

Safeway's



Low Prices

Serving Suggestion

GROUND BEEF
Regular Quality

\$1.28
Lb.

SAVE LB. 40¢ WAS LB. \$1.68

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

49¢
ea.

Limit 2 per family purchase

SAVE 26¢ WAS 75¢

VEGETABLES
York Cream Corn, Fancy Peas, Kernel Corn
And Mixed Vegetables 12-14 oz. can

3 FOR \$1

CHECK & COMPARE

ASPARAGUS
Ontario Grown Canada No. 1 Grade

89¢
Lb.

SAVE 10¢ WAS 99¢

CHICKEN
Maple Lodge Fresh Breast Quarter
Wings On And Legs, Backs Attached

99¢
Lb.

WAS LB. \$1.28

PORK CHOPS
Fresh Canadian Pork Rib And Centre
Portions

\$1.68
Lb.

WAS LB. \$1.78

BUTT STEAKS
Fresh Canadian Pork Shoulder

\$1.39
Lb.

WAS LB. \$1.58

POTATO CHIPS
Hostess Assorted Varieties 200 gm. Bag
Limit 2 Bags Per Family Purchase

69¢
ea.

WAS 99¢

PAPER TOWELS
Viva 2 Ply Assorted Colours 2 Roll Package
Limit 2 Packages Per Family Purchase

87¢
ea.

WAS \$1.21

ICE CREAM
Lucerne Assorted Flavours 2 lt. Carton

\$1.79
ea.

WAS \$1.87

CANTALOUPE
Produce of USA Texas Sweet

69¢
ea.

WAS 99¢

CARROTS
Fresh Bunch

289¢
FOR

WAS ea. 59¢

INFLATION FIGHTING ideas

'Substitute and Save Part II'

Canada's Food Guide recommends two servings of meat or alternatives every day. With prices of meat climbing, smart Inflation Fighters are checking Safeway's weekly food ads for the meat specials, the best buys in beef, poultry, pork or fish.

You can substitute cheaper cuts and make better use of the wide variety of meats at Safeway. Also, eggs, cheese and milk are good meat alternatives. Look for our money-saving recipes at Safeway to help with meal planning ideas.

Remember, substitute if there is a saving. You'll enjoy trying new foods and cut food costs at the same time.

Next week's Inflation Fighting Idea: "WHAT COST CONVENIENCE?" together, we can be INFLATION FIGHTERS!

Blade Steaks WAS LB. \$2.08 **\$1.78**
Chuck Cut From Canada Grade "A" Beef..... Lb.

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

Side Bacon Maple Leaf Or Safeway Brand Sliced Regular or Thick 1 lb. Package WAS \$1.78 **\$1.48** ea.

Loin Steaks Boneless Strip Cut From Canada Grade "A" Beef... Lb. **\$5.38**

Rib Eye Steaks Boneless Cut From Canada Grade "A" Beef..... Lb. **\$5.08**

Blade Roasts Boneless Cut From Canada Grade "A" Beef..... Lb. **\$2.18**

Instant Coffee Maxwell House Decaffeinated (227 gm) 8 oz. Jar... ea. WAS \$5.99 **\$5.59**

Life Cereal Quaker (567 gm) 20 oz. Box..... WAS \$1.25 **\$1.19** ea.

Margarine Imperial Pure Vegetable Oil (1.36 kg) 3 lb. Package... ea. WAS \$2.51 **\$2.44**

Mandarin Oranges Cloverleaf Segments 10 fl. oz. Can..... **2 FOR \$1**

Baby Food And Juices Strained Gerber Assorted Varieties (128 ml) 4.5 fl. oz. Jar... WAS ea. 27¢ **4 FOR \$1**

Ken-L-Ration Regular Burger 2 kg Package..... WAS \$3.13 **\$2.89** ea.

TOMATO SOUP Heinz (284 ml) 10 fl. oz. Can

3 FOR 79¢

WAS ea. 30¢

CORNED BEEF Hereford (340 gm.) 12 oz. Can

\$1.49
ea.

WAS \$1.69

CABBAGE USA Grown Canada No. 1 Grade Green

49¢
ea.

WAS 79¢

CUCUMBERS Ontario Hot House Canada No. 1 Grade Long Seedless English

69¢
ea.

WAS 89¢

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

INFLATION FIGHTER
Ground Coffee Koban (454 gm) 1 lb. Bag **\$2.89** ea.

INFLATION FIGHTER
Orange Juice Kent Frozen Concentrated (178 ml) 6.5 fl. oz. Can **2 FOR 79¢**

INFLATION FIGHTER
Whole Potatoes Cudney Canada Choice (540 ml) 19 fl. oz. Can **3 FOR 99¢**

INFLATION FIGHTER
Cat Food Safeway Luxury Dinner For Cats Assorted Varieties (184 gm) 6.5 oz. Tin **4 FOR \$1**

INFLATION FIGHTER
Tomato Juice Town House Canada Fancy (1.36 lt.) 48 fl. oz. Can **65¢** ea.

INFLATION FIGHTER
Detergent Treasure Or Jet Power Powdered Laundry 2 kg Bag **\$1.65** ea.

INFLATION FIGHTER
Liquid Bleach Trend (3.64 lt) 128 fl. oz. Plastic Bottle **72¢** ea.

INFLATION FIGHTER
Margarine Dalewood Parchment 1 lb. Package **55¢** ea.

INFLATION FIGHTER
Fabric Softener Trend 128 fl. oz. Bottle **\$1.15** ea.

INFLATION FIGHTER
Marmalade Mrs. Lukes Orange (682 ml) 24 fl. oz. Jar **99¢** ea.

INFLATION FIGHTER
Foil Wrap Thrift Pak 12" x 100' Package **\$2.19** ea.

INFLATION FIGHTER
Shampoo Baby Truly Fine (17.6 fl. oz.) 500 ml Plastic Bottle **86¢** ea.

Anacin Tablets 100's Bottle WAS \$1.69 **\$1.49** ea.

Lysol Spray Aerosol (396 gm) 13 oz. Can WAS \$2.19 **\$2.09** ea.

Chip Dip Gay Lea 250 gm Tub. WAS 69¢ **59¢** ea.

Mop & Glo Floor Polish (909 ml) 32 fl. oz. Plastic Bottle **\$2.29** ea.

Apple Pie Mrs. Smith's Frozen (737 gm) 26 oz. Package... ea. WAS \$1.79 **\$1.59**

Cake Mix Betty Crocker Super Moist Assorted Varieties (18 oz.) 510 gm Box **89¢** ea. WAS 97¢

10620 YONGE ST. RICHMOND HILL 7171 YONGE ST. THORNHILL

Prices Effective May 23-29, 1979. Except Bakery And Fresh Fish Items Effective Until May 26, 1979. Sales In Retail Quantities Only.

SAFEGWAY
COPYRIGHT 1960, CANADA SAFEGWAY LIMITED