

Safeway's Low Prices



Serving Suggestion

GROUND BEEF
Regular Quality

\$1.28
Lb.

SAVE Lb 40¢ WAS Lb \$1.68

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

87¢
ea.

SAVE 38¢ WAS \$1.25

COCA-COLA
Regular Family Pack 6x750 ml.

\$1.88 + Bottle Deposit

SAVE 77¢ WAS \$2.65

STRAWBERRIES
California Grown

68¢
pint

SAVE 21¢ WAS PT. 89¢

Ground Beef
Medium Quality

\$1.68
Lb.

WAS Lb. \$1.88

Spare Ribs
Fresh Canadian Pork Side

\$1.69

WAS Lb. \$1.98

Tomato Juice
Town House Canada Fancy
(1.36 l) 48 fl. oz. Can

65¢
ea.

Check & Compare

Javex Bleach
Liquid (1.82 l) 64 fl. oz.
Plastic Bottle

59¢
ea.

WAS 75¢

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

89¢
ea.

WAS \$1.05

Ice Cream
Lucerne Assorted Flavours
2 lt Carton

\$1.69
ea.

WAS \$1.87

Broccoli
USA Grown

69¢
ea.

WAS 89¢

Red Grapes
Chilean Grown

99¢
Lb.

WAS Lb. \$1.39

INFLATION FIGHTING ideas

'Back to Basics'

1.

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

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"

together, we can be INFLATION FIGHTERS!

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

\$1.39
ea.

Chicken WAS Lb. \$1.38 **\$1.09**
Maple Lodge Fresh Breast Quarters
Wing On And Legs Backs Attached Lb.

Cooked Ham WAS Lb. \$2.59 **\$1.99**
Fully Cooked Store Sliced Lb.

Round Roast **\$2.78**
Bottom Cut From Canada Grade "A" Beef
Boneless Outsides Lb.

Blade Roast **\$1.98**
Boneless Chuck Cut From Canada Grade
"A" Beef Lb.

Stewing Beef **\$1.98**
Boneless And Cubed Lb.

Rib Roast **\$2.78**
King Of the Roast Standing Rib 1 To 5 Ribs Cut From
Canada Grade "A" Beef Lb.

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

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

Monarch Flour WAS \$1.79 **\$1.69**
All Purpose (5.5 lb.) 2.5 kg Bag ea.

Garbage Bags WAS \$2.39 **\$2.19**
Glad For Outside Use 20's Package ea.

Playtex Pads WAS \$2.99 **\$2.69**
Maxi Regular 30's Box ea.

Waffles WAS 71¢ **59¢**
Downyflake Frozen (283 gm) 10 oz. Package ea.

Spic & Span
1 lt Box

\$1.49
ea.

WAS \$1.65

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

\$1.69
ea.

WAS \$1.89

Cucumbers
USA Grown, Canada No. 1 Grade

3 FOR 89¢

WAS Ea. 39¢

Watermelon
Fresh

29¢
Lb.

WAS Lb. 39¢

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

Sliced Bologna Mary Miles Vacuum Packed 16 oz. Package ea. \$1.18	Luncheon Meat Mary Miles Sliced Macaroni & Cheese Vacuum Packed 16 oz. Package ea. \$1.18	Chicken Loaf Mary Miles Sliced Vacuum Packed 16 oz. Package ea. \$1.18	Package Wieners Mary Miles Vacuum Packed 1 lb. package ea. \$1.18
Napoli Pasta Spaghetti And Macaroni (907 gm) 2 lb. Bag ea. 68¢	Plain Yogurt Lucerne 500 gm tub ea. 63¢	Trash Bags Kil Craft or Safway 20's bag ea. \$1.37	Hash Browns Scotch Treat or Seabrook Frozen (907 gm) 2 lb. Bag ea. 3 FOR \$1
Cottage Cheese Lucerne Assorted Varieties 500 ml Tub ea. 99¢	York Stew Beef and Irish (683 gm) 24 oz. can. ea. \$1.19	Tea Bags Hostess Orange Packet (227 gm) 100's Bag ea. \$1.29	Ground Coffee Koban (454 gm) 1 lb. Bag ea. \$2.89

Playtex Pads WAS \$3.39 **\$2.99**
Maxi Deodorant 30's Box ea.

Pool Flour **\$4.99**
All Purpose 10 kg. bag ea.

Shampoo WAS \$1.89 **\$1.39**
Milk Plus 6 Shampoo & Conditioner Normal, Trouble And Only 200 ml Plastic Bottle ea.

Tomato Sauce Was ea. .30¢ **4 FOR \$1**
Hunts (213 ml.) 7 1/2 fl. oz. can

Safeway Cheese **10¢ OFF PACKAGE PRICE**
Medium Cheddar Stick, Colby Stick, And Danish Stick 12 oz. (AVERAGE WEIGHT PACKAGE)

Cloverleaf Tuna WAS 99¢ **95¢**
Solid White (106 gm) 3.75 oz. Can ea.

10620 YONGE ST. RICHMOND HILL
7171 YONGE ST. THORNHILL

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

SAFEWAY

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