SafeWay's 3-0WPHES



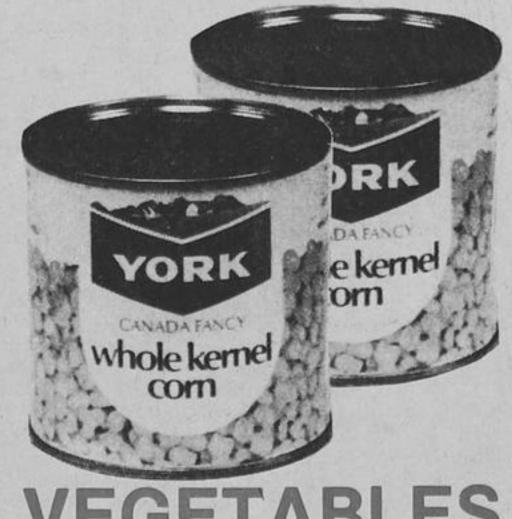
Regular Quality

VELB. 40¢ WASLB. \$1.68



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

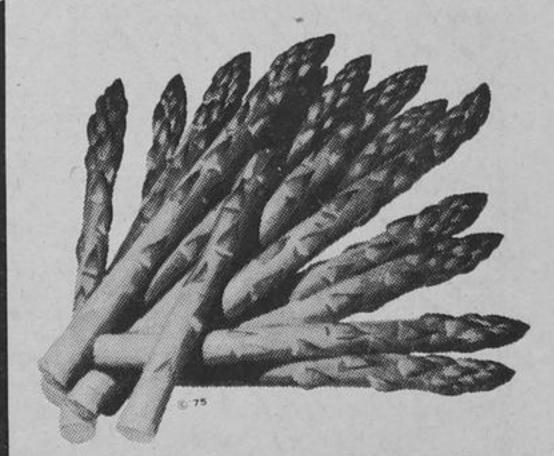
Limit 2 per family purchase



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

CHECK &

COMPARE



ASPARAGUS

Ontario Grown Canada No. 1 Grade

CHICKEN

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

WAS LB. \$1.28

Fresh Canadian Pork Rib And Centre

WAS LB. \$1.78

Fresh Canadian Pork Shoulder

WAS LB. \$1.58

Hostess Assorted Varieties 200 gm. Beg Limit 2 Bags Per Family Purchase

WAS 99¢

Viva 2 Ply Assorted Colours 2 Roll Package Limit 2 Packages Per Fam'ly Purchase

Lucerne Assorted Flavours 2 It. Carton

WAS \$1.87

Produce of USA Texas Sweet

WAS 99¢

CARROTS

Fresh Bunch

WAS ea. 59¢



'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!**

Cat Food Pamper Assorted Varieties (184 gm.) 6.5 OZ. CAN WAS EA. 30¢

Granola Bars Nellson's Country Crisp Assorted Varieties Blade Steaks WAS LB. \$2.08 \$ 1 Chuck Cut From Canada Grade "A" Beef.........Lb.

Cooked Ham Fully Cooked Store Sliced WAS LB. \$2.59

Side Bacon

Regular or Thick 1 lb. Package WAS \$1.78 ea.

oin Steaks

Boneless Strip Cut From Canada Grade "A" Beef . Lb.

Rib Eye Steaks Boneless Cut From Canada Grade "A" Beef Lb.

Blade Roasts Boneless Cut From Canada Grade 'A' Beef Lb.

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

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

Imperial Pure Vegetable Oil (1.36 kg) 3 lb. Package. . ea. Mandarin Oranges

WAS \$2.51

Cloverleaf Segments 10 fl. oz. Can.....

WAS ea. 27c (128 ml) 4.5 fl. oz. Jar

Ken-L-Ration Regular Burger 2 kg Package WAS \$3.13

WAS \$1.21

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

WAS ea. 30¢

Hereford (340 gm.) 12 oz. Can

WAS \$1.69

INFLATION

FIGHTER

INFLATION

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FIGHTER

Mrs. Lukes Orange (682 ml)

FIGHTER

Detergent

2 kg Bag

Treasure Or Jet Power

Powdered Laundry

Marmalade

24 fl. oz. Jar

USA Grown Canada No. 1 Grade Green

WAS 79¢

Ontario Hot House Canada No. 1 Grade Long Seedless English

WAS 89¢

INFLATION

FIGHTER

Safeway Luxury Dinner For Cats

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

INFLATION FIGHTER

Koban (454 gm) 1 lb. Bag

Ground Coffee

Orange Juice Kent Frozen Concentrated (178 ml) 6.5 fl. oz.

INFLATION FIGHTER **Tomato Juice**

Town House Canada Fancy 1.36 It) 48 fl. oz. Can

INFLATION FIGHTER **Fabric Softener**

Lysol Spray

Trend 128 fl. oz. Bottle 1.15

Anacin Tablets 100's Bottle WAS \$1.69

Aerosol (396 gm) 13 oz. Can WAS \$2.19.... Mop & Glo

INFLATION FIGHTER

Whole Potatoes **Cudney Canada Choice** 540 ml) 19 fl. oz.

INFLATION

FIGHTER

Liquid Bleach

Trend (3.64 lt) 128 fl. oz.

Plastic Bottle

Package

Assorted Varieties (184 gm) 6.5 oz. Tin

INFLATION FIGHTER Margarine

Cat Food

Package 55¢ INFLATION

FIGHTER

INFLATION FIGHTER Foil Wrap Shampoo Thrift Pak 12"x100"

Baby Truly Fine (17.5 fl. oz.) 500 ml Plastic Bottle (17.5 fl. oz.)

Chip Dip Gay Lea 250 gm Tub . WAS 69¢ Apple Pie

WAS \$1.79

Mrs. Smith's Frozen (737 gm) 26 oz. Package . . ea. Cake MIX Betty Crocker Super WAS 97¢ Moist Assorted Varieties (18 oz.) 510 gm Box

10620 YONGE ST.

RICHMOND HILL

7171 YONGE ST.

THORNHILL

Margarine

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

Floor Polish (909 ml) 32 fl. oz. Plastic Bottle ea.

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