

You'll do better with A&P's great SUPER BUYS A&P

We redeem all food store coupons

2% milk
SUPER BUY!

PARTLY SKIMMED
Fresh 2% Milk
4 LITRE BAG

1.99

CAROL MARGARINE
SUPER BUY!

CAROL, 100% VEGETABLE OIL
Soft Margarine
1 LB TUB

.39

LIMIT 4 PER FAMILY PURCHASE

HEINZ
Canada Fancy
TOMATO JUICE

SAVE .80

HEINZ, FANCY
Tomato Juice
48 FL OZ TIN

.79

OUR REGULAR PRICE 1.59

Five Roses UNBLEACHED FLOUR
25kg 5.5lb

SAVE 1.22

ALL PURPOSE OR UNBLEACHED
Five Roses Flour
2.5 KG BAG

1.99

OUR REGULAR PRICE 3.21

MARGARINE, IDEAL FOR BAKING
Blue Bonnet
OUR REGULAR PRICE 3.69

SAVE 70
2.99

3 LB PKG

JANE PARKER
Angel Cake 390 g cake **1.29**
JANE PARKER, SLICED
Bran Bread 675 g loaf **.79**
JANE PARKER
Twin Rolls pkg of 12 **.99**

SAVE 1.32/kg *The Butcher Shop* **SAVE .60/lb**
with supermarket prices

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

Boneless Round Roast

527/239
/kg /lb

OUR REGULAR PRICE 6.59/kg-2.99/lb

MAPLE LEAF
Tenderflake Lard
OUR REGULAR PRICE 1.19

SAVE 30
.89

1 LB PKG

BUTTERS/SCOTCH, SEMI-SWEET CHIPMINT OR
Chocolate Chipits 350 g pkg **1.99**
ASST VAR INCL WHOLE KERNEL CORN (12 OZ)
Libby's Vegetables 14 fl oz tin **.69**
ASST VARIETIES
Habitant Soups 14 fl oz tin **.59**

JANE PARKER, SLICED
Cracked Wheat Bread
675 g loaf

.59

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

SAVE 1.32/kg-.60/lb **SAVE 1.10/kg-.50/lb**

RUMP, INSIDE CUT ROUND OR SIRLOIN TIP ROAST
Boneless Roasts
571/259 /kg /lb
OUR REGULAR PRICE 7.03/kg-3.19/lb

COMBO PK: 2 RIB ENDS, 2 LOIN ENDS,
4 CENTRE CUT CHOPS
Pork Chops
395/179 /kg /lb
OUR REGULAR PRICE 5.05/kg-2.29/lb

FROZEN, LAYER, 3 VARIETIES
Sara Lee Cakes

SUPER BUY!
1.39
13 oz cake

YORK, EXTRA SMOOTH OR EXTRA CRUNCHY 500 g JAR
Peanut Butter
OUR REGULAR PRICE 2.49

SAVE 90
1.59

ASST VAR-INCL CHOCOLATE CHIP
Dare Cookies 400 g tin tie bag **1.69**
OUR REGULAR PRICE 2.39
CARNATION, INSTANT
Coffee-Mate 500 g jar **1.99**
DUNCAN HINES, ASST VAR, SNACK 380 g OR DELUXE 520 g
Cake Mixes pkg **.99**

CANADA Frozen, eviscerated 2 to 4 lb average
Grade "A" Chickens

SAVE .88/kg .40/lb
218/.99 /kg /lb

(Our regular price 3.06/kg-1.39/lb)

MCCAIN, FROZEN, CONC. 12.5 FL OZ TIN
Orange Juice
OUR REGULAR PRICE 1.43

SAVE 44
.99

HIGH LINER, FROZEN, COD FISH STICKS OR
Haddock in Batter 350 g pkg **1.99**
FROZEN, ASST VARIETIES
Stouffers Entrees 241 g pkg **2.49**
MCCAIN, FROZEN, PEPPERONI, "LITE"
Delite Pizza pkg of 4 pies **2.69**

DIET COKE, SPRITE, SUGAR FREE SPRITE, DIET TAB COLA OR
Coca-Cola-6 Pack

BUY 6 SAVE 1.91
2.59
750 mL btl

OUR REGULAR PRICE .75 EACH
(plus .30 per btl dep)

RIB OR 3 TO 3 1/2 LB TENDERLOIN PORTION
Pork Loin Roasts 395/179 /kg /lb

Swift Premium, sliced, 11 Varieties
Cooked Meats 175 G PKG **.89**

SWIFT PREMIUM, LAZY MAPLE, SUGAR PLUM, ASP REG OR THICK SLICED
Side Bacon 500 g vac pac **2.49**

SWIFT PREMIUM
Wieners 1 lb vac pac **1.29**

ROAST OR CHOPS
Centre Cut Pork Loin 549/249 /kg /lb

BURNS PRIDE OF CANADA, SWEET PICKLED
Cottage Rolls 417/189 /kg /lb

BURNS CAMPFIRE, GARLIC
Polish Sausage 373/169 /kg /lb

BURNS PRIDE OF CANADA, SLICED, ASST TRIPLE PK
Lunch Meats 375 g pkg **1.79**

PORK LOIN RIB PORTION, COUNTRY STYLE
Spare Ribs /189 /lb

SWEET PICKLED (CENTRE CUTS 5.27/kg-2.39/lb)
Back Bacon End Cuts 483/219 /kg /lb

2-PLY DECORATOR, ASST COLOURS
White Swan Towels

SAVE 60
.99 pkg of 2 rolls

OUR REGULAR PRICE 1.59

DIET COKE, REG & SUGAR FREE SPRITE, TAB COLA
Coca-Cola Case of 24

SUPER BUY!
5.99
280 mL TINS

THE FARM
PROD. OF MEXICO, DELICIOUS IN FRUIT SALADS.
Fresh Sweet Pineapples

SAVE .50
.99 each

OUR REGULAR PRICE 1.49

PROD. OF ONTARIO
Romaine Lettuce 2/ .99

PROD. OF ONTARIO, FRESH
Mushrooms 12 oz pkg **1.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Bartlett Pears 4 litre bskt **2.99**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Prune Plums 4 litre bskt **2.99**

PRODUCT OF CALIFORNIA, SWEET, JUICY
Nectarines 196 /kg **.89** /lb

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Green Cabbage each **.68**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Fresh Cauliflower each **.99**

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

1-PLY, BATHROOM, ASST COLOURS /PKG OF 4 ROLLS
White Swan Tissue

SAVE 70
1.29

OUR REGULAR PRICE 1.99

ASSORTED VARIETIES
Heinz Beans 14 fl oz tin **.59**

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

REG, MINT OR GEL
Crest Toothpaste pack of 3-100 mL tubes **3.29**

CREME DE LA CREME, GOLD LABEL, ASST FLAVOURS
Silverwood Ice Cream

SAVE 1.50
2.99
2 litre ctn

OUR REGULAR PRICE 4.49

WHITE SWAN, 2-PLY, ASST COLOURS
Facial Tissue

SAVE 28
.89 box of 200 sheets

OUR REGULAR PRICE 1.17