

YOU'LL DO BETTER WITH THESE GREAT!

HOLIDAY SUPER BUYS!

All A&P Stores will be
CLOSED
VICTORIA DAY
May 23rd.

We reserve the right to limit quantities
to normal family requirements!



All prices shown in this ad
effective thru Saturday,
May 21st, 1983.

SAVE .26

MARVEL, SLICED White Bread

675 g LOAF

.49

OUR REGULAR PRICE .75
Made with 100% pure vegetable shortening

SAVE 1.20

HEINZ TOMATO KETCHUP

1 LITRE BTL

1.99

OUR REGULAR PRICE 3.19

SAVE .60

MEADOWGOLD, ASST FLAVOURS Ice Cream

2 LITRE CTN

1.29

OUR REGULAR PRICE 1.89

SAVE .66

BLACK DIAMOND, SINGLE THINS, PROCESS Cheese Slices

500 g PKG OF 24

2.99

OUR REGULAR PRICE 3.65

ASSORTED VARIETIES

Heinz Beans 14 FL OZ TIN

SAVE 30 .59

OUR REGULAR PRICE .89

JANE PARKER **Apple Pie** 624 g size .99

JANE PARKER **Angel Cake** 390 g cake 1.29

JANE PARKER, PLAIN, SUGAR, CINNAMON **Cake Donuts** pkg of 8 1.09

The Butcher Shop

PREMIUM, READY-TO-SERVE, WHOLE 14 TO 17 LB AVERAGE

Swift Fully Skinned Hams

306 / 139

/kg / lb

ASSORTED VARIETIES

Bick's Relishes 375 mL JAR

SAVE 36 .99

OUR REGULAR PRICE 1.35

INSTANT WITH CHICORY **Encore Coffee** 227 g jar 4.79

PURE CORN **St. Lawrence Oil** 3 litre ctn 4.99

STRAINED, MEATLESS VAR OF FOODS & JUICES **Gerbers Baby Food** 4 1/2 fl oz jars 1.00

BRIGHT'S, PURE

Apple Juice

SAVE .80 .79

48 fl oz tin

OUR REGULAR PRICE 1.59
LIMIT 4 PER FAMILY PURCHASE

NO CENTRE SLICES REMOVED

Shank or Butt Portion 328 / 149 /kg / lb

Shank or Butt Half 351 / 159 /kg / lb

SAVE 1.54/kg - .70 lb **SAVE 1.10/kg - .50 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF BLADE, CHUCK SHORT RIB OR SHOULDER

Boneless Beef Roasts 439 / 199 /kg / lb

OUR REGULAR PRICE 5.93/kg - 2.69 lb

COMBINATION PACK CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS

Loin Pork Chops 417 / 189 /kg / lb

OUR REGULAR PRICE 5.27/kg - 2.39 lb

McCAIN, FROZEN, CONCENTRATED

Orange Juice

SAVE 40 .99

12.5 fl oz tin

OUR REGULAR PRICE 1.39

MACARONI & CHEESE

Kraft Dinner 225 g PKG

SAVE .20 .49

OUR REGULAR PRICE .69

SAVE .40

CHOICE, WHOLE

Aylmer Tomatoes 28 FL OZ TIN

.89

OUR REGULAR PRICE 1.29

SEMI BONELESS BLADE OR CHUCK SHORT RIB

Beef Roasts 395 / 179 /kg / lb

EXCELLENT FOR BRAISING

Blade Steaks 395 / 179 /kg / lb

FRESH MEDIUM

Ground Beef 395 / 179 /kg / lb

RIB OR 3 TO 3 1/2 LB TENDERLOIN PORTION

Pork Loin Roasts 417 / 189 /kg / lb

GRADE 'A', FROZEN, Eviscerated, A&P SELF-BASTING, MAPLE LEAF MIRACLE BASTE OR SWIFT PREMIUM DEEP-BASTED BUTTERBALL

Basted Turkeys 6 to 12 lb. AVERAGE

SAVE .89/kg .40/lb

284 / 129

/kg / lb

OUR REGULAR PRICE 3.73/kg - 1.69 lb

FROZEN, COOKED

Sea Buoy Fish Cakes 196 / 89 /kg / lb

SAVE 1.00

ASST VARIETIES

Dad's Cookies 450 g TIN TIE BAG

1.39

OUR REGULAR PRICE 2.39

KRAFT SALAD DRESSING

Miracle Whip

SAVE .86 1.99

1 litre jar

OUR REGULAR PRICE 2.85

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES. CUSTOM GROUND

8 O'Clock Bean Coffee

SAVE 70 2.69

1 lb bag

OUR REGULAR PRICE 3.39
3 LB BAG-7.99-OUR REG PRICE 10.09-SAVE 2.10

FACIAL, ASST COLOURS

Kleenex Tissue BOX OF 200 SHEETS

SAVE 34 .89

OUR REGULAR PRICE 1.23

BATHROOM TISSUE, ASST COLOURS

Velour Tissue pkg of 4 rolls 1.49

WHITE, YELLOW OR ASSORTED PRINTED

Hi-Dri Towels pkg of 2 rolls .99

POWDERED LAUNDRY

Cheer Detergent 3 litre box 1.99

THE FARM

AT A&P For Freshness & Savings

PROD. OF CALIFORNIA, LARGE SIZE

Fresh Strawberries 1.98 / quart

CANADA NO. 1 GRADE, PROD. OF FLORIDA

Corn-On-The-Cob 25 for .99

OUR REGULAR PRICE 5 FOR 1.99

CANADA FANCY, PROD. OF ONTARIO

Red Delicious Apples 5 lb bag 1.99

CANADA FANCY, PROD. OF SOUTH AFRICA

Granny Smith Apples 216 / .98 lb

PROD. OF CALIFORNIA, SWEET, FRESH

Bunch Carrots 2 / 1.49

CANADA NO. 1 GRADE, PROD. OF MEXICO

Fresh Cantaloupe each .99

PROD. OF CALIFORNIA

Fresh Avocados 2 / .99

CANADA NO 1 GRADE, PROD. OF ONTARIO

Seedless Cucumbers each .99

BEEF CHICKEN, IRISH

Cordon Bleu Stews 24 FL OZ TIN

SAVE 1.25 1.24

OUR REGULAR PRICE 2.49

REGULAR & MINT FLAVOURS, TOOTHPASTE

Aqua Fresh 100 mL tube 1.49

CHARCOAL

Kingsford Briquets 10 lb bag 3.99

MARVEL, HAMBURGER BUNS OR

Wiener Rolls pkg of 12 .99

MOUNTAIN DEW, PEPSI FREE REGULAR OR SUGAR FREE, REGULAR OR DIET

Pepsi Cola

BUY 6 SAVE 2.51 6 / 1.99

750 mL btl

OUR REGULAR PRICE .75 EACH
Plus 30¢ per btl deposit

MOUNTAIN DEW, PEPSI FREE, REGULAR & SUGAR FREE, REGULAR OR DIET.

Pepsi Cola

SAVE 4.50 5.49

case of 24 10 fl oz tins