

# 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, November 26th, 1983.

**Craven** **SUPER BUY!**

Craven 'A' OR 'M' BRANDS ONLY . REG & KING SIZE  
**Cigarettes**  
CARTON OF 20'S & 25'S

**13.49**

WARNING: Health & Welfare Canada advises that danger to health increases with amount smoked—avoid inhaling.

**Robin Hood** **SAVE 1.22**

ALL PURPOSE OR CAKE & PASTRY  
**Robin Hood Flour**  
2.5 kg BAG

**1.99**

OUR REGULAR PRICE 3.21

**Lantic** **SAVE 1.38**

FINE, GRANULATED  
**White Sugar**  
LARGE 4 KG BAG

**2.59**

OUR REGULAR PRICE 3.97

**SAVE 2.00**

MOUNTAIN DEW, PEPSI FREE REGULAR OR SUGAR FREE, REGULAR & DIET  
**Pepsi-Cola**  
CASE OF 24-280 mL TINS

**5.99**

OUR REGULAR PRICE 7.99

LIQUID **Old Dutch Bleach** 3.6 LITRE PLASTIC JUG **SAVE 80 .99**  
OUR REGULAR PRICE 1.79

POWDERED LAUNDRY DETERGENT **Arctic Power** 6 litre box **4.49**

BATHROOM TISSUE, ASSORTED COLOURS **Royale Tissue** pkg of 4 rolls **1.49**

POST CEREAL **Bran Flakes** 400 g pkg **.99**

FLAKED LIGHT **Clover Leaf Tuna** **SAVE 50 .99** 6 1/2 oz tin  
OUR REGULAR PRICE 1.49

TOMATO OR VEGETABLE **Heinz Soups** 10 FL OZ TINS **BUY 3 SAVE 65 3/1.00**  
OUR REGULAR PRICE UP TO .55 EACH

EAGLE BRAND, SWEETENED **Condensed Milk** 300 mL tin **1.79**

MINERAL WATER (675 mL BTL .89) **Perrier** case of 675 mL 12 btl **8.99**

ANTI-FREEZE **Prestone II** 4 litre cont **6.99**

FROZEN, BEEF, BEEF & KIDNEY, CHICKEN, TURKEY **Savarin Pot Pies** **SAVE 36 .59** 8 oz pkg  
OUR REGULAR PRICE .95

McCain, FROZEN, CONCENTRATED **Orange Juice** 12 1/2 FL OZ TN **SAVE 40 .99**  
OUR REGULAR PRICE 1.39

SILVERWOOD, CREME DE LE CREME, BRONZE LABEL **Ice Cream** Assorted Flavours 1 litre carton **1.59**

ASST VAR INCL REG & DIET HIRÉS ROOT BEER PLUS .30 BTL. DEPOSIT **Crush Beverages** 750 mL btl **.49**

ASST VAR INCL REG & DIET HIRÉS ROOT BEER & PURE SPRING GINGER ALE **Crush Beverages** case of 280 mL 24 tins **5.99**

BRIGHT'S PURE **Apple Juice** **SAVE 76 .99** 48 fl oz tin  
OUR REGULAR PRICE 1.75

**The Butcher Shop** with supermarket prices

**SAVE .88/kg** BLADE, CHUCK SHORT RIB OR SHOULDER **SAVE .40 lb**

**Boneless Beef Roasts**  
CUT FROM CANADA'S FINEST GRADE "A" BEEF

**4.17 / 1.89** /kg /lb

OUR REGULAR PRICE 5.05/kg-2.29 lb

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

COMBINATION PACK CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS, 8 CHOPS IN A PKG

**Loin Pork Chops** **373 / 1.69** /kg /lb  
OUR REGULAR PRICE 5.05/kg-2.29 lb

**Beef Roasts** **351 / 1.59** /kg /lb  
OUR REGULAR PRICE 4.61/kg-2.09 lb

PREVIOUSLY FROZEN **Pork Side Spare Ribs** **351 / 1.59** /kg /lb

EXCELLENT FOR BRAISING **Blade Steaks** **373 / 1.69** /kg /lb

FRESH, MEDIUM **Ground Beef** **373 / 1.69** /kg /lb

RIB OR 3 TO 3 1/2 LB CUT TENDERLOIN PORTION **Pork Loin Roasts** **373 / 1.69** /kg /lb

FREEZER CUT, 10 TO 16 LB AVERAGE **Whole Pork Loin** **373 / 1.69** /kg /lb

CANADIAN QUEEN, PURE PORK **Sausages** **284 / 1.29** /kg /lb

CANADIAN QUEEN, SLICED, MINCED HAM OR VAR PACK **Cooked Meats** 375 g vac pac **1.89**

SLICED **Mary Miles Side Bacon** 500 g VAC PAC **1.89**

ROAST OR CHOPS **Pork Loins** **483 / 2.19** /kg /lb

MARY MILES, BY THE PIECE **Bologna Chunks** **284 / 1.29** /kg /lb

MAPLE LEAF, SKINLESS OR **Golden Fry Sausages** 500 g pkg **2.29**

MAPLE LEAF, REG. GARLIC OR ALL BEEF **Sliced Bologna** 500 g vac pac **1.79**

MAPLE LEAF, SWEET PICKLED, VAC PAC **Cottage Rolls** **395 / 1.79** /kg /lb

MAPLE LEAF, SLICED, REG. THICK OR HINT OF MAPLE **Side Bacon** 500 g vac pac **2.29**

MAPLE LEAF, COIL **Polish Sausage** **373 / 1.69** /kg /lb

RED HOTS, DUTCH TREET OR ALL BEEF 1 LB VAC PAC **Schneider's Wieners** **1.49**

**BUY 3-SAVE .33**  
STRAINED, MEATLESS VAR **Heinz Baby Foods** 4.5 FL OZ JAR **3 / .99**  
OUR REGULAR PRICE .44 EACH.

FRAY BENTOS **Corned Beef** 340 g tin **2.19**

A&P FANCY ASST VARIETIES **Frozen Vegetables** 1 kg pkg **1.89**

NO. 1 GRADE, CREAMED **Billy Bee Honey** 750 g cont **2.99**

JANE PARKER, SLICED **60% Whole Wheat Bread** **SAVE 40 .59** 675 g loaf  
OUR REGULAR PRICE .99

REG. FINE OR EXTRA FINE, TRADITION **Nabob Coffee** 369 VAC PAC BAG **SAVE 90 2.99**  
OUR REGULAR PRICE 3.89

MOUNTAIN DEW, PEPSI FREE REG OR SUGAR FREE, REG & DIET **Pepsi-Cola** PLUS 30 BTL 750 mL DEPOSIT btl **.49**

ASST VAR INCL SWEETLET PEAS & CREAM STYLE CORN **Green Giant** Vegetables 10 fl oz tin **.59**

PARCHMENT WRAPPED-CHEFMASTER **Margarine** lb **.39**

FACIAL, WHITE, YELLOW OR ALMOND **Royale Tissue** **SAVE 60 .79** box of 100 sheets  
OUR REGULAR PRICE 1.39

AYLMER, FANCY **Tomato Juice** 48 FL OZ TIN **SAVE 80 .89**  
OUR REGULAR PRICE 1.69

WHITE **Pronto Towels** pkg of 2 rolls **.99**

REGULAR, WINTERFRESH OR GEL **Colgate Toothpaste** 150 mL tube **1.99**

MAPLE LEAF **Flakes of Ham** 184 g tin **1.29**

PROCESS CHEESE SLICES **Kraft Singles** **SAVE 80 2.99** 500 g pkg of 16  
OUR REGULAR PRICE 3.79

**THE FARM** AT A&P For Freshness & Savings

CANADA FANCY, PROD. OF ONTARIO PICK OF THE ORCHARDS, RED **Delicious Apples** **1.99** 5 lb bag

PROD. OF CALIFORNIA, SEEDLESS, SIZE 138'S **First of the Season Navel Oranges** **.12** each

PROD. OF U.S.A., DELICIOUS IN SALADS **Fresh Spinach** 2 10 oz pkgs **1.49**

CANADA NO. 1 GRADE, PROD. OF SPAIN **Green Grapes** 2 18 / lb **.99**

PROD. OF FLORIDA, DELICIOUS **Large Avocados** 2 / **.99**

PROD. OF U.S.A., IN SHELL, FRESH **Roasted Peanuts** 1 kg bag **2.99**

CANADA NO. 1 GRADE, PROD. OF CALIFORNIA **Celery Stalks** each **.99**

PROD. OF ONTARIO **Fresh Mushrooms** 439 / kg **1.99** /lb