

The Talk Of The Town?

Free

Recipes Available At Safeway
From Meats To Desserts...
Pick Yours Up Today!

Challenge

Boneless Sirloin

Steaks Cut From Canada Grade 'A' Beef

Superb Eating Meats from Safeway

1.78
Lb.

Check The Trim

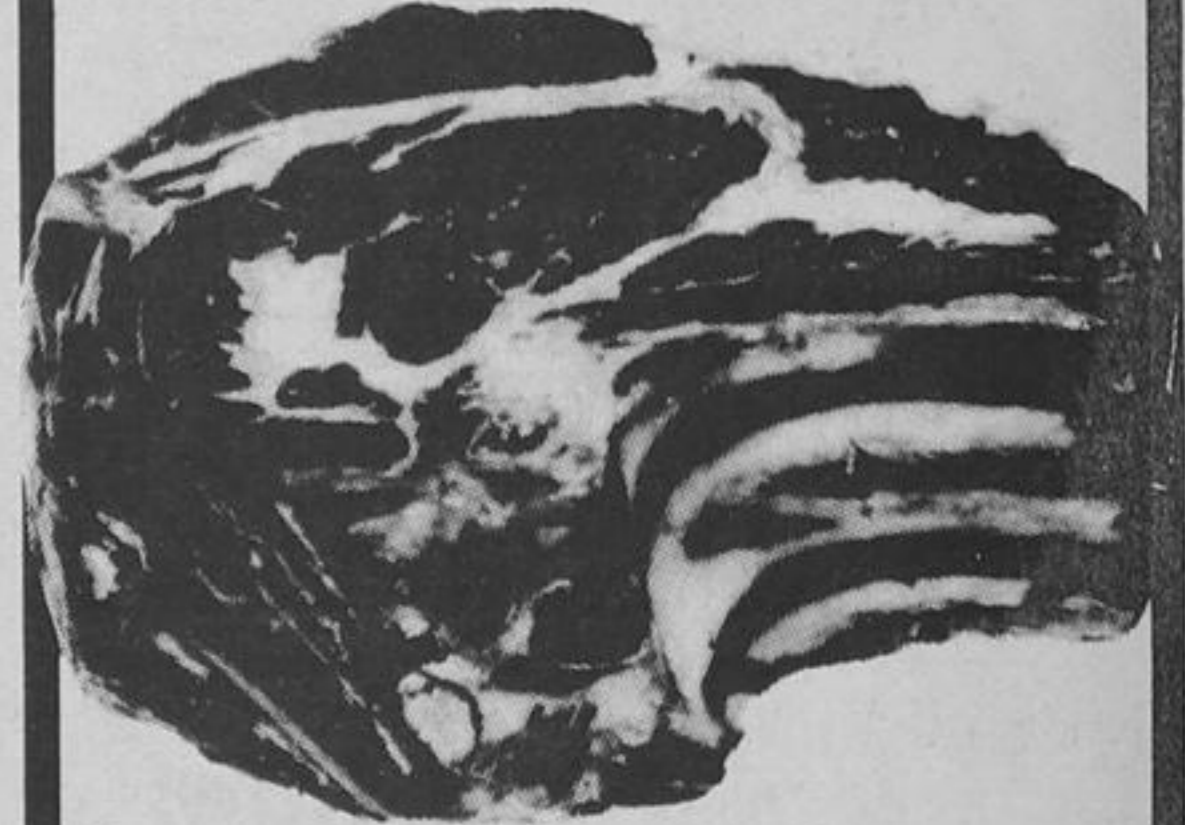
Barbecue Sauce Ranchero
6 cans tomato sauce (8-oz. size) 1 cup water 1/2 cup vinegar 1/4 cup cooking oil 2 garlic cloves, crushed 2 tsp. barbecue seasoning 1 large onion, minced very fine 1 tsp. monosodium glutamate 1 tsp. crushed red pepper 2 bay leaves 1/2 tsp. dry mustard 2 tsp. Worcestershire sauce 1/2 tsp. mustard seed 3 tbsp. sugar 1/2 cup chili sauce 1 tsp. salt
Combine ingredients and mix well. Bring to boil; simmer uncovered 1 1/2 hrs., or till thickened, stirring occasionally. Makes 4 1/2 cups.
NOTE: This sauce can be used on beef, lamb, pork and poultry.

Roasting Chickens

Canada Grade 'A' Frozen 5-6 Lb. Average

68¢
Lb.

Is This The Roast You Bought Last Week?



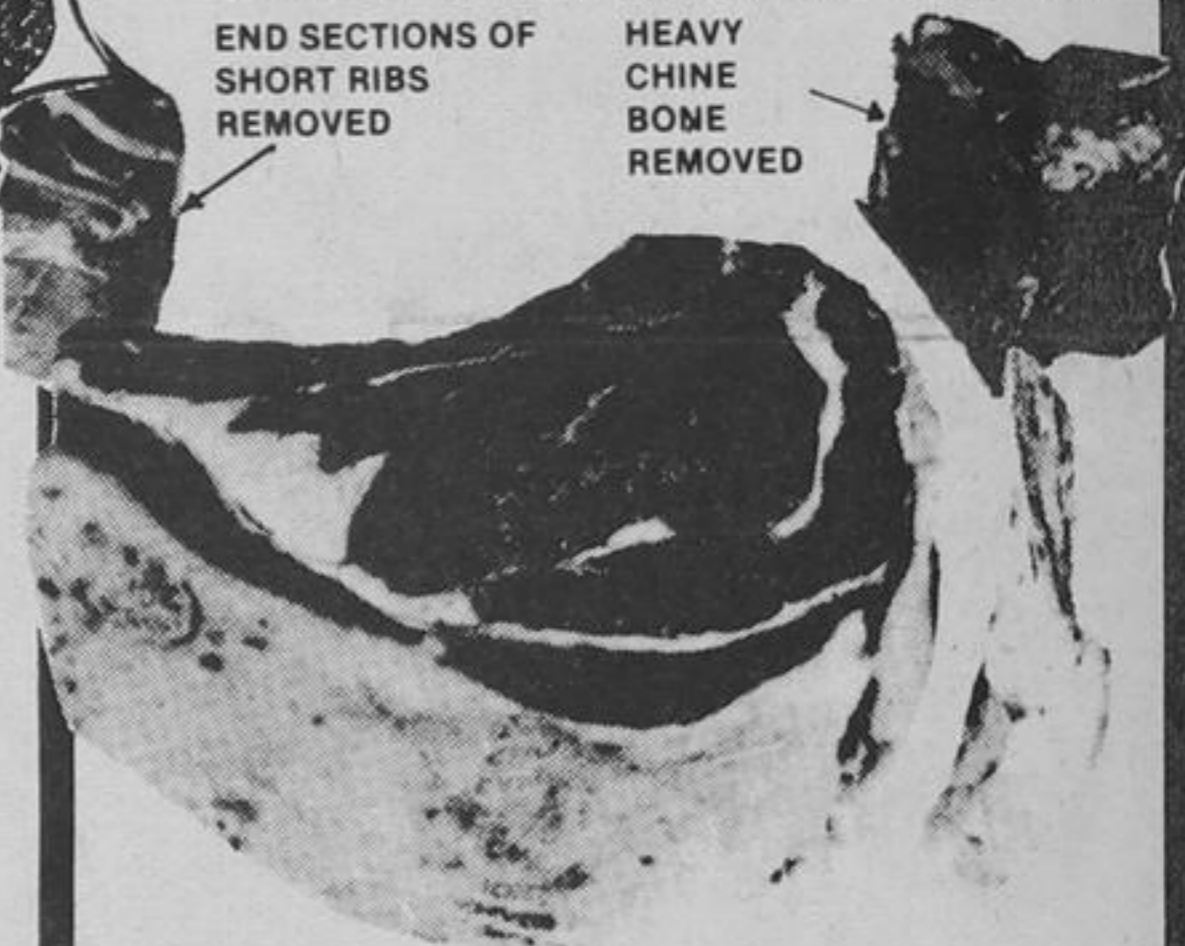
The Safeway Challenge!

Shop Safeway Where You Buy Roasts Like This!

Check the Trim on our Standing Rib Roast

END SECTIONS OF SHORT RIBS REMOVED

HEAVY CHINE BONE REMOVED



- CHECK THE TRIM
- CHECK THE QUALITY
- CHECK THE PRICE

MONEY BACK GUARANTEE

If, for any reason, you are not satisfied with any purchase made at Safeway, we will make an adjustment that is satisfactory to you or refund the purchase price in full.

Serving Suggestions

Side Bacon
Maple Leaf or Hint of Maple Sliced
Vacuum Packed 1 Lb. Package
\$1.59
ea.
Pink Salmon \$1.89
Whole or Half Previously Frozen Lb.

Maple Leaf Wieners
Regular or All Beef
Vacuum Packed 1 Lb. Package
78¢
ea.
Mackerel Whole Lb. 49¢
Previously Frozen

Stewing Beef
Boneless & Cubed
\$1.18
Lb.
Oysters \$2.29
Fresh 8 oz. Container ea.

Ground Beef
Lean Quality
\$1.08
Lb.
Lobsters \$3.99
Large Boiled Lb.

Beef Kidney
Fresh Not Frozen
49¢
Lb.
Cod Fillets \$1.79
Smoked Lb.

Vegmar Margarine

Parchment 100% Vegetable Oil

39¢

SHOP SAFEWAY

Potato Chips

Party Pride Assorted Varieties 7.9 oz. - 8.25 oz. pkg.

ea. **79¢**

Ice Cream

Lucerne Assorted Spin Varieties 1 Litre Tub

ea. **99¢**

Deluxe Pizza

McCain Pepperoni 12" Frozen 32 oz. Package

ea. **\$1.99**

Cottage Cheese

Lucerne Assorted Varieties 16 oz. Tub

ea. **79¢**

Cheese Slices

Lucerne Process 60's 2 Lb. Package

ea. **\$3.19**

Cheese Stick

Black Diamond Mild or Medium Coloured 12 oz. Package

ea. **\$1.59**

Old Cheese

Black Diamond Xtra Old Coloured Stick 12 oz. Package

ea. **\$1.69**

Jacobs Crackers

Cream 200 gm Package

ea. **49¢**

Souptime

Nestles Assorted Varieties 28-88 gm Package

ea. **59¢**

Dream Whip

(170 g) 6 oz. Package

ea. **\$1.29**

Jelly Powders

Jello Assorted Flavours 6 oz. Package

ea. **53¢**

Ban Basic Scented or Unscented Deodorant Non Aerosol 100 ml. bottle	ea. \$1.89	Crest Toothpaste Regular 2 x 100 ml Tube	ea. \$1.69
Aspirin Bayer 100 Per Bottle	ea. \$1.09	Calgonite Dishwasher Detergent (1.42 kg) 65 oz. Package	ea. \$2.79
Pancake Mix Aunt Jemima Regular, Buttermilk or Buckwheat 1 Kilo Package	ea. 89¢	Joy Liquid Detergent 1.5 Litre Bottle	ea. \$1.79
Q Tips Cotton Swabs 400 Per Package	ea. \$1.89	Chicken Soup Town House Cream (284 ml) 10 fl. oz. Tin	4 FOR \$1
Jello Jelly Powders Assorted Varieties 6 oz. Package	ea. 53¢	Pound Cake Sara Lee Yellow Frozen 13 oz. Package	ea. \$1.29
Special K Cereal Kellogg's 300 gm Package	ea. 89¢	Raisin Bran Flakes Kellogg's 525 gm Package	ea. 99¢
Bold Powder Detergent (2.27 kg) 5 Lb. Package	ea. \$2.79	Quench Flavour Crystals Assorted Flavours 4x3 1/2 oz. poly pkg.	ea. 99¢
Tea Bags Tetley 2 Cup Orange Pekoe 72's 8 oz. Package	ea. \$1.99	French Fries Bel-air Assorted Varieties Frozen, Canada Fancy (607 g) 32 oz. Package	ea. 59¢
Cake Mix Robin Hood Assorted Strusses Krohn 21 oz. Package	ea. \$1.29	Quick Rice Uncle Bens 11 oz. Package	2 5/8 FOR \$1
Sandwich Snow Star Frozen 12 x 3 oz. Package	ea. \$1.49	Sara Lee Cake Assorted Varieties (369 g) 13 oz. Package	ea. \$1.29

Peach Halves

Kon Tiki Canada
Choice Grade
14 fl. oz. tin

4 FOR \$1

Kernel Corn



Town House Whole
Fancy Grade Vacuum Packed
(341 ml) 12 oz. Tin

3 FOR \$1

Yonge St. & Trayborn
Yonge & Doncaster

Shoes & Socks



One of Safeway's most popular one-stop shopping departments! Men, women and children of all ages find something here to suit their needs: Jogging Shoes, Tennis Shoes, Running Shoes, Gym Shoes, all at good Safeway prices. Wide range of comfortable, long-wearing sock styles.

WE DO IT BEST

SAFEWAY

