

# Safeway's Low Prices



Serving Suggestion

**GROUND BEEF**  
Regular Quality

**\$1.28**  
Lb.

**SAVE LB. 40¢ WAS LB. \$1.68**

**ORANGE JUICE**  
Kent Frozen Concentrated (178 ml) 6.5 fl. oz. Can

**3 FOR \$1**

**CHECK & COMPARE**

**WHITE BREAD**  
Ovenjoy Sliced 24 oz. Loaf

**3 FOR \$1**

**SAVE 35¢ WAS 45¢**

**CHERRIES**  
'Bing' USA Grown Canada No. 1 Grade Sweet

**99¢**  
Lb.

**SAVE 70¢ WAS Lb. \$1.69**

**CHICKEN**  
Maple Lodge Fresh, Breast Quarters Wing On And Legs, Back Attached

**99¢**  
Lb.

**WAS Lb. \$1.28**

**RUMP ROAST**  
Boneless Cut From Canada Grade "A" Beef

**\$2.88**  
Lb.

**WAS Lb. \$2.98**

**ICE CREAM**  
Seeltest ParLOUR Assorted Flavours 2 1/2 Tub

**\$1.69**  
ea.

**WAS \$2.39**

**COFFEE**  
Maxwell House Regular Grind (454 gm) 1 lb. Bag

**\$2.89**  
ea.

**WAS \$3.49**

**TOMATO SAUCE**  
Hunt's (213 ml) 7.5 fl. oz. Can

**4 FOR \$1**

**WAS ea. 30¢**

**YOGURT**  
Gay Lea Swiss Style Plain and Flavour 175 gm Tub

**3 FOR \$1**

**WAS ea. 47¢-48¢**

**PEACHES**  
USA Grown Canada No. 1 Grade

**59¢**  
Lb.

**WAS Lb. 89¢**

**LETTUCE**  
Ontario Grown Leaf

**3 FOR \$1**

**WAS 2/89¢**

## INFLATION FIGHTING ideas

**'Kitchen Conservation'**

Leftover meat and vegetables can make excellent additions to homemade soups and stews.

Freeze them for use at a later time in preparing imaginative, economical meals.

For storing, Safeway stocks a wide variety of convenient plastic bags and containers in many sizes and shapes.

Leftovers needn't be boring the second time around. An economy minded cook regards leftovers as a challenge to creativity. Even a left over hot dog, sliced up, can add interest and flavor to scrambled eggs or soup.

Next week's Inflation Fighting Idea: **"UNIT PRICING"**

together, we can be **INFLATION FIGHTERS!**

**Round Roast**  
Boneless Bottom Outsides Cut From Canada Grade "A" Beef **WAS Lb. \$2.88 Lb. \$2.78**

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

**Chicken**  
Roasting Maple Lodge Fresh 4 1/2 lbs. And Up **WAS Lb. \$1.28 Lb. \$1.08**

**Butt Steaks**  
Fresh Canadian Pork Shoulder **WAS Lb. \$1.58 Lb. \$1.39**

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

**Side Bacon**  
Maple Leaf Or Hint Of Maple Sliced 16 oz. Package **WAS EA. \$1.78 ea. \$1.48**

**Round Roast**  
Top Boneless Inside's Cut From Canada Grade "A" Beef **WAS Lb. \$3.08 Lb. \$2.98**

**Dog Food**  
Pep Beef, Chicken And Liver (723 gm) 25 1/2 oz. Can **WAS EA. 42¢ ea. 2 FOR 79¢**

**Cat Food**  
9-Lives Assorted Varieties (84 gm) 6 1/2 oz. Can **WAS ea. 29¢ ea. 3 FOR 79¢**

**Detergent**  
Fab Powdered Laundry (6 lb) 2.4 kg Box **WAS \$3.29 ea. \$2.89**

**Potato Chips**  
Old Dutch Assorted Varieties (7.5 oz.) 225 gm Box **WAS 97¢ ea. 89¢**

**RICE KRISPIES**  
Kellogg's 575 gm Box

**\$1.19**  
ea.

**WAS \$1.25**

**HARVEST CRUNCH**  
Bars Assorted Varieties 200 gm Box

**\$1.19**  
ea.

**WAS \$1.29**

**APPLES**  
USA Grown Extra Fancy Red or Golden Delicious

**49¢**  
Lb.

**WAS Lb. 69¢**

**WATERMELON**  
Fresh Cut

**29¢**  
Lb.

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

<b>Sliced Bologna</b> Mary Miles Sliced Vacuum Packed 16 oz. Package <b>ea. \$1.18</b>	<b>Luncheon Meat</b> Mary Miles Macaroni & Cheese Vacuum Packed 16 oz. Package <b>ea. \$1.18</b>	<b>Chicken Loaf</b> Mary Miles Sliced Vacuum Packed 16 oz. Package <b>ea. \$1.18</b>	<b>Package Wieners</b> Mary Miles Vacuum Packed 1 lb. Package <b>ea. \$1.18</b>
<b>Frozen Sausage</b> Canadian Queen 1 lb. Package <b>ea. \$1.18</b>	<b>Side Bacon</b> Canada Packer Brand By The Piece Any Cut <b>Lb. \$1.18</b>	<b>Fish &amp; Chips</b> See Fresh Frozen 16 oz. Package <b>ea. 99¢</b>	<b>Sour Cream</b> Lucerne 500 ml Tub <b>ea. 88¢</b>
<b>Pasta</b> Napoli Spaghetti And Macaroni (907 gm) 2 lb. Bag Napoli or Lavita <b>ea. 68¢</b>	<b>Sauce</b> Lavita Spaghetti (796 ml) 28 fl. oz. Can <b>ea. 85¢</b>	<b>Plain Yogurt</b> Lucerne 1 kg Tub <b>ea. \$1.23</b>	<b>Gem Rice</b> Long Grain (227 kg) 5 lb. Bag <b>ea. \$1.69</b>

**Deodorant**  
Right Guard Aerosol Powdered, Unscented And Scented 250 ml. Bonus Size Can **WAS \$2.15 ea. \$1.99**

**Diapers**  
Baby Scott Regular And Super 30's And 24's **WAS \$2.69 ea. \$2.29**

**Creme Rinse**  
Tame Regular, Lemon And Body 350 ml Bonus Size Bottle **ea. \$1.49**

**Coffee**  
Maxwell House Instant Decaffeinated (113 gm) 4 oz. Jar **WAS \$3.39 ea. \$3.19**

**Cream Pie**  
Farm House Frozen Banana, Chocolate, Coconut & Lemon (340 gm) 12 oz. Package **WAS 97¢ ea. 89¢**

**Quirst Drink**  
Orange, Fruit Punch, Grape And Lemonade (24x284 ml) 24x10 oz. Can. Case **WAS \$6.39 Case ea. \$5.99**

**Cheese Slices**  
Black Diamond Processed Single Thin (454 gm) 16 oz. Package **ea. \$1.73**

**Margarine**  
Blue Bonnet Soft Twin Pac (454 gm) 2x8 oz. Package **WAS 99¢ ea. 89¢**

10620 YONGE ST. RICHMOND HILL      7171 YONGE ST. THORNHILL

Prices Effective June 6-12, 1979. Except Bakery And Fresh Fish Items Effective Until June 9, 1979. Sales In Retail, Quantities Only.

**SAFEGWAY**

COPYRIGHT 1980, CANADA SAFEGWAY LIMITED