

Safeway's Low Prices



GROUND BEEF
Regular Quality, Ideal For Barbeque

\$1.28
Lb.

SAVE Lb. 40¢ WAS Lb. \$1.68



APPLE JUICE
Sunsqueeze Choice From Concentrate, (1.36 lt.) 48 fl. oz. Can

Limit 2 cans per family purchase
49¢
ea.

SAVE ea. 26¢ WAS ea. 75¢



FRENCH FRIES
Valley Farm, Canada Choice, Frozen, (907 gm.) 2 Lb. Bag
Limit 2 Per Family Purchase

19¢
ea.

SAVE ea. 9¢ WAS ea. 28¢



BANANAS
Fresh From The Tropics

\$1.00
4 Lbs.

SAVE 40¢ WAS Lb. 35¢

Blade Steaks
Chuck Cut From Canada Grade "A" Beef, Ideal For Barbeque

\$1.78
Lb.

SAVE Lb. 20¢ WAS Lb. \$1.98

Breast Quarters
Maple Lodge, Fresh, Wings On

99¢
Lb.

SAVE Lb. 39¢ WAS Lb. \$1.38

Canned Mushrooms
Garden-of-Eden, Stems and Pieces, (284 ml.) 10 fl. oz. Can

59¢
ea.

SAVE ea. 4¢ WAS ea. 63¢

Cake Mixes
Robin Hood, Assorted Varieties, 17.6 to 18.5 oz. Package

2 FOR \$1

CHECK & COMPARE

Purina Dog Chow
(22 lb.) 10 kg. Bag

\$6.69
ea.

SAVE ea. 70¢ WAS ea. \$7.39

Package Spinach
U.S.A. Grown, Washed And Trimmed, 10 Ounce Pkg.

2 FOR \$1

SAVE 78¢ WAS ea. 89¢

McIntosh Apples
Ontario Grown, C.A. Fancy Grade, 4 Qt. Basket

\$1.99
ea.

SAVE ea. \$1.00 WAS ea. \$2.99

Valencia Oranges
Size 113

\$1.69
doz.

SAVE 60¢ WAS \$2.29

Chicken Legs
Maple Lodge, Fresh, Backs Attached, Ideal For Barbeque

99¢
Lb.

SAVE Lb. 39¢ WAS Lb. \$1.38

Shoulder Chops
New Zealand Lamb, Frozen

\$1.38
Lb.

SAVE Lb. 20¢ WAS Lb. \$1.58

Ivory Liquid
Detergent, (909 ml.) 32 fl. oz., Plastic Bottle

\$1.49
ea.

SAVE ea. 23¢ WAS ea. \$1.72

McCain Cakes
Deep 'N' Delicious, Frozen, Chocolate, Banana and Marble, (583 gm.) 19 oz. Package

\$1.49
ea.

SAVE ea. 20¢ WAS ea. \$1.69

Green Beans
Florida Grown

59¢
Lb.

WAS Lb. 79¢

Ice Cream
Snow Star, Assorted Flavours, 2 H. Carton

\$1.49
ea.

WAS \$1.67

Mixed Vegetables
Del-Air, Canada Fancy, Frozen, (907 gm.) 32 oz. Bag

95¢
ea.

WAS \$1.09

McCain Lasagna
Frozen, (907 gm.) 2 lb. Package

\$3.59
ea.

WAS \$3.79

Alozo Pizza
English Muffin, Deluxe, Pepperoni, Frozen, (383 gm.) 13.5 oz. Package

\$2.39
ea.

WAS \$2.68

Pork Tenderloin
Frozen

\$2.19
Lb.

Piller's Meats
Vacuum Packed, Salam, Genoa, Corned, Hungarian and Pork, 4 oz. Package

89¢
ea.

WAS \$1.05

Cooked Ham
Maple Leaf, Sliced, Vacuum Packed, 6 oz. Package

\$1.38
ea.

WAS \$1.62

Breakfast Sausage
Devon Brand, Store Pack

\$1.09
Lb.

WAS \$1.28

Bold Detergent
Powdered Laundry, (6 lb.) 2.4 kg. Box

\$3.29
ea.

WAS \$3.49

Fighting Inflation?

- Safeway pledges to do our part in the fight against inflation. As part of this commitment, Safeway will publish weekly inflation-fighting ideas, suggesting ways in which you and your family can shop better for less money.
- Here are some ideas our customers have adopted, which we are happy to pass along.
- Try new recipes, new meal ideas. Recipes using everyday, inexpensive, familiar staples such as oatmeal, macaroni, root vegetables, etc. can be delicious as well as economical.
 - Try brands that may be new to you. Chances are, you'll find items in Safeway brands which can save you money and be equally as satisfying to you and your family as your present brand.
 - Buy in quantity if there is a sale on — but only what you can use, freeze, can or preserve.
 - Use Safeway's unit price tags. They allow you to compare the cost of various brands.
 - Check the "Best Before Dating" on perishables. It's your guide to freshness, to get maximum storage life for your money.
 - When you buy fresh meat, think in terms of several meals rather than just one. Buy ahead, cook ahead, freeze ahead. Your cost per meal will go down substantially.
 - Substitute, if there is a saving. Poultry for red meats — cabbage for lettuce — dry milk for fresh milk, etc.
 - Check Safeway's food ads for the Specials, the Best Buys — things that are in plentiful supply and reduced in price. Food ads give the shopper a handy way to compare value, plan economical meals and be aware of weekly bargains.
 - Make out a basic shopping list, but be open-minded to unadvertised specials. These can often be the Bargain of the Week for you.
 - Try more "one-stop shopping". More and more customers are coming to Safeway for health and beauty aids, notions, housewares and appliances, garden supplies, etc. This can save both time and gasoline.
 - Rediscover the pleasures of "eating out at home".

Safeway Inflation Fighter Items Comparable In Price To Generic No-Name Products

Bologna
Mary Miles, Sliced, Vacuum Packed, 16 oz. Package

\$1.18
ea.

Luncheon Meat
Macaroni & Cheese, Mary Miles, Vacuum Packed, 16 oz. Package

\$1.18
ea.

Sliced Meat
Chicken Loaf, Mary Miles, Vacuum Packed, Sliced, 16 oz. Package

\$1.18
ea.

Wieners
Mary Miles, Vacuum Packed, 1 Lb. Package

\$1.18
ea.

Koban Coffee
Ground, (454 gm.) 1 lb. Bag

\$2.89
ea.

Shampoo
Baby, Truly Fine, (500 ml.) 17.6 fl. oz., Plastic Bottle

85¢
ea.

Soap Pads
Diamond, 16 1/2 Bag

73¢
ea.

Softener
Trend Fabric, (3.64 lt.) 128 fl. oz., Plastic Bottle

\$1.15
ea.

Gem Rice
Long Grain, (227 gm.) 5 lb. Bag

\$1.49
ea.

Green Peas
Del-Air, Fancy Frozen, (907 gm.) 2 lb. Bag

88¢
ea.

Sauce
Spaghetti, Livia, (196 ml.) 29 fl. oz. Can

79¢
ea.

Fish & Chips
Seafresh, Frozen, (453 gm.) 16 oz. Bag

99¢
ea.

Kool Aid Drink Mix
Sweetened Assl. Flavours (113 gm.) 4 oz. Pkg.

37¢
WAS 42¢ ea.

Bayer Aspirin
48's Bottle

69¢
WAS 87¢ ea.

Sauve Shampoo
Assl'd. Varieties, 350 ml. Bottle

99¢
WAS \$1.09 ea.

Close Up
Toothpaste, Red and Green, 50 ml. Tube 100% bonus

79¢
WAS 89¢ ea.

Dust Mop
O' Cedar, Zoomalot

\$4.99
WAS \$5.99 ea.

Spray Cleaner
Fantastic With Sprayer, (682 ml.) 24.8 oz., Plastic Bottle

\$1.39
WAS \$1.53 ea.

Fabric Softener
Bounce, 40's Package

\$2.39
WAS \$2.59 ea.

Sandwich Bags
Glad, 50's Package

59¢
WAS 68¢ ea.

10620 YONGE ST. RICHMOND HILL 7171 YONGE ST. THORNHILL

Now open for your Shopping Convenience Saturday 8 a.m.

SAFEWAY

Next week, #1 in this on-going series: "BACK TO BASICS" together, we can be INFLATION FIGHTERS!