

You'll do better at...



"Savings listed in this ad based on current regular retail prices."
A&P reserves the right to limit quantities to normal family requirements!

ABC
POWDERED LAUNDRY
ABC Detergent
6 LITRE BOX
2.99
SAVE 1.40

JANE PARKER, SLICED
100% Whole Wheat Bread
675 g LOAF
.59
SAVE .40
(Made with 100% pure vegetable shortening.)

ALL POPULAR CANADIAN BRANDS
Cigarettes
CARTON, KING OR REGULAR, 20'S OR 25'S
12.99
SAVE UP TO 1.90
WARNING: Health & Welfare Canada advises that danger to health increases with amount smoked - avoid inhaling.
(LIMIT: 3 PER FAMILY PURCHASE.)

Bright's
APPLE JUICE
PURE UNADDED
BRIGHT'S, PURE
Apple Juice
48 FL. OZ TIN
.99
SAVE .76

ORANGE PEKOE
Red Rose Tea Bags
PKG OF 120
3.99
SAVE 1.26

IN TOMATO SAUCE OR WITH PORK
Libby's Beans 19 fl oz tin **.99** SAVE .46

OLD DUTCH
Liquid Bleach 2 litre plast btl **.99** SAVE .40

ALL PURPOSE
Five Roses Flour 3.5 kg bag **3.59** SAVE 1.20

The Butcher Shop
with supermarket prices
SAVE 3.31/kg
FIRST 5 RIBS ONLY CHEF STYLE
Prime Rib Roast
6.59 / 2.99
/kg / lb
SAVE 1.50/lb

ABC OR ADMIRAL BRANDS
Pink Salmon 7% OZ TIN
.89
SUPER BUY!

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

JANE PARKER, SLICED
Old Fashioned Bread 675 g loaf **.89**

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

SAVE .50
FLAKE LIGHT
Bye The Sea Tuna
.99
6 1/2 oz tin

SAVE 2.87/kg-1.30 lb
CUT FROM CANADA'S FINEST GRADE 'A' BEEF
Prime Rib Steaks
7.25 / 3.29
/kg / lb

SAVE 1.10/kg-.50 lb
COMBINATION PACK-CONTAINS: 2 RIB ENDS, 2 LOIN ENDS, 4 CENTRE CUT CHOPS
Loin Pork Chops
3.95 / 1.79
/kg / lb

SAVE 1.00
AUTOMATIC DRIP OR REGULAR
Maxwell House Coffee
2.99
369 g vac pac bag

ASSORTED VARIETIES
Green Giant Vegetables 14 FL OZ TIN
.69
SAVE UP TO .30

KELLOGG'S
Corn Flakes 675 g PKG
1.79
SAVE .40

TOMATO
Campbell's Soup 5 10 fl oz tins **1.99**

MACARONI & CHEESE
Kraft Dinner 4 225 g pkgs **1.99**

ASSORTED VARIETIES
Kal Kan Cat Food 3 6 oz tins **1.00**

REGULAR OR ALL BEEF
Pride of Canada Wieners 450 g vac pac **1.49** SAVE UP TO .90

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

FRESH MEDIUM
Ground Beef 373 /kg / 1.69 /lb

PRIDE OF CANADA, ASSORTED
Cooked Meats 375 g vac pac **1.69**

PRIDE OF CANADA, REGULAR OR ALL BEEF
Wieners 450 g vac pac **1.49**

PRIDE OF CANADA, SLICED
Cooked Ham 175 g vac pac **1.49**

BREAKFAST
Burns Sausage 328 /kg / 1.49 /lb

PRIDE OF CANADA, BURNS STAMPEDE, SLICED
Side Bacon 500 g vac pac **2.29**

PRIDE OR CANADA, SWEET PICKLED
Cottage Rolls 395 /kg / 1.79 /lb

PRIDE OF CANADA, VAC PAC
Bologna Chunks 328 /kg / 1.49 /lb

PRIDE OF CANADA, ROUND
Dinner Hams 549 /kg / 2.49 /lb

GRADE 'A', Eviscerated, 2 TO 4 LB AVER
Frozen Chickens 262 /kg / 1.19 /lb

SPRINT-GRAPE, APPLE OR 3-FRUIT
Fruit Drinks 750 g pkg of 3 TETRA **1.09** SAVE .30

CHICKEN NOODLE
Lipton Soup Mix pkg of 4 env **1.59** SAVE .30

ASST VAR INCL CHOCOLATE CHIP
Dare Cookies 450 g tin, tie bag **1.99** SAVE .40

SAVE .66
ASSORTED VARIETIES
Lancia Pastas
.99
900 g pkg

SMOKED, COOKED, FULLY SKINNED, 14 TO 17 LB AVERAGE
Whole Hams **3.28 / 1.49** /kg / lb
Shank Half 3.51/kg-1.59 lb Butt Half 3.73/kg-1.69 lb

SUPER BUY!
CHEFMASTER
Soft Margarine
.49 1 lb tub

BRAVO, PLAIN
Spaghetti Sauce 28 FL OZ TIN
.99
SAVE .56

LANCIA
Lasagna 500 g pkg **.99** SAVE .70

FACIAL TISSUE, ASST COLOURS
Kleenex box of 200 sheets **.99** SAVE .30

TOMATO
A&P Ketchup 1.25 litre btl **2.39** SAVE .80

BRONZE LABEL, ASST FLAVOURS
Silverwood Ice Cream 1 L CTN
1.59
SAVE .80

SOMMERDALE, FROZEN, SHOESTRING
French Fries 1.5 kg bag **.89**

SWISS STYLE, ASST FLAVOURS
Gay Lea Yogurt 2 175 g tub **.89**

IMPERIAL QUARTERS
Margarine 3 lb pkg **2.99** SAVE 1.00

THE FARM
For Freshness & Savings
PROD. OF CHILE
Nectarines
2.18 / .99 /kg / lb

PROD. OF CALIFORNIA
Brussels Sprouts
1.52 / .69 /kg / lb

PROD. OF CALIFORNIA
Avocados 3 / 1.00

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

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Fresh Carrots 5 lb bag **1.89**

CANADA NO. 1 GRADE, PROD. OF ONTARIO
Yellow Cooking Onions 5 lb bag **1.89**

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

PROD. OF FLORIDA, INDIAN RIVER, SEEDLESS
White Grapefruit 7 / 1.99

SAVE .90
DIGESTIVE, HOME ASSORTMENT, FRUIT CREME, FAMILY ASSORTMENT
Peek Frean Cookies
2.49
600 g tin tie bag

SAVE .50
PREMIUM PLUS, PLAIN OR SALTED
Christie Crackers
.99
450 g pkg