



GREAT SAVINGS!

plus FREE lifeStyle TOWELS

FULL DETAILS IN STORE (Provincial Sales Tax Extra)

Loin pork chops

Save .71 /kg



Family pack, 3 rib end, 3 centre cut, 3 tenderloin end

3.68 /kg | **1.67** lb.

Dozen eggs

SUPER SAVING



Canada Grade 'A', medium

.79

Limit: 4 dozen per family

Sun Pac frozen - concentrated, unsweetened 355 mL cont. (12.5 fl. oz.)
Orange juice .89

Aunt Jemima complete regular or buttermilk 1 kg pkg.
Pancake mix 1.69

Canada No. 1 Grade liquid, 1 kg jar
Billy Bee honey 3.99

Decaffeinated (227g) 8 oz. or regular (253g) 10 oz.
Maxwell House Instant coffee 4.99

Cereal, 475 g pkg.
Kellogg's Special K 1.99

English, pkg. of 8
Wonder muffins .69

Sara Lee frozen, lemon, chocolate, strawberry or vanilla, 355 g pkg.
Layer cakes 1.49

Oatmeal, rice crunch, gingerella or old fashioned 200 g pkg.
Dad's cookies .69

Assorted varieties 1 kg pkg.
Dominion pasta .99

Plastic kitchen garbage pkg. of 12
Quikki bags .49

Richmello, pkg. of 12
Butter tarts 1.69

Richmello, 284 g pkg.
Shortcake layers .89

Product of U.S.A. California grown, 4 lb. bag
Navel oranges 1.98

Product of U.S.A. Canada Fancy Grade 3 lb. bag
Ida Red apples 1.68

Product of U.S.A. Canada Fancy Grade Red or Golden kg.
Delicious apples .152

Product of Canada Canada No. 1 Grade P.E.I. grown, 10 lb. bag
Baking potatoes 1.97

From the Tropics Large size kg /
Bananas 2/ 1.10

Product of U.S.A. Florida grown, white, jumbo size 4 /
Grapefruit 1.88

12 oz. bag Product of U.S.A.
Mini carrots .48

Product of U.S.A. Canada No. 1 Grade 5 /
Fresh corn 1.99

Breakfast bacon



Save 1.00

Mary Miles sliced, rindless 500 g pkg.

1.89

WHY PAY UP TO 2.79 ON NON-NAME

Coca-Cola



Save 2.21 a case

Diet Coke, Sugar Free or Regular Sprite, Tab or 24 x 280 mL tins (300 mL ret. bottles reg. price plus deposit)

4.78

WHY PAY UP TO 4.89 ON NON-NAME

Pork loin chops



Save 1.76 /kg

Centre cut Pork loin roasts or

4.39 /kg
1.99 lb.

Fresh asparagus



SAVE 2.89 /kg

Product of U.S.A. Canada No. 1 Grade bunch

3.26 /kg
1.48 lb.

Dominion quality, medium
Ground beef 3.73 /kg
1.69 lb.

Stillmeadow, breaded, frozen, 907 g box (2 lb. box)
Fried chicken 3.99

Keg-O Tomato, 1 litre cont.
Heinz ketchup 1.98

WHY PAY UP TO 2.19 ON NON-NAME

Assorted flavours, 2 x 175 g pkg.
Yoplait yogurt .74

From the Tropics Large size kg /
Bananas 2/ 1.00

Product of U.S.A. Florida grown, white, jumbo size 4 /
Grapefruit 1.88

Mary Miles Boneless cooked
Dinner hams 4.39 /kg
1.99 lb.

Schneiders Red Hot or Dutch Treat 454 g pkg.
Wieners 1.99

Richmello hamburger or pkg. of 8
Hot dog rolls .59

Stokely fancy cream style or whole 12 fl. oz. tin
kernel corn .59

12 oz. bag Product of U.S.A.
Mini carrots .48

Product of U.S.A. Canada No. 1 Grade 5 /
Fresh corn 1.99

Bens Montreal famous 2 x 85 g pouches
Smoked meat 2.39

Available at stores with deli counters only, Blitzer's deli sliced, fine or with onion
Meat loaf 2.39

Everfresh reconstituted, orange juice or 2 litre cont.
Grapefruit juice 1.79

Shell X100-30 Grade, summer, 1 litre cont.
Motor oil .97

88 disposable with stay dry patches pkg. of 100, pkg. of 4 Extra absorbent.
Pampers diapers 9.99

Schneiders, 400 g pkg
Meat pies 2.29

Available at stores with deli counters only, deli sliced Country Farm
Roast beef 3.98

Stokely fancy cut green beans, wax beans or honey pod, 14 fl. oz. tin
Sugar peas .59

Liquid 511 mL cont. (18 fl. oz.)
Turtle car wax 4.79

Dominion 6 litre bag
Powdered detergent 2.99

Italian style
Siena sausage 5.71 /kg
2.59 lb.

Headless and dressed
Fresh smelts 2.18 /kg
.99 lb.

In tomato sauce, Van Camp's beans with pork or Stokely dark red, 28 fl. oz. tin
Kidney beans 1.29

Contains 10 qt. pail, polishing cloth, wash mitt, sponge and whitewall scrubber, pkg.
Auto wash kit 3.29

With sprayer 750 mL cont.
Spray 'N Wash 2.39

Shopsy Deli Lean
Half hams 8.80 /kg
3.99 lb.

Fillets of
Fresh haddock 7.69 /kg
3.49 lb.

Blue Water frozen 750 g pkg.
Fish & chips 2.49

Assorted colours, each
Port-a Mug .99

Dominion frosted 60 or 100 Watt, pkg. of 4
Light bulbs 1.89

Values effective in Ajax, Whitby, Pickering, Markham, Thornhill, Scarborough, North York, Etobicoke, until close of business Tues., Apr. 26, 1983 except for fresh fish, bakery and produce which are effective until Sat. Apr. 23, 1983. Non-name generic price based on regular selling price. (Survey taken of our major competitors conventional supermarkets April 6, 1983.)



WE RESERVE THE RIGHT TO LIMIT QUANTITIES