

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

You'll do better at...



Prices effective thru Saturday, August 13th, 1983.

SAVE .36

JANE PARKER, SLICED, CRACKED WHEAT OR
100% Whole Wheat Bread
675 g LOAF

.59

OUR REGULAR PRICE .95
(Made with 100% pure vegetable shortening.)

SAVE 2.70

Sunlight
HEAVY DUTY
CLEANING POWER
POWDERED LAUNDRY

6.99

OUR REGULAR PRICE 9.69

SUPER BUY!

BREAST-O-CHICKEN, LIGHT
Chunk Tuna
6.5 OZ TIN

.79

SAVE .50

EIGHT O'CLOCK
CAFFEINATED
BEAN COFFEE

A SUPERB BLEND, RICH IN BRAZILIAN
COFFEES, BEAN, DECAFFEINATED

8 O'Clock Coffee
1 LB BAG

3.49

OUR REGULAR PRICE 3.99

MARVEL, HAMBURGER BUNS OR
Wiener Rolls PKG OF 12
SAVE 20 .99
OUR REGULAR PRICE 1.19

JANE PARKER, 100% WHOLE WHEAT OR
Twin Rolls pkg of 12 **.99**

JANE PARKER
Apple Pie 624 g pie **1.29**

ASSORTED VARIETIES
Christie Cookies 450 g tin tie bag **1.99**

SAVE 2.20/kg *The Butcher Shop* **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

ASSORTED FLAVOURS POLY PKG OF 3-92 g ENVS
Quench Crystals **SAVE 66 .99**
OUR REGULAR PRICE 1.65

REGULAR OR TROPICAL, NESTEA[®]
Iced Tea Mix 24 oz ctn **2.99**

GOOD HUMOR, ASSORTED FLAVOURS
Popsicles pkg of 12 **1.49**

BEATRICE, ASST FLAVOURS
Fruit Bottom Yogourt 3 175 g tubs **1.49**

ASSORTED FLAVOURS
Canada Dry Beverages

SUPER BUY! **5.99**
case of 24
10 fl oz tins

SAVE UP TO 2.43/kg-1.10 lb **SAVE 2.43/kg-1.10 lb**

Rump ^{Inside} Cut Round or
Sirloin Tip Roast **6.37 / 2.89**
/kg / lb
OUR REGULAR PRICE UP TO 8.80/kg-3.99 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
Full Slice Round Steak
6.37 / 2.89
/kg / lb
OUR REGULAR PRICE 8.80/kg-3.99 lb

FROZEN LAYER CAKES, ASS'T VAR
Pepperidge Farms

SAVE 50 1.39
13 oz
cake
OUR REGULAR PRICE 1.89

ASSORTED FLAVOURS 750 mL BTL
Canada Dry Beverages **BUY 2 SAVE 51 2.99**
OUR REGULAR PRICE .75 PLUS .30 BTL DEP

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

ASSORTED VARIETIES
Primo Pastas 900 g pkg **.99**

PRIMO
Spaghetti Sauce 28 fl oz tin **1.09**

FRESH-GREAT ON THE B.B.Q., LEAN Ground Beef 439 / 1.99 /kg / lb	BREAKFAST, Burns Sausages 328 / 1.49 /kg / lb
INSIDE CUT Round Steak 6.59 / 2.99 /kg / lb	SWEET PICKLED Back Bacon 4.39 / 1.99 /kg / lb
TENDERIZED Cube Steak 6.59 / 2.99 /kg / lb	BURNS PRIDE OF CANADA Bologna Chunks 328 / 1.49 /kg / lb
RIB OR 3 TO 3 1/2 LB TENDERLOIN PORTION Pork Tenderloin Roasts 4.17 / 1.89 /kg / lb	PRIDE OF CANADA, REG. BEEF OR B.B.Q. Burns Wieners 450 g vac pac 1.49
PORK LOIN RIB PORTION (COUNTRY STYLE) Spare Ribs 4.17 / 1.89 /kg / lb	BURNS PRIDE OF CANADA, SLICED, ASS'T VAR Cooked Meats 375 g vac pac 1.49
A&P REGULAR OR THICK SLICED Side Bacon 500 g vac pac 2.49	BURNS PRIDE OF CANADA, SWEET PICKLED Cottage Rolls 4.17 / 1.89 /kg / lb
NEW ZEALAND, FROZEN, SPRING, SHOULDER Lamb Chops 4.39 / 1.99 /kg / lb	SHOPY'S-COLE SLAW OR Potato Salad 500 g ctn 1.39
COMBO PK: CONTAINS: 2 RIBS ENDS, 2 LOIN ENDS, 4 CENTRE CUT Loin Pork Chops 4.17 / 1.89 /kg / lb OUR REGULAR PRICE 5.27/kg-2.39 lb SAVE 1.10/kg-.50 lb	ROAST OR CHOPS (BONELESS 6.59/kg-2.99 lb) Centre Cut Pork Loin 5.49 / 2.49 /kg / lb OUR REGULAR PRICE 6.81/kg-3.09 lb SAVE 1.32/kg-.60 lb

BLUE WATER, FROZEN, ASS'T VAR 16 OZ PKG
Fish & Chips **SAVE UP TO 60 1.09**
OUR REGULAR PRICE UP TO 1.69

SUN PAC, FROZEN, CONC. GRAPEFRUIT OR
Orange Juice 12.5 fl oz tin **.89**

CARNATION, FROZEN POTATOES
Ranch Cuts 500 g pkg **.79**

McCAIN, FROZEN, SUPER CRISPS OR
Super Patties 1 1/2 lb pkg **1.09**

U.F.O.'S MACARONI, SPAGHETTI OR
Heinz Scarios

SAVE UP TO .40 .59
14 fl oz tin
OUR REGULAR PRICE UP TO .99

REGULAR OR UNSALTED CORN OIL, SUNFLOWER OIL MARGARINE
Fleischmann's

SAVE .44 1.19
pkg of 2
8 oz tubs
OUR REGULAR PRICE 1.63

ASSORTED VARIETIES PKG OF 4-5 OZ TINS
Del Monte Fruit Cups **SAVE 50 1.69**
OUR REGULAR PRICE 2.19

ORANGE PEKOE
Tetley Tea Bags pkg of 72 **1.99**

ALL PURPOSE
Five Roses Flour 10 kg bag **7.99**

STRAINED, MEATLESS VAR OF FOODS & JUICES
Heinz Baby Foods 3 4.5 fl oz tin **.99**

THE FARM
For Freshness & Savings

CANADA NO.1 GRADE, PROD. OF CALIFORNIA
Fresh Cantaloupes **.99** each

LESS THAN CANADA NO.1 GRADE, PROD. OF ONTARIO
Celery Stalks **1/2 .48** each
OUR REGULAR PRICE .99

BATHROOM TISSUE, ASST COLOURS PKG OF 8 ROLLS
Royale Tissue **SUPER BUY! 2.99**

LIQUID
Fresh Scent Javex 3.6 litre plst jug **1.89**

FACELLE ROYALE, ASSORTED COLOURS
Facial Tissue box of 100 sheets **.89**

REGULAR, MINT OR GEL
Crest Toothpaste 150 mL tube **1.99**

IRISH, BEEF TURKEY & CHICKEN, MEATBALL
Clark Stews

SAVE .90 1.59
24 fl oz tin
OUR REGULAR PRICE 2.49

PROD. OF CENTRAL AMERICA
Bananas 110 / 2 lbs for 1.00

PROD. OF CALIFORNIA, SWEET JUICY
Valencia Oranges 18 / 1.99

PRODUCT OF U.S.A., RIPE, SWEET
Fresh Blueberries pint **1.69**

CANADA FANCY, PROD. OF ONTARIO
Ida Red Apples 3 lb bag **1.89**

CANADA NO.1 GRADE, PROD. OF ONTARIO, SEEDLESS
Cucumbers each **.98**

CANADA FANCY PROD. SOUTH AFRICA, GRANNY SMITH
Apples 2 1/6 / lb **.98**

WHITE
Pronto Towels

SUPER BUY! .99
pkg of 2
rolls