

Regular Quality

Lb.

SAVE Lb 40¢ WAS Lb \$1.68



Scott Bathroom Tissue 1 Ply Assorted Colours 4 Roll Package Limit 2 per family purchase

SAVE 38¢

WAS \$1.25

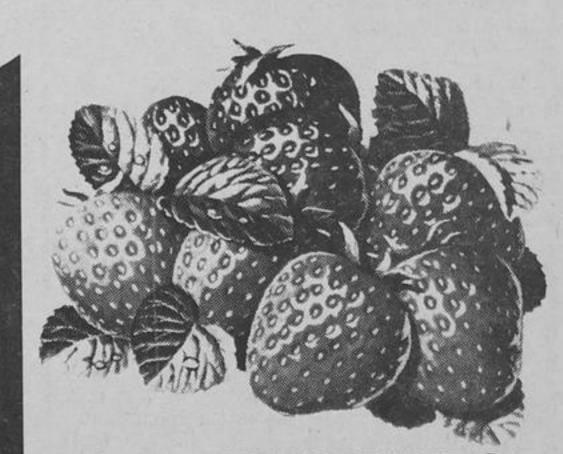


COCA-COLA

Regular Family Pack 6x750 ml.

Bottle

WAS \$2.65



California Grown

Ground Beef Medium Quality

WAS Lb. \$1.88

Spare Ribs Fresh Canadian Pork Side

WAS Lb. \$1.98

Tomato Juice

Town House Canada Fancy (1.36 lt) 48 fl. oz. Can

Check & Compare

Javex Bleach

Liquid (1.82 lt.) 64 fl. oz. Plastic Bottle

WAS 75¢

Orange Juice

Old South Frozen Concentrated (355 ml) fl. oz. Can

WAS \$1.05

Ice Cream

Lucerne Assorted Flavours 2 It Carton

WAS \$1.87

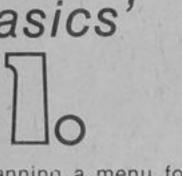
Broccoli USA Grown

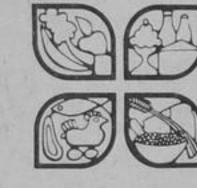
WAS 89¢

Red Grapes

WAS Lb. \$1.39

'Back to Basics'





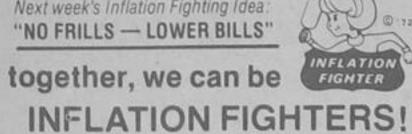
Planning a menu for a family - or a single shopper — is important. Canada's Food Guide can help you balance your

The proper amount of food from four basic groups - milk and milk products, meat and alternates, bread and cereals, and fruit and vegetables - is obtainable from a variety of economical sources.

Check the Guide, and then check Safeway for nutritious meal ideas. People who eat fast foods and other unbalanced meals should examine their eating habits. By shopping for a variety of wholesome foods, they too can follow Canada's Food Guide to a healthier diet - and savings on their food bill.

CANADA'S FOOD GUIDE available at your local health unit.

Next week's Inflation Fighting Idea: "NO FRILLS - LOWER BILLS"



Johnson's Nuts
Peanuts Blanched, Spanish And B.B.Q. 600 gm

WAS LB. \$1.38

Cooked Ham WAS LB. \$2.59

Round Roast
Bottom Cut From Canada Grade "A" Beef Boneless Outsides

Blade Roast
Boneless Chuck Cut From Canada Grade

Stewing Beef Boneless And Cubed Lb. 1.98 **Rib Roast**

Cheese Slices WAS \$3.45 \$3.35
Kraft Processed Singles (907 gm) 2 lb. Package ea. 3.35

Fleecy WAS \$2.19 Fabric Softener (3.64 lt) 128 fl. oz. Plastic Bottle ea. 1.99

Monarch Flour was \$1.79 \$1.69 Garbage Bags WAS \$2.39

Glad For Outside Use 20's Package ea.

Playtex Pads WAS \$2.99

Waffles WAS 71c Downeyflake Frozen (283 gm) 10 oz. Package ea. 59¢ Spic & Span

1 It Box

WAS \$1.65

Stain Away Javex Refill (35.2 fl. oz) 1 It Plastic Bottle

WAS \$1.89

FIGHTER

Luncheon Meat

INFLATION

FIGHTER

Cucumbers USA Grown, Canada No. 1 Grade S

WAS Ea. 39¢

Watermelon WAS Lb. 39¢

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

INFLATION FIGHTER

Sliced Bologna

INFLATION FIGHTER Napoli Pasta

Macaroni (907 gm) 2 lb. Bag.

INFLATION FIGHTER **Cottage Cheese**

INFLATION FIGHTER York Stew

Plain Yogurt

Playtex Pads was \$3.39 \$2.99

Pool Flour

Shampoo WAS \$1.89 Milk Plus 6 Shampoo & Conditioner Normal,

INFLATION FIGHTER

Chicken Loaf Mary Miles Sliced Vacuum Packed 16 oz.

FIGHTER Trash Bags

INFLATION

INFLATION FIGHTER Tea Bags

INFLATION FIGHTER Hash Browns

FIGHTER

Package Wieners

INFLATION FIGHTER **Ground Coffee**

Tomato Sauce was ea. .30. 4 \$1

Safeway Cheese

Medium Cheddar Stick, Colby Stick, And Danish Stick 12 oz. (AVERAGE WEIGHT PACKAGE) Cloverleaf Tuna WAS 99c

10620 YONGE ST.

RICHMOND HILL

7171 YONGE ST.

Prices Effective April 25-May 1, 1979. Except Bakery And Fresh Fish Items Effective Until April 28, 1979. Sales In Retail Quantities Only.

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