

# You'll do Better and Like it Better at



Prices effective thru Saturday, June 14th, 1986.  
We reserve the right to limit quantities to normal family requirements.  
Savings shown in this ad based on A&P current regular retails.

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



**ACTION PRICES STOCK UP**

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

SAVE 1.50 **6.49**  
(Unit cost 9.7¢ per 100 mL)  
750 mL BOTTLE

SAVE .20 **.69** Plus .30 bottle deposit  
(Unit cost 9.2¢ per 100 mL)  
Limit 3 per family

JANE PARKER (made with 100% pure vegetable shortening) SAVE .26  
**100% Whole Wheat Bread** 675 g loaf **.79**

JANE PARKER (made with 100% pure vegetable shortening) SAVE .70  
**Blueberry Pie** 625 g size **1.99**

JANE PARKER SAVE .90  
**Spanish Bar Cake** 540 g size **.99**

MARVEL, HAMBURGER BUNS OR SAVE .36  
**Wiener Rolls** pkg of 12 **.99**

BELMONT MALLOW, MIDNIGHT MINT, PETER PAN OR GOLDEN CARAMEL. SAVE .60  
**Dare Cookies** 300 g tin tie bag **1.99**

**ACTION PRICES REAL VALUE**

KRAFT  
**Peanut Butter** 1.5 kg pslst pail **3.99**

ASST VAR INCL CUBITS & HOT DOG SAVE .70  
**Bick's Relishes** 375 mL jar **.99**

CHUNK LIGHT, IN OIL OR WATER SAVE .70  
**Clover Leaf Tuna** 6.5 oz tin **.99**

REG OR NO SALT ADDED, ASST VAR INCL FANCY WHOLE KERNEL CORN 1/2 FL OZ (Single 14 fl oz tin. 89-SAVE .20)  
**Del Monte Vegetables** case of 12 14 fl oz tins **7.99**

WITH GARLIC, NO GARLIC OR POLSKI OGORKI SAVE .74  
**Bick's Dill Pickles** 1 litre jar **1.99**

**ACTION PRICES SAVE .50**

A PREMIUM HEARTY BLEND, CUSTOM GROUND. NOTHING BEATS THE BEAN.  
**Bokar Bean Coffee** 3 lb BAG 14.79 SAVE 1.50 **4.99** 1 lb bag

PURE VEGETABLE HALF PRICE  
**Liberty Oil** 3 litre cont **2.99**

HUNT'S, THICK & RICH SAVE .90  
**Spaghetti Sauce** 28 fl oz tin **.99**

ASSORTED VARIETIES SAVE .50  
**Lancia Pastas** 900 g pkg **.99**

STUFFED MANZANILLA OR SALAD HALF PRICE  
**Unico Olives** 375 mL jar **.99**

**ACTION PRICES SAVE 2.00**

ORANGE PEKOE  
**Tetley Tea Bags** pkg of 144 **3.99**

**SAVE 3.75/kg** *The Butcher Shop* with supermarket prices **SAVE 1.70 lb**

(6 BONE CUT), OVEN READY, CHEF STYLE  
**Prime Rib Roast**  
**7.25 / 3.29** /kg /lb

**SAVE 2.65/kg-1.20 lb**

(RIB STEAKS 8.13/kg-3.69 lb)  
**Rib Steaks** Cap off **8.80 / 3.99** /kg /lb

**SAVE 2.65/kg-1.20 lb**

OUTSIDE CUT, EYE REMOVED  
**Boneless Round Roast**  
**5.71 / 2.59** /kg /lb

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

CUT FROM CANADA'S FINEST GRADE "A" BEEF (Boneless 4.39/kg-1.99 lb)  
**Short Beef Ribs** **3.73 / 1.69** /kg /lb

CUT FROM CANADA'S FINEST GRADE "A" BEEF, TENDERIZED, FROM THE HIP  
**Cube Steak** **6.59 / 2.99** /kg /lb

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

POINT (Centre Cuts 5.93/kg-2.69 lb) End Cuts **5.49 / 2.49** /kg /lb

MAPLE LEAF, HALVES  
**Country Kitchen Ham** **8.80 / 3.99** /kg /lb

REGULAR, BEEF OR B.B.Q., "GREAT ON THE B.B.Q."  
**Maple Leaf Wieners** 450 g vac pac **1.89**

MAPLE LEAF, SLICED, REGULAR, THICK OR MAPLE  
**Side Bacon** 500 g vac pac **2.99**

MAPLE LEAF, SWEET PICKLED  
**Cottage Rolls Halves** **5.05 / 2.29** /kg /lb

MAPLE LEAF, SLICED, 10 VARIETIES  
**Cooked Meats** 175 g vac pac **.99**

MAPLE LEAF, SLICED, 6 VARIETIES  
**Cooked Meats** 175 g vac pac **1.99**

MAPLE LEAF, SLICED  
**Cooked Ham** 175 g vac pac **1.69**

MAPLE LEAF, ASSORTED VARIETIES  
**Deli Chubs or Sticks** 250 g size **1.99**

FRASERVALE, FROZEN  
**Fish & Chips** 250 g pkg **.99**

**THE FARM** For Freshness & Savings

CANADA NO. 1, PRODUCT OF U.S.A., VINE RIPE  
**Jumbo Cantaloupe** **.99** each

CANADA NO. 1, PRODUCT OF U.S.A., CALIFORNIA, SWEET, JUICY  
**Fresh Peaches** **2.18 / .99** /kg /lb

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

PRODUCT OF U.S.A., TENDER, STRINGLESS  
**Fresh Green Beans** **2.18 / .99** /kg /lb

CANADA NO. 1, PRODUCT OF ONTARIO, DELICIOUS IN SALADS  
**Seedless Cucumbers** each **.99**

PRODUCT OF U.S.A., DELICIOUS IN SALADS  
**Fresh Cherry Tomatoes** pint **.99**

PRODUCT OF MEXICO, SWEET, RIPE  
**Fresh Mangos** each **.99**

CANADA FANCY, PRODUCT OF ONTARIO, ALL PURPOSE  
**Ida Red Apples** 5 lb bag **2.89**

PRODUCT OF NEW ZEALAND  
**Fresh Kiwi Fruit** **2 / .99** /kg /lb

CANADA NO. 1, PRODUCT OF U.S.A., THE NATURAL SNACK  
**Green Seedless Grapes** **4.39 / 1.99** /kg /lb



**ACTION PRICES REAL VALUE**

**Grade 'A' Large Eggs** DOZEN **.99**  
(Limit 3 dozen per family purchase)

PROCESS CHEESE FOOD, SINGLE THINGS SAVE 1.10  
**Black Diamond Cheese Slices** 125 g tubs pack of 4 500 g pkg **2.99**

SWISS STYLE, PLAIN OR ASSORTED FLAVOURS SAVE .56  
**Yoplait Yogourt** 125 g tubs pack of 4 **1.69**

GAY LEA, REFRIGERATED SAVE .40  
**Sour Cream** 500 mL ctn **1.69**

FROZEN CHICKEN CACCIAOTORE, CHICKEN AL ORANGE, GLAZED CHICKEN SAVE .60  
**Lean Cuisine Entrees** 228 g pkg **3.69**

JULIA, GRATED SAVE .90  
**Parmesan Cheese** 125 g cont **.99**

**Pepperidge Farm Cakes** **.99** 369 g pkg

**Snackin' Cake Mixes** **.99** 400 g pkg  
(Stir 'N Frost Cake Mixes 310 g pkg .99-SAVE 1.00)

**Pepperidge Farm Cakes** **.99** 369 g pkg

BETTY CROCKER, ASSORTED VARIETIES  
**Snackin' Cake Mixes** **.99** 400 g pkg  
(Stir 'N Frost Cake Mixes 310 g pkg .99-SAVE 1.00)

WHITE, YELLOW OR ALMOND  
**Pronto Paper Towels** **.89** pkg of 2 rolls

2-PLY BATHROOM, WHITE, ALMOND OR YELLOW SAVE 1.60  
**Royale Tissue** pkg of 8 rolls **2.99**

HEINZ SOUP, CONDENSED SAVE 1.10  
**Cream of Mushroom** 10 fl oz tin **.39**

A&P PLAIN OR SALTED SAVE .40  
**Saltine Crackers** 450 g pkg **.99**

GENERAL MILLS, HONEY NUT 575 g OR REGULAR SAVE 1.00  
**Cheerios Cereal** 575 g pkg **2.49**

**ACTION PRICES REAL VALUE**

PARTLY SKIMMED  
**Fresh 2% Milk** 4 litre bag **2.79**

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



HUGEL AVENUE, MIDLAND

We Redeem all food store coupons