

Safeway's Low Prices



Serving Suggestion

GROUND BEEF
Regular Quality

\$1.28
Lb.

SAVE LB. 40c WAS LB. \$1.68

NIBLETS CORN
Green Giant Fancy
(341 ml) 12 fl. oz. Can

39c
ea.

SAVE 13c WAS 52c

DETERGENT
Sunlight Powdered Laundry (12 lb) 4.8 kg Box
Limit 2 Boxes Per Family Purchase

\$4.99
ea.

SAVE \$1.36 WAS \$6.35

WATERMELON

\$1.99
ea.

SAVE \$1.00 WAS \$2.99

BLADE STEAKS
Chuck Cut From Canada Grade "A" Beef

\$1.48
Lb.

WAS LB. \$2.08

COOKED HAM
Fully Cooked Store Sliced

\$1.99
Lb.

WAS LB. \$2.59

MUSHROOMS
Gardenside Stems & Pieces (284 ml)
10 fl. oz. Can

59c
ea.

CHECK & COMPARE

COFFEE
Maxwell House Instant (283 gm) 10 oz. Jar

\$4.99
ea.

WAS \$5.99

TOMATO JUICE
Brights Fancy (1.36 lt) 48 fl. oz. Can

59c
ea.

CHECK & COMPARE

ICE CREAM
Lucerne Spin Assorted Flavours 1 lb Tube

99c
ea.

WAS \$1.27

LETTUCE
Head USA Canada No. 1 Grade

49c
ea.

WAS 69c

RED GRAPES
Chilean Grown

89c
Lb.

WAS Lb. 99c

INFLATION FIGHTING ideas

'What Cost Convenience?'

Everyone agrees that modern technology has provided many convenient food products which save time in the kitchen. But you cannot overlook the "trade-offs".

While a package of frozen vegetables in a cream sauce trims a few minutes off meal preparation, the thrifty homemaker can spend the time eliminating the extra cost of this process.

In most cases, preparing food from "scratch" will cost you less. You may also be serving food with better flavor and at least comparable quality.

If you have the additional ingredients — and can spare the time — use the few minutes to fix your own dishes. You'll find yourself striking a powerful blow against inflation.

Next week's Inflation Fighting Idea: **'KITCHEN CONSERVATION'**

together, we can be INFLATION FIGHTERS!

Spareribs Lb. **\$1.69**
Side Fresh Canadian Pork WAS Lb. \$1.98

Chicken Lb. **\$1.09**
Maple Lodge Fresh, Breast Quarter Wing On And Legs, Backs Attached WAS Lb. \$1.28

Lamb Chops Lb. **\$1.48**
New Zealand Frozen, Shoulder WAS Lb. \$1.68

Lamb Legs Lb. **\$1.78**
New Zealand Whole Frozen WAS Lb. \$1.98

Lamb Chops Lb. **\$1.48**
Loin New Zealand Frozen WAS Lb. \$1.68

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

Ground Beef Lb. **\$1.68**
Medium quality, WAS Lb. 1.88

Vegetables WAS ea. 52c & 57c **2 FOR 95c**
Green Giant Fancy Cream Style Corn, Kitchen Sliced Green Beans, Giant Size Peas And Sweetie Peas (398 ml) 14 fl. oz. can

Corn On Cob ea. **\$1.19**
Green Giant Fancy Frozen 4's Package WAS \$1.29

Cereal ea. **99c**
Quaker Cap'n Crunch (12.3 oz.) 350 gm Box WAS \$1.02

LIBBY'S
Alpha-Gatti, Zoodles, Beans In Tomato Sauce And Beans With Pork (227 ml) 8 fl. oz. Can

3 FOR \$1

WAS ea. 38c & 39c

SCOTT TISSUE
Cashmere Bathroom, Yellow and White, 1 Ply 4 Roll Pkg.

99c
ea.

WAS \$1.15

PEACHES
U.S.A. Grown Canada No. 1 Grade

89c
Lb.

WAS LB. 99c

APPLES
U.S.A. Extra Fancy Red or Golden Delicious

49c
Lb.

WAS LB. 69c

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

INFLATION FIGHTER Ground Coffee Koban (454 gm) 1 lb. Bag ea. \$2.89	INFLATION FIGHTER Orange Juice Kent Frozen Concentrated (1.78 ml) 8.5 fl. oz. Can 2 FOR 79c	INFLATION FIGHTER Whole Potatoes Cudrey Canada Choice (540 ml) 19 fl. oz. Can 3 FOR 99c	INFLATION FIGHTER Cat Food Safeway Luxury Dinner For Cats Assorted Varieties (184 gm) 6.5 oz. Can 4 FOR \$1
INFLATION FIGHTER Tomato Juice Town House Canada Fancy (1.36 lt) 48 fl. oz. Can ea. 65c	INFLATION FIGHTER Apple Juice Suniquez Choice From Concentrate (1.36 lt) 48 fl. oz. Can ea. 75c	INFLATION FIGHTER Liquid Bleach Trend (3.64 lt) 128 fl. oz. Plastic Bottle ea. 72c	INFLATION FIGHTER Detergent Trend Liquid (182 lt) 64 fl. oz. Bottle ea. \$1.37
INFLATION FIGHTER Orange Crystals Empress (660 gm) 23.3 oz. Can ea. 99c	INFLATION FIGHTER Spaghetti And Macaroni Napoli (907 gm) 2 lb. Bag ea. 68c	INFLATION FIGHTER Jelly Powder Empress Assorted Flavours (85 gm) 3 oz. Package 2 FOR 39c	INFLATION FIGHTER Shampoo Truly Fine Baby (17.6 fl. oz.) 500 ml Plastic Bottle ea. 86c

Special Menu WAS \$1.25 ea. **\$1.19**
Assorted Varieties (35.3 oz.) 1 kg. Box

Vegetables WAS 88c & 91c ea. **79c**
Green Giant Frozen In Butter Sauce Boil In Bag Fancy White Corn, Peas, Niblets Corn, Mixed Vegetables, Lima Bean and Spinach (283 gm) 10 oz. Package

Dog Meal Purina (44 lb.) 20 kg Bag WAS \$13.45 ea. **\$12.99**

Ken-L-Ration Burger Regular (15 oz.) 2 kg. Box WAS \$3.13 ea. **\$2.99**

Bar-B-Q Weber Black Kettle Style 22 1/2" WAS \$88.88... ea. **\$78.88**

Juice Pitcher Plastic Assorted Colours 2-1/2 Qt. ea. **\$1.99**

Box Fan Torcan 20" 3-Speed ea. **\$27.88**

Picnic Jug Thermos Green Or Orange 140 ml WAS \$7.99... ea. **\$6.49**

Shave Cream Gillette Foamy Assorted Varieties 300 ml plus 50 ml Bonus ea. **\$1.89**

Steak Board Rectangular Or Oval ea. **\$2.99**

10620 YONGE ST. **RICHMOND HILL** 7171 YONGE ST. **THORNHILL**

Prices Effective May 30-June 5, 1979. Except Bakery and Fresh Fish Items. Effective Until June 2, 1979. Sales In Retail Quantities Only.

SAFEGWAY

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