



competitive prices and beef round-up



2nd Big Week

CUT FROM CANADA GRADE A BEEF

BONELESS, OUTSIDE CUT

Round Steak Roasts LB. **2.29**

Boneless Rump Roasts LB. **2.39**

BONELESS, FULL SLICE OR OUTSIDE CUT

Round Steaks LB. **2.39**

Fast Fry T-Bone or Wing Steaks LB. **2.89**

Inside Round Steaks LB. **2.49**

BONELESS Sirloin Tip Roasts LB. **2.59**

Sirloin Steaks LB. **2.49**

BONELESS Sirloin Tip Steaks LB. **2.69**

Tenderized Round or Shoulder Steaks

LB. **3.19**

T-Bone Steaks LB. **2.69**

LEAN, BONELESS Stewing Beef LB. **1.99**

BONE-IN Rump Roasts LB. **2.29**

BONE-IN, CENTRE CUT Beef Shank LB. **1.59**

AUSTRIAN, LOAF BY THE PIECE
Edam Cheese LB. **1.89**

ROUND, PREVIOUSLY FROZEN
Lake Smelts LB. **.49**

PREVIOUSLY FROZEN
Cod Fillets LB. **1.49**

PRIMROSE, FROZEN, BREADED
Veal & Beef Steakettes LB. **1.49**

BUDDIG, THIN SLICED
Sandwich Meats 71g PKG. **.69**

CLAUSSEN
Dill Pickles 32-OZ. JAR **1.79**



PRIDE OF CANADA, SLICED
Side Bacon 500g PKG. **1.65**

PRIDE OF CANADA
Wieners 1-LB. PKG. **1.49**

PRIDE OF CANADA
Breakfast Sausage LB. **1.35**

PRIDE OF CANADA, SLICED
Bologna 16-OZ. PKG. **1.35**

PRIDE OF CANADA PARTY STICK
Deli Sausage 600g STICK **2.49**

PRIDE OF CANADA, COOKED BONELESS
Dinner Pork Shoulders 3-LB. AVG. LB. **2.19**

PRICES EFFECTIVE WED., FEB. 20 TO SAT., FEB. 23, 1988.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

IGA, FANCY
Tomato Juice
48-FL. OZ. TIN
.59

RIVIERA
Whole Mushrooms
10-FL. OZ. TIN
.69

IGA, FANCY
Apple Sauce 14-FL. OZ. TIN **.35**
IGA, CHOICE
Cream Style Corn 10-FL. OZ. TIN **.25**
Heinz Ketchup 25-FL. OZ. BTL. **.99**
Gaines Full Course Dog Food 2kg BAG **1.89**
Carnation Coffee Mate 16-OZ. JAR **1.49**
Nescafé Instant Coffee 10-OZ. JAR **5.79**
MAPLE LEAF
Tenderflake Pure Lard 1-LB. CTN. **.69**
MONARCH, ASSORTED VARIETIES
Quick Loaf Mix 15-OZ. PKG. **.79**

STAR-KIST
Flaked White Tuna
6 1/2-OZ. TIN
1.19

FEBRUARY IS FROZEN FOOD MONTH
GREEN GIANT, FANCY, FROZEN
Valley Farm French Fries
2-LB. POLY BAG **.25**

MOUNTAIN DEW AND REGULAR OR DIET
Pepsi-Cola PLUS .25 DEPOSIT PER BTL. 750 mL BTL. **.39**
ASSORTED VARIETIES
Lipton Cup-A-Soup BOX OF 4 ENVS. **.59**
ASSORTED VARIETIES
Laura Secord Mini Puddings SLEEVE OF 4 x 5-OZ. TINS **.99**
ORANGE PEKOE
Tetley Tea Bags BOX OF 72 **1.59**

SIZES "AAA" OR "AA" DURACELL
Alkaline Batteries PKG. OF 2 **2.29**
ASSORTED FRAGRANCES SOLID AIR FRESHENER
Wizard Owl 2-OZ. PKG. **1.29**
MCFEETERS REGULAR OR CINNAMON
Honey Butter 10-OZ. PKG. **.89**
REGULAR OR UNSALTED 100% PURE CORN OIL
Fleischmann's Soft Margarine SLEEVE OF 2 x 8-OZ. TUBS **1.29**
DADS
Oatmeal Cookies 450g PKG. **1.25**

AUSTIN'S PINK OR LEMON
Fabric Softener 128-FL. OZ. PLST. BTL. **1.19**
MFG. 91 OFF LABEL DEMPSTERS
Stone Ground Whole Wheat Bread 24-OZ. LOAF **.69**
BUTTERSCOTCH, CHOCOLATE, DOUBLE CHOCOLATE OR MINT, WESTON'S
Wagon Wheels 350g PKG. **.99**
BASSETTS
Licorice Allsorts 400g PKG. **1.25**
SEASONED, CHEESE, ONION/GARLIC OR CAESAR SALAD
Brownberry Croutons 6-OZ. PKG. **.99**
COTTONELLE, ASSORTED COLORS
Bathroom Tissue PKG. OF 4-ROLLS **1.09**
Listerine Mouthwash 500 mL PLST. BTL. **1.49**
NORMAL OR OILY
Halo Shampoo 225 mL PLST. BTL. **1.49**

IGA, ROYAL GOLD, MILD, MEDIUM, OLD WHITE OR OLD COLORED
Cheddar Cheese RANDOM WEIGHTS LB. **1.99**

FEBRUARY IS FROZEN FOOD MONTH
GREEN GIANT, FANCY, FROZEN
Niblets Corn, Mixed Vegetables or Sweet Peas 2-LB. POLY BAG **1.09**

Look for these cards!
NESTLE'S
HOT CHOCOLATE 1-LB. CRISTEA
SPECIAL
~~\$2.29~~ **\$1.99**
OFFER BEGINS MARCH 1, 1988

PRODUCE OF U.S.A.
Broccoli SIZE 18's EA. **.69**
PRODUCE OF U.S.A.
Sunkist Navel Oranges SIZE 72's DOZ. **1.99**

ONTARIO GROWN
Mushrooms LB. **1.19**
ONTARIO GROWN CANADA NO. 1 GRADE
Carrots 2-LB. BAGS **.88**
ONTARIO GROWN CANADA NO. 1 GRADE
Onions 2-LB. BAGS **.88**
ONTARIO GROWN CANADA FANCY GRADE
Red Delicious Apples 3-LB. BAG **1.19**
PRODUCE OF U.S.A. CANADA NO. 1 GRADE
Celery Stalks EA. **.59**
PRODUCE OF U.S.A.
Romaine Lettuce 2 FOR **.99**
PRODUCE OF U.S.A.
Green Onions 3 BUNCHES FOR **.99**
PRODUCE OF U.S.A.
Peanuts-in-the-Shell LB. **.89**

PERSONAL SERVICE