

YOU'LL DO BETTER AT...

A&P reserves the right to limit quantities to normal family requirements!
We redeem all food store coupons!



Prices effective thru Sat., May 28th, 1983.

2% milk
SUPER BUY!

PARTLY SKIMMED
Fresh 2% Milk
4 LITRE BAG

1.98

BOKAR
PREMIUM BLEND, INSTANT
Bokar Coffee
10 OZ JAR

SAVE 1.00

3.99
OUR REGULAR PRICE 4.99

TOMATO JUICE
A&P FANCY
Tomato Juice
LIMIT: 4 tins per family purchase
48 FL OZ TIN

SAVE .50

.69
OUR REGULAR PRICE 1.19

LESS THAN 1/2 PRICE
SAVE .70

DIET COKE OR
Coca-Cola
1.5 LITRE BTL

.59
OUR REGULAR PRICE 1.29
PLUS 60¢ DEPOSIT

CHEFMASTER, 100% VEG OIL
Soft Margarine
1 LB TUB

SUPER BUY!

.49

MARVEL, HAMBURGER BUNS OR
Wiener Rolls pkg of 12 **.99**

JANE PARKER, SLICED
Italian Bread 675 g loaf **.89**

JANE PARKER
English Muffins pkg of 6 **.75**

QUARTERS
Imperial Margarine
SAVE 1.00

2.69
3 lb pkg
OUR REGULAR PRICE 3.69

YORK, SMOOTH OR CRUNCHY
Peanut Butter
500 g JAR

SAVE .60

1.89
OUR REGULAR PRICE 2.49

BEEF, CHICKEN OR MUSHROOM
Cordon Bleu Gravies 2 10 fl oz tin **.79**

HELLMANN'S, REAL
Mayonnaise 1 litre jar **2.99**

ASSORTED VARIETIES, PAMPER
Cat Food 3 6 oz tins **1.00**

CUSTOM-FINE, REGULAR OR EXTRA FINE GRIND, TRADITION
Nabob Coffee
SAVE 1.00

2.69
369 g vac pac bag
OUR REGULAR PRICE 3.69
DECAFFEINATED-REG OR FINE GRIND 369 g BAG 3.29

ASSORTED VARIETIES
Libby's Beans
14 FL OZ TIN

SAVE .20

.79
OUR REGULAR PRICE .99

ORANGE PEKOE
Salada Tea Bags box of 60 **1.79**

CHEFMASTER
Luncheon Meat 12 oz tin **.99**

ORANGE, GRAPE OR APPLE FLAVOURS
Tang Fruit Drinks 1 litre cont **.99**

A&P, ASST VAR INCL
Chocolate Chip Cookies
SUPER BUY!

1.29
450 g pkg

SAVE 2.20/kg **SAVE 1.00 lb**

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
OUTSIDE CUT, EYE REMOVED

Boneless Round Roast

5.93 / 2.69
/kg / lb
OUR REGULAR PRICE 8.13/kg-3.69 lb

SAVE 1.11/kg-.50 lb **SAVE .70**

GRADE 'A', EVisCERATED
4 TO 5 LB AVERAGE
Frozen Ducks
2.18 / .99
/kg / lb
OUR REGULAR PRICE 3.29/kg-1.49 lb

REGULAR OR THICK SLICED
A&P Side Bacon
1.99
vac pac 500 g
OUR REGULAR PRICE 2.69

UTILITY GRADE, FROZEN, EVisCERATED,
4 TO 7 LB AVERAGE
Roasting Chickens
2.18 / .99
/kg / lb

SIRLOIN TIP, INSIDE CUT ROUND OR
Boneless Rump Roast 6.37 / 2.89
/kg / lb

FRESH
Lean Ground Beef 4.39 / 1.99
/kg / lb

INSIDE CUT
Round Steak 6.59 / 2.99
/kg / lb

TENDERIZED
Cube Steaks 7.25 / 3.29
/kg / lb

PREVIOUSLY FROZEN, SLICED
Beef Liver 1.74 / .79
/kg / lb

SHOPS, ALL BEEF
Deli Fresh Wieners vac pac 1 lb **1.89**

SHOPS, OLD VIENNA
All Beef Salami 500 g pkg **2.99**

SWIFT'S, OLD MILL
Breakfast Sausage 3.28 / 1.49
/kg / lb

SHOPS, 2 TO 3 LB AVERAGE
Deli Lean Hams 8.80 / 3.99
/kg / lb

SHOPS, SLICED
Cooked Ham vac pac 175 g **1.59**

MAPLE LEAF, SWEET PICKLED
Cottage Rolls
4.17 / 1.89
/kg / lb

DIET COKE OR
Case of 24 Coca-Cola
280 mL TINS

SUPER BUY!

5.49

REGULAR OR TROPICAL BLEND, NESTEA
Iced Tea Mix 24 oz cont **3.09**

INSTANT CHOCOLATE
Nestle Quik 750 g cin **2.59**

PLAIN OR ASST FRUIT FLAVOURS
Yoplait Yogurt 2 175 g tubs **.99**

JANE PARKER, SLICED, 100% WHOLE
Wheat Bread
SAVE .34

.59
675 g loaf
OUR REGULAR PRICE .93
made with 100% pure vegetable shortening

FROZEN
Blue Water Fish & Chips
32 OZ PKG

SAVE 1.00

2.39
OUR REGULAR PRICE 3.39

MCCAIN, FROZEN, CONCENTRATED
Orange Juice 12.5 fl oz tin **.99**

FROZEN, STRAIGHT OR CRINKLE CUT
McCain Superfries 1 kg bag **1.29**

A&P, ASST FLAVOURS
Deluxe Ice Cream 2 litre cin **2.79**

PRINTED, ASSORTED COLOURS
White Swan Towels
SAVE .60

.99
pkg of 2 rolls
OUR REGULAR PRICE 1.59

CAPRI, ASST COLOURS, 1-PLY
Bathroom Tissue
PKG OF 4 ROLLS

SUPER BUY!

1.29

REGULAR, MINT OR GEL
Crest Toothpaste 100 mL tube **1.59**

QUEENSBURY, 3-PLY, ASST COLOURS
Bathroom Tissue pkg of 4 rolls **1.79**

REGULAR, OILY OR DRY, SHAMPOO
Faberge Organic 450 mL btl **2.99**

POWDERED LAUNDRY
Tide Detergent
SAVE 1.24

3.99
6 litre box
OUR REGULAR PRICE 5.23

THE FARM
For Freshness & Savings

PROD. OF CALIFORNIA
Fresh Broccoli
.99
bunch
OUR REGULAR PRICE 1.49

PROD. OF CALIFORNIA, STRINGLESS
Fresh Green Beans
1.74 / .79
/kg / lb
OUR REGULAR PRICE 3.06/kg-1.39 lb
SAVE 1.32/kg-.60 lb

PROD. OF ONTARIO
Fresh Mushrooms 4.39 / 1.99
/kg / lb

CANADA NO. 1 GRADE, PROD. OF ONTARIO, LONG GREEN
Seedless Cucumbers each **.99**

CANADA FANCY PROD. OF B.C.
Spartan Apples 3 lb bag **1.79**

PROD. OF CALIFORNIA, SWEET RIPE
Fresh Strawberries quart **1.98**

PROD. OF CALIFORNIA
Avocados **2 / .99**

PROD. OF CALIFORNIA, NEW CROP FRESH
Bunch Carrots **2 / 1.49**