

Come on down and Save
You'll do better at...

Prices effective thru Sat., June 4th, 1983.

A&P reserves the right to limit quantities to normal family requirements!



We redeem all food store coupons!

SAVE .26

MARVEL, SLICED
White Bread
 675 g LOAF

.49

OUR REGULAR PRICE .75
 made with 100% pure veg shortening

SAVE .94

PROCESS CHEESE, SINGLE THINS OR Velveeta
Kraft Slices
 500 g PKG

2.69

OUR REGULAR PRICE 3.63

SAVE .60

LIBBY'S, FANCY
Tomato Juice
 48 FL OZ TIN

.99

OUR REGULAR PRICE 1.59

SUPER BUY!

SUN SQUEEZE, RECONSTITUTED
Apple Juice
 48 FL OZ TIN

.79

SAVE .30

JANE PARKER
Apple Pie
 624 g SIZE

1.49

OUR REGULAR PRICE 1.79

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

ASSORTED FLAVOURS
Jell-O Powders 3.85 g pkg **1.00**

STRAINED, MEATLESS VARIETIES
Heinz Baby Foods 3 4 1/2 fl oz jar **.99**

A PREMIUM BLEND. CUSTOM GROUND IN THE STORE WHEN YOU BUY IT

Bokar Bean Coffee

SAVE .70

2.99

1 lb bag Our reg price 10.89 Save 2.10
 3 lb bag 8.79 Save 2.10

OUR REGULAR PRICE 3.69

5 ASST VAR INCL JACOBS CRACKERS 200 g PKG

Peek Frean Biscuits **SAVE UP TO .26** **.79**

OUR REGULAR PRICE UP TO 1.05

ASSORTED VARIETIES
Lancia Pastas 1 kg pkg **.99**

PURE VEGETABLE
Bravo Oil 3 litre plst cont **2.99**

GOOD HUMOUR
Canadian Mint Bars pkg of 6 **1.99**

VIVA

Pink Salmon

SUPER BUY!

.99

7 3/4 oz tin

A&P IN OWN JUICE, CRUSHED, TIDBITS OR

Sliced Pineapple **SAVE .20** **.79**

OUR REGULAR PRICE .99

PURE GRAPE JAM OR
Welch's Jelly 500 mL jar **1.69**

DEL MONTE, PEAR HALVES, FRUIT COCKTAIL, SLICED PEACHES
Light Taste Fruit 14 fl oz tin **.99**

NO SALT ADDED, ASST VAR INCL FANCY PEAS
Del Monte Vegetables 14 fl oz tin **.69**

ANNPAGE

Salad Dressing

SAVE .40

1.59

1 litre jar

OUR REGULAR PRICE 1.99

SAVE 1.76/kg *The Butcher Shop* **SAVE .80lb**
 with supermarket prices

CUT FROM CANADA'S FINEST GRADE 'A' BEEF SEMI-BONELESS

Blade or Chuck Short Rib Roasts

3.73 / 1.69

/kg / lb

OUR REGULAR PRICE 5.49/kg-2.49 lb

SAVE 1.11/kg-.50lb **SAVE 1.76/kg-.80lb**

CANADA'S FINEST GRADE 'A' FROZEN, Eviscerated

Young Turkeys **2.18 / .99** **Boneless Roasts** **4.17 / 1.89**

/kg / lb / kg / lb

OUR REGULAR PRICE 3.29/kg-1.49 lb OUR REGULAR PRICE 5.93/kg-2.69 lb

COMBO PACK: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS, LOIN

Pork Chops **4.17 / 1.89**

/kg / lb

OUR REGULAR PRICE 5.27/kg-2.39 lb **SAVE 1.10/kg-.50 lb**

RIB OR 3 TO 3 1/2 LB. TENDERLOIN PORTION

Pork Loin Roasts **4.17 / 1.89**

/kg / lb

OUR REGULAR PRICE 5.05/kg-2.29 lb

FRESH, MEDIUM
Ground Beef 3.95 / 1.79 / lb

ROAST OR CHOPS, CENTRE CUT
Pork Loin 5.71 / 2.59 / lb

PORK LOIN RIB PORTION (COUNTRY STYLE)
Spare Ribs 4.39 / 1.99 / lb

RIB PORTION (CENTRE CUT 6.59/kg-2.99/lb)
Boneless Pork Loin 6.15 / 2.79 / lb

EXCELLENT FOR BRAISING
Blade Steaks **3.73 / 1.69**

/kg / lb

OUR REGULAR PRICE 5.71/kg-2.59 lb

SMOKED, READY TO SERVE, BONELESS, PICNIC STYLE
Pork Shoulders 4.17 / 1.89 / lb

FAMILY DELIGHT, FROZEN, DRUMSTICKS OR
Chicken Thighs 1 kg pkg **2.49**

A&P REGULAR OR THICK SLICED
Side Bacon 500 g vac pac **2.39**

SWIFT OLD MILL
Breakfast Sausages 328 / 1.49 / kg

DIET COKE OR

Coca-Cola Case of 24 **SUPER BUY!** **5.49**

10 FL OZ TIN

ORANGE FLAVOUR
Tang Crystals poly pkg of 4 92 g envs **1.69**

ASSORTED FLAVOURS, CRYSTALS
Wylers Light pkg of 3 71 g envs **1.19**

SNACKN' CAKE 400 g OR STIR 'N FROST 310 g, ASST VAR
Betty Crocker Cake Mixes pkg **1.29**

DIET SPRITE, DIET TAB, DIET COKE, SPRITE OR

Coca-Cola **SAVE .46**

2.29

plus .30 deposit 750 mL btl

OUR REGULAR PRICE .75 EACH

HIGH LINER, FROZEN, IN BATTER 350 g PKG

Boston Blue Fish **SAVE .30** **1.79**

OUR REGULAR PRICE 2.09

FROZEN, DELITE DELUX OR PEPPERONI 383 g pkg **2.59**

McCain Pizza

OLD SOUTH, FROZEN, CONCENTRATED 12 fl oz tin **1.09**

OLD SOUTH, FROZEN, CONCENTRATED 12.5 fl oz tin **1.29**

Grapefruit Juice

WITH GATHERS, TODDLER'S (48) OR EXTRA ABSORBENT (60)

Pampers Diapers

9.49 **SAVE .50**

box

OUR REGULAR PRICE 9.99

GLAD, PLASTIC

Garbage Bags **SAVE .50** **2.99**

OUR REGULAR PRICE 3.49

LIQUID
Javex Bleach 3.6 litre plst jug **1.49**

1 PLY BATHROOM TISSUE, ASST COLOURS
Cottonelle pkg of 4 rolls **1.49**

REGULAR, WINTERFRESH OR GEL
Colgate Toothpaste 100 mL tube **.99**

THE FARM **SAVE .50**

For Freshness & Savings

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

PROD. OF MEXICO, SWEET, JUICY
Fresh Pineapples **.99** each

OUR REGULAR PRICE 1.49

CANADA NO.1 GRADE, PROD. OF CALIFORNIA
Fresh Peaches 2.18 / .99 / kg

CANADA NO.1 GRADE, PROD. OF TEXAS OR MEXICO
Fresh Cantaloupe each **.99**

CANADA NO.1 GRADE, PROD. OF ONTARIO
Fresh Asparagus 3.95 / 1.79 / lb

PROD. OF ONTARIO OR U.S.A.
Fresh Spinach 10 oz pkg **.98**

PRODUCT OF CALIFORNIA
Green Onions 3 bunches **1.00**

CANADA FANCY, PROD. OF ONTARIO
McIntosh Apples 3 lb bag **1.79**

CANDA FANCY, PROD. OF NEW ZEALAND, APPLE
Granny Smith 1.96 / .89 / kg

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

POWDERED LAUNDRY

Fab Detergent

3.69 **SAVE 1.30**

6 litre box

OUR REGULAR PRICE 4.99