

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 Saturday, August 20th, 1983

HEINZ
Canada Fancy
TOMATO JUICE
48 FL OZ TIN

SAVE .70

HEINZ, FANCY
Tomato Juice
48 FL OZ TIN

.89

OUR REGULAR PRICE 1.59

Un gâteau
Snackin' Cake
BETTY CROCKER, ASST VAR, MIXES
400 g PKG

SAVE .74

Snackin' Cake
400 g PKG

.99

OUR REGULAR PRICE 1.73

BOKAR COFFEE
A PREMIUM BLEND. CUSTOM GROUND
1 LB BAG

SAVE .70

Bokar Bean Coffee
1 LB BAG

2.99

OUR REGULAR PRICE 3.69
3 lb bag 8.79-our regular price 10.89-save 2.10

MARVEL, SLICED
White Bread
675 g LOAF

SAVE .30

White Bread
675 g LOAF

.49

OUR REGULAR PRICE .79
Made with 100% pure vegetable shortening

FROZEN 12 1/2 FL OZ TIN
Sun Squeeze Lemonade **3/1.00**

ANN PAGE!
Salad Dressing 1 litre jar **1.79**

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

READY TO SERVE, ASST VAR
Heinz Soups 3 8 fl oz tins **.89**

ASSORTED FLAVOURS
Canada Dry Beverages

SUPER BUY! **5.99**
case of 24-280 mL tins

QUARTERS 3 LB PKG
Monarch Margarine **1.99**
OUR REGULAR PRICE 2.99

ASSORTED VARIETIES
Lancia Pastas 500 g pkg **.59**

PURE VEGETABLE
Bravo Oil 3 litre plast ctn **2.99**

BRAVO, PLAIN, "THICK & ZESTY"
Spaghetti Sauce 14 fl oz tin **.99**

WHITE
Heinz Vinegar

SAVE .96 **1.69**
4 litre btl

OUR REGULAR PRICE 2.65

MEDIUM SIZE CARTON OF 12
Canning Jars **3.99**
Small Size ctn of 12-3.59 Lg size-5.79

MCCAIN, GRAPE, LEMONADE OR TAKE 5
Drinkin Boxes pack of 3 250 mL ctn **.99**

CATELLI
Mac & Cheese Dinner 3 225 g pkg **.99**

ASSORTED VARIETIES INCL COFFEE BREAKS
Christie Cookies 450 g tin tie bag **1.99**

ORANGE PEKOE
Salada Tea Bags

SAVE .80 **1.69**
pkg of 60

OUR REGULAR PRICE 2.49

The Butcher Shop
with supermarket prices

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

Loin Pork Chops

3.95 / 1.79
/kg /lb

OUR REGULAR PRICE 5.27/kg-2.39 lb

SAVE 2.43/kg-1.10 lb

RUMP, INSIDE CUT ROUND OR SIRLOIN TIP
Boneless Roasts **6.37 / 2.89**
OUR REGULAR PRICE UP TO 8.80/kg-3.99 lb

INSIDE CUT
Round Steak **6.59 / 2.99**

FULL SLICE
Round Steak **6.37 / 2.89**

SAVE 1.54/kg-.70 lb

FRESH LEAN
Ground Beef **4.39 / 1.99**
OUR REGULAR PRICE 5.93/kg-2.69 lb

TENDERIZED
Cube Steak **6.59 / 2.99**

BONELESS (END CUT 5.05kg-2.29 lb)
Beef Brisket Point Centre Cut **5.27 / 2.39**

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

SAVE 2.20/kg 1.00 lb

Boneless Round Roast **5.93 / 2.69**
OUR REGULAR PRICE 8.13/kg-3.69 lb

RIB OR 3 TO 3 1/2 LB TENDERLOIN PORTION
Pork Loin Roasts **3.95 / 1.79**

ROAST OR CHOPS (BONELESS 6.59kg-2.99 lb)
Pork Loins Centre Cut **5.49 / 2.49**

PORK LOIN RIB PORTION (COUNTRY STYLE)
Spare Ribs **4.17 / 1.89**

NEW ZEALAND SPRING, FROZEN, SHORT CUT
Lamb Legs **5.49 / 2.49**

A&P REGULAR OR THICK SLICED
Side Bacon 500 g vac pac **2.49**

SWIFT OLD MILL, BREAKFAST
Sausages **3.28 / 1.49**

SWIFT PREMIUM, SLICED, 4 ASST VAR
Cooked Meats 175 vac pac **.89**

SWIFT PREMIUM
Bologna Chunks **3.28 / 1.49**

GRADE "A", EVisCERATED, 4 TO 5 LB AVERAGE
Frozen Ducks **2.18 / .99**

SWIFT "GREAT ON THE B.B.Q."
Premium Wieners 1 lb vac pac **1.39**

A taste of the Tropics!

PROD. OF NEW ZEALAND, SWEET
Fresh Kiwi Fruit **3/1.00**

PROD. OF FLORIDA, RIPE, SWEET
Large Mangos each **.69**

PROD. OF FLORIDA, SEEDLESS
Large Limes **10/.99**

CANADA NO. 1 GRADE; PROD. OF ONTARIO
Cauliflower each **.98**

PROD. OF CALIFORNIA, PERSIAN, CRENSHAW, CANARY, SANTA CLAUD, CASABA
Fancy Fresh Cut Melons

1.08 / .49
/kg /lb

PROD. OF DOMINICAN REPUBLIC
Fresh Coconuts **2/.99**

PROD. OF CALIFORNIA, RED OR GREEN
Seedless Grapes **2.18 / .99**

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

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

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

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

JANE PARKER, SLICED
Protein Bread 450 g loaf **.79**

JANE PARKER
English Muffins pkg of 6 **.85**

A&P FROZEN, CONCENTRATED
Orange Juice

SUPER BUY! **.99**
12.5 fl oz tin

MIX & MATCH, HIGH LINER, ASST VAR 350 g PKG
Haddock or Sole In Batter **SAVE UP TO .80 2.39**
OUR REGULAR PRICE UP TO 3.19

JELL-O, FROZEN, ASST FLAVOURS
Pudding Pops pkg of 12 **2.39**

ASSORTED FLAVOURS (PLUS .30 PER BTL DEP)
Canada Dry Beverages 2 750 mL btls **.99**

SAVARIN, BEEF BEEF & KIDNEY, CHICKEN OR TURKEY
Frozen Pot Pies 8 oz pkg **.79**

WHITE
Pronto Towels

SUPER BUY! **.99**
pkg of 2 rolls

GLAD PKG OF 10
Garbage Bags **SAVE .50 1.39**
OUR REGULAR PRICE 1.89

FACIAL TISSUE, ASSORTED COLOURS
Facelle Royale box of 100 sheets **.89**

REGULAR, WINTERFRESH OR GEL
Colgate Toothpaste 100 mL tube **1.04**

A&P
Liquid Bleach 3.6 litre plast Jug **1.29**

LAUNDRY, WITH FABRIC SOFTENER
Bold "3" Detergent

SAVE 2.80 **7.99**
12 litre box

OUR REGULAR PRICE 10.79