

Come on down and SAVE!



Prices effective thru Saturday, January 21st, 1983.  
 "Savings listed in this ad based on current regular retail prices."  
 A&P reserves the right to limit quantities to normal family requirements!

# SUPER BUYS

**MARGARINE**  
**SUPER BUY!**

CHEFMASTER, 100% VEGETABLE OIL  
**Soft Margarine**  
 1 LB TUB

**.49**

**BOKAR COFFEE**  
**SAVE 1.00**

A PREMIUM HEARTY BLEND, CUSTOM GROUND  
**Bokar Bean Coffee**  
 1 LB BAG

**2.99**  
 3 lb bag 8.79  
 SAVE 3.00

**APPLE JUICE**  
**SAVE .60**

A&P PURE  
**Apple Juice**  
 48 FL. OZ TIN

**.79**

**Cottonelle**  
**SAVE .74**

1-PLY BATHROOM TISSUE, ASST COLOURS  
**Cottonelle**  
 PKG OF 4 ROLLS

**1.39**

REGULAR OR DIET 280 mL TINS  
**7 Up**  
**Case of 24**  
 (750 mL btl .49 Plus .30 btl deposit) **5.99**  
 SAVE .26

1/2 PRICE SALE! **SAVE 1.00**  
**Aim Toothpaste** 100 mL tube **.99**

PALANDA, SLICED, CRUSH, TIDBITS, IN SYRUP  
**Pineapple** 19 fl oz tin **.79**

ORANGE PEKOE  
**Salada Tea Bags** pkg of 60 **1.89**

**The Butcher Shop**  
 with supermarket prices

**SAVE .88/kg** **SAVE .40 lb**

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

**Blade or Chuck Short Rib Roasts**

**4.17 / 1.89**  
 /kg / lb

**SAVE 1.10/kg-.50 lb** **SAVE 1.55/kg-.70 lb**

EXCELLENT FOR BRAISING  
**Blade Steaks** **4.17 / 1.89**  
 /kg / lb

LEG QUARTERS, BACKS ATTACHED  
**Fresh Chicken** **2.40 / 1.09**  
 /kg / lb

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

SWIFTS 454 g VAC PAC  
**Premium Wieners** **1.39**

BLADE, CHUCK SHORT RIB OR SHOULDER  
**Boneless Beef Roasts** **4.61 / 2.09**  
 /kg / lb

PETIT GORET, SMOKED, PICNIC STYLE, BONELESS  
**Pork Shoulders** **3.95 / 1.79**  
 /kg / lb

FRESH, MEDIUM  
**Ground Beef** **3.73 / 1.69**  
 /kg / lb

A&P, REGULAR OR THICK SLICED  
**Side Bacon** **2.19**  
 500 g vac pac

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

LAND O' FROST, 6 VARIETIES SLICED  
**Smoked Meats** **.69**  
 71 g vac pac

GRADE 'A' EVICERATED, FROZEN, VAC PAC  
**Chickens** **2.62 / 1.19**  
 /kg / lb

SWIFT OLD MILL  
**Breakfast Sausage** **3.28 / 1.49**  
 /kg / lb

CHEFMASTER  
**Canned Ham** 1 lb **2.69**  
 tin

CANADIAN QUEEN, HOT OR SWEET  
**Sausage Italian Style** **3.73 / 1.69**  
 /kg / lb

COMBINATION PACK CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS

**SAVE 1.00**  
**Pork Chops** **3.95 / 1.79**  
 /kg / lb

JANE PARKER, SLICED, CRACKED 675 g LOAF  
**Wheat Bread** **.59**  
 (Made with 100% pure vegetable shortening.)

JANE PARKER, SLICED (CHEESE BREAD 450 g LOAF-.99)  
**Raisin Bread** 450 g loaf **.89**

ASSORTED FLAVOURS  
**Del Monte Puddings** pkg of 4 5 oz tins **1.59**

WIGATHERS, TODDLER 48'S, TODDLER PLUS 40'S, EX-ABSORBENT 60'S  
**Pampers Diapers** box **9.59**

**SAVE .66**

AYLMER, FANCY  
**Tomato Juice**  
**.99**  
 48 fl oz tin

FROM CONC., ASSORTED VARIETIES 1 LITRE CONT  
**Bright's Fruit Juice** **.89**  
 SAVE .50

TOMATO  
**Heinz Soup** 3 10 fl oz tins **1.00**

CHEFMASTER, SMOOTH OR CRUNCHY  
**Peanut Butter** 500 g tub **1.29**

INSTANT POWDERED OR LIQUID CHOCOLATE 700 mL  
**Nestle's Quik** 750 g ctn **2.69**

**SAVE .90**

FETTUCCINE, LINGUINE, READY CUT MACARONI, SPAGHETTI OR SPAGHETTINI  
**Catelli Pastas**  
**.99**  
 1 kg pkg

ALL PURPOSE 5 kg BAG  
**Robin Hood Flour** **3.99**  
 SUPER BUY!  
 Bonus Pack 3.5 kg Plus 1.5 FREE

BURNS  
**Tenderflaked Ham** 184 g tin **1.39**

FACIAL TISSUE, ASSORTED COLOURS  
**Scotties** box of 200 sheets **.99**

IN TOMATO SAUCE, WITH PORK, IN MOLASSES, RED KIDNEY  
**Heinz Beans** 14 fl oz tin **.69**

**SAVE .80**

ASSORTED, PLAIN OR DECORATED  
**Scot Towels 'Plus'**  
**1.19**  
 pkg of 2 rolls

**THE FARM**  
 For Freshness & Savings  
 CANADA FANCY, PROD. OF ONTARIO, ALL PURPOSE 3 LB BAG  
**McIntosh Apples** **.99**

PROD. OF CHILE, SWEET JUICY  
**Nectarines** 2.18 / kg / lb **.99**

CAN. NO. 1, ALL PURPOSE  
**P.E.I. Potatoes** 20 lb bag **3.99**

PROD. OF MOROCCO, EASY TO PEEL, SWEET  
**Clementines** 2 lb tray **1.99**

CAN. EX. FCY, B.C. RED OR GOLDEN  
**Delicious Apples** 1.74 / kg / lb **.79**

CANADA NO. 1, PROD. OF ONTARIO  
**Fresh Carrots** 5 lb bag **1.79**

CANADA NO. 1, PROD. OF ONTARIO YELLOW  
**Cooking Onions** 5 lb bags **1.79**

PROD. OF FLORIDA, JUICY, SEEDLESS, LARGE  
**Pink Grapefruit** 4 / 1.99

CANADA NO. 1, PROD. OF CALIFORNIA  
**Red Grapes** 2.18 / kg / lb **.99**

**SUPER BUY!**

CHUNK LIGHT, IN OIL OR WATER  
**Bye The Sea Tuna**  
**.99**  
 6.5 oz tin

FROZEN, 4 ASST VAR 8 OZ PKG  
**Savarin Pot Pies** **.69**  
 SAVE .26

GAINSBOROUGH, FROZEN, CRUMPETS PKG OF 6 OR  
**English Muffins** pkg of 4 **.59**

WELCH'S, FROZEN, CONCENTRATED 12 fl oz tin  
**Grape Juice** **.99**

MOTT'S, FROZEN, CONCENTRATED 12 fl oz tin  
**Apple Juice** **.99**

**SAVE UP TO .60**

SUN CROP, FROZEN, CONCENTRATED  
**Orange Juice**  
**.69**  
 12.5 fl oz tin

SCHNEIDER'S, PROCESS, REG OR SINGLE THINS 500 g PKG  
**Cheese Slices** **2.99**  
 SAVE .80

FRUIT BOTTOM, ASST FLAVOURS  
**Silverwood Yogourt** 2.175 g tubs **.99**

QUAKER, 3 ASST VAR  
**Chewy Granola Bars** 225 g pkg **1.99**

NABISCO  
**Shreddies** 675 g pkg **1.79**

**SUPER BUY!**

ASST VAR INCL CHOCOLATE CHIP  
**Colonial Cookies**  
**1.49**  
 400 g tin tie bag