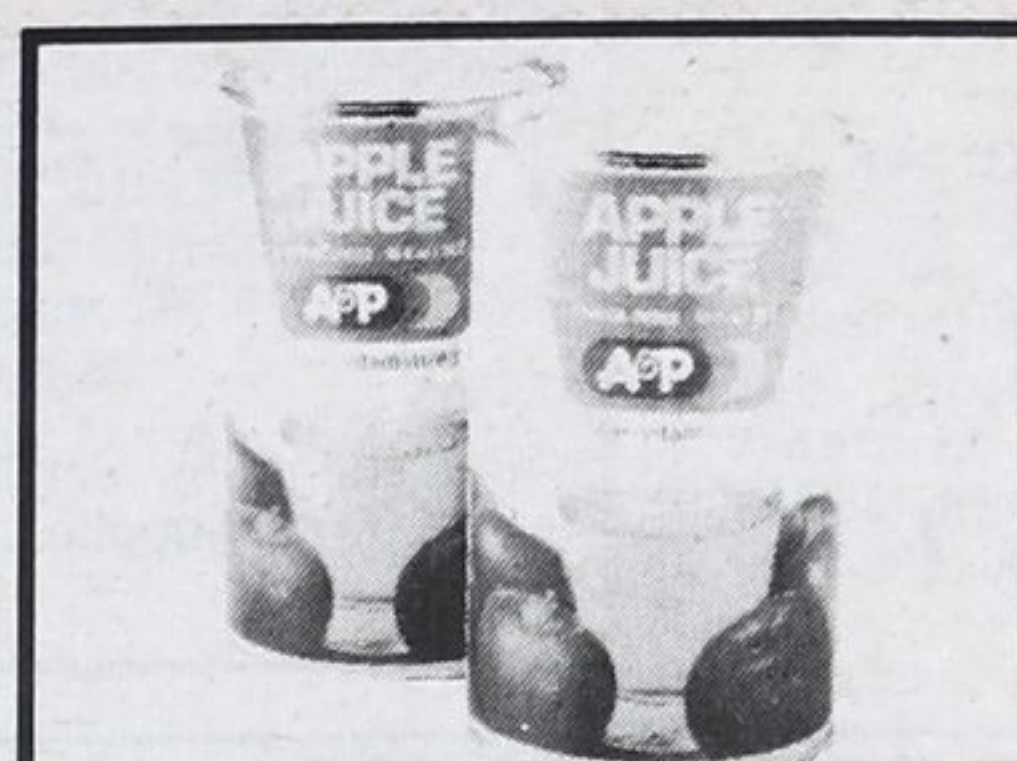
Fresh Cut Watermelon 108/1.49 /kg / lb

CANADA NO. 1, PRODUCT OF U.S.A.

Green Cabbage 108/1.49 /kg / lb

PRODUCT OF SPAIN, GREAT WITH SEAFOODS & SALADS

Fresh Lemons 4/.99



ACTION PRICES **SAVE .70**

A&P Pure Apple Juice
48 FL OZ TIN

.79
(Limit: 6 per family purchase)

PROCESS CHEESE FOODS, REGULAR OR SWISS **SAVE UP TO 1.40**

Schneider's Cheese Slices 500 g pkg **2.99**

SOFT MARGARINE **SAVE .20**

Blue Bonnet 1 lb tub **1.19**

FROZEN, STRAWBERRY, RASPBERRY, STRAWBERRY/BANANA OR CHERRY FLAVOURS **SAVE .50**

Chiquita Novelties pkg of 8 **1.99**

100% VEGETABLE OIL **SAVE .30**

Imperial Soft Margarine 2 lb tub **2.59**

FROZEN, APPLE CRUMB PIE OR **SAVE .20**

Mrs. Smith's Apple Pie 680 g pkg **2.69**

ACTION PRICES **SAVE .70**

FROZEN, CHOPPED BEEF, CHICKEN, TURKEY, SALISBURY STEAK

Banquet Dinners

BANQUET, FROZEN, BEEF, CHICKEN, TURKEY
Pot Pies
8 oz pkg **.59**
SAVE .36 (11 oz pkg)

SWISS STYLE, ASSORTED FLAVOURS, REFRIGERATED **BUY 3-SAVE 1.30**

Gay Lea Yogourt 175 g tubs **3/1.49**

ASST VARIETIES INCLUDING NICE & SHORTCAKE **SAVE .70**

Peek Frean Cookies tin the bag 400 g **2.29**

TOMATO **SAVE 1.50**

Heinz Ketchup 125 litre btl **2.69**

REGULAR OR LITE **SAVE .56**

Hellmann's Mayonnaise 500 g jar **1.99**

ACTION PRICES **SAVE 15.77**

WHITE ONLY, 2-PLY BATHROOM

Delsey Tissue

15.99 (case of 12 pkg of 4 rolls)

(SINGLE PKG OF 2 ROLLS .99) CASE SALE **ACTION PRICE**

Hi-Dri White Towels pkg of 2 rolls case of 9 **7.99**

NEWBORN 66'S, MEDIUM 48'S, LARGE 33'S **SAVE 1.50**

Huggies Diapers convenience pack **9.99**

FACIAL, WHITE ONLY, SINGLE BOX OF 200 SHEETS .99, CASE OF 18 **SAVE 9.11**

Kleenex Tissue box of 200 sheets **16.99**

STUART HOUSE **SAVE .60**

Foil Wrap 12" x 50' roll **2.19**

ACTION PRICES **SAVE 3.70**

POWDERED LAUNDRY

ABC Detergent

4.99 (12 litre box)

Now Open 24 Hours Daily From 8:00 a.m. Monday to 10:00 p.m. Saturday

A&P HUGEL AVENUE, MIDLAND

We Redeem all food store coupons.