
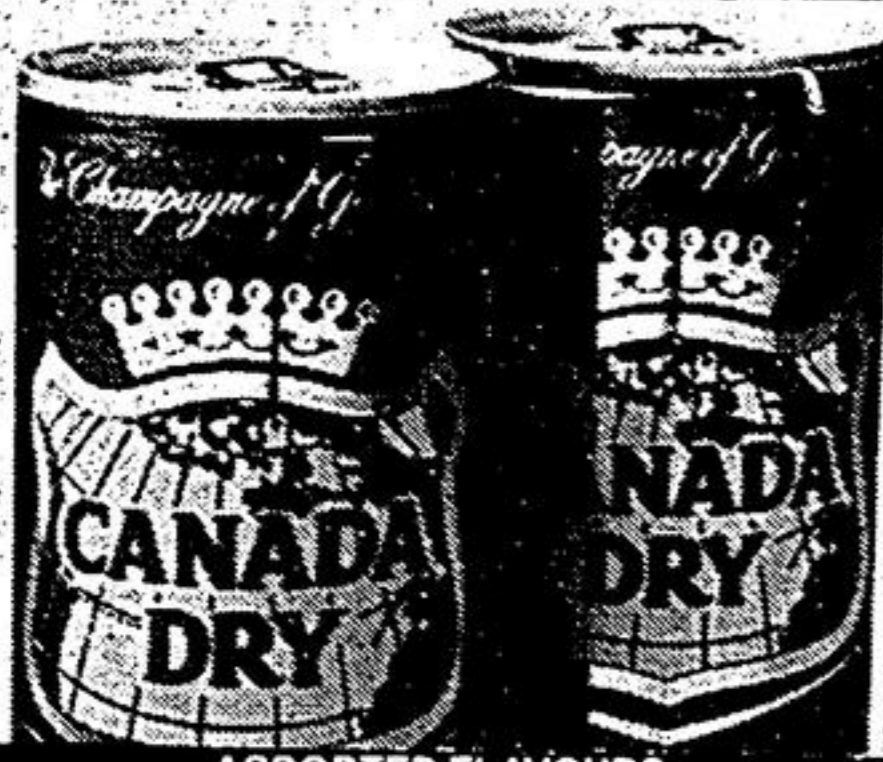


You'll do better at...

come on down & **SAVE**

 ...The **BETTER STORE!**

SAVE 3.00



ASSORTED FLAVOURS
Canada Dry
 CASE OF 24-280 mL TINS

4.99

(750 mL Btl. 49¢ plus .35 Btl Deposit)
 LIMIT: one case per \$5.00 purchase, excluding this item. Maximum 3 cases per family purchase

SAVE 1.32/kg



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

Boneless Round Roast
6.15 / 2.79

SAVE 2.20/kg-1.00 lb

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

Top Sirloin Steak
10³⁴ / 4⁶⁹

SAVE 2.20/kg-1.00 lb

CUT FROM CANADA'S FINEST GRADE 'A' BEEF
 ROAST OR

Strip Loin Steaks
15⁴¹ / 6⁹⁹

WITH COUPON BELOW ONLY

4 LITRES
Prestone

ANTI-FREEZE
Prestone II
 4 LITRE PLST CONTAINER

6.99

SAVE 1.06

SAVE 1.30



COOKS IN 1 MINUTE
QUAKER OATS

QUICK COOKING 2.5 KG OR ONE MINUTE
Quaker Oats
 2 kg PKG
1.49
(YELLOW SUGAR-2 kg PKG 1.99-SAVE .66)

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

Loin Pork Chops **4³⁹ / 1⁹⁹**

RIB OR 3 TO 3 1/2 LB CUT TENDERLOIN PORTION
Pork Loin Roasts **4³⁹ / 1⁹⁹**

PORK LOIN RIB PORTION (COUNTRY STYLE)
Spare Ribs **4³⁹ / 1⁹⁹**

SIRLOIN TIP, RUMP OR INSIDE CUT ROUND
Boneless Beef Roasts **6⁵⁹ / 2⁹⁹**

FRESH LEAN
Ground Beef **4³⁹ / 1⁹⁹**

(INSIDE CUT 7.25/kg-3.29 lb)
Round Steak Full Slice **6⁵⁹ / 2⁹⁹**

POINT (CENTRE CUTS 5.93/kg-2.69 lb)
Brisket Beef End Cuts **5⁴⁹ / 2⁴⁹**

MARY MILES, VAC PAC
Bologna Chunks **3²⁸ / 1⁴⁹**

TOWN CLUB, READY-TO-SERVE, VAC PAC
Dinner Hams **5⁴⁹ / 2⁴⁹**

FROZEN, NEW ZEALAND (LAMB LOIN CHOPS 6.59/kg-2.99 lb)
Shoulder Lamb Chops **4³⁹ / 1⁹⁹**

NEW ZEALAND, SHORT CUT
Frozen Lamb Legs **4³⁹ / 1⁹⁹**

SLICED **Town Club Side Bacon** **2⁵⁹**

MARY MILES, SLICED, 5 VARIETIES
Cooked Meats **1.79**

SWIFT (FIREBRAND, REGULAR OR ALL BEEF 450 g 1.99)
Premium Wieners **1.69**

SWIFT OLD MILL
Breakfast Sausages **3⁷³ / 1⁶⁹**

SWIFT PREMIUM, SLICED
Cooked Ham **1.69**

SHOPS, SLICED, PEPPERONI, ALL BEEF OR
Italian Salami **1.49**

PETTIT GORET, SMOKED, BONELESS, PICNIC STYLE
Pork Shoulders **4³⁹ / 1⁹⁹**

The Deli Shop at A&P

AVAILABLE AT STORES WITH DELI ONLY
Roast Beef **1³² / 5⁹⁹**

SCHNEIDER'S, MEDIUM
Blue Ribbon Bologna **.48 / 2¹⁹**



BEATRICE, 2% PARTLY SKIMMED
Cottage Cheese
 500 g TUB
.99
LIMIT: 6 per family purchase

INSTANT COFFEE **Maxwell House** **5.99**

DAYTIME 48'S OR TODDLER 33'S, KLEENEX **Huggies Diapers** **9.99**

CHRISTIE, VEGETABLE OR FRENCH ONION THINS, BONUS PACK **Sociables Crackers** **1.59**

POST CEREALS (HONEYCOMB 2.49-SAVE .26) **Bran Flakes** **1.09**

BUY 4-SAVE .97
HEINZ WHITE VINEGAR
 4 LITRES **.99**

SAVE .50
Raisin Bread
 450 g loaf **.69**

BEATRICE, ASST FLAVOURS **BUY 3-SAVE 2.46**
Fruit Bottom Yogurt **5¹⁹⁹**

VILLAGE, 100% VEGETABLE OIL **Soft Margarine** **.89**

FROZEN CONC, 100% FLORIDA, ORANGE REG OR W/PAL, GRAPEFRUIT **Old South Juices** **1.29**

SUPERMAN, FROZEN, STRAIGHT OR CRINKLE CUTS **French Fries** **1.09**

SAVE .66
Assorted Primo Pastas **.99**

SUNNYGOLD, AUSTRALIAN **Sultana Raisins** **1.39**

JANE PARKER, SLICED **60% Whole Wheat Bread** **.69**

SAVE 1.00
Bokar Bean Coffee **3²⁹**

PURE VEGETABLE **Primo Oil** **3.99**

HEINZ SOUPS **4 / .99**

JANE PARKER **Angel Cake** **1.29**

POWDERED LAUNDRY **ABC Detergent** **2.99**

TRIGGER 600 mL 1.69-AEROSOL 570 g TIN 2.19 **Windex Refill** **1.49**

CAMPBELL'S **V-8 Juice** **1.29**

JANE PARKER **Apple Pie** **1.29**

NEW, REGULAR OR MINT, TOOTHPASTE **Aqua Fresh** **1.04**

FACIAL, ASSORTED COLOURS **Kleenex Tissue** **.99**

REG OR PRINTED, ASST COLOURS, PAPER **Hi-Dri Towels** **.99**

PLAIN, WITH GARLIC OR POLSKI DILLS **Bick's Pickles** **1.89**



CANADA NO. 1, PROD. OF ONTARIO, IDEAL FOR PRESERVING
Sweet Blue Grapes **3.99**

CANADA NO. 1, PROD. OF ONTARIO, FREESTONE, IDEAL FOR PRESERVING
Prune Plums **2.99**

HUMPTY DUMPTY, ASSORTED VARIETIES **Potato Chips** **1.39**

BEATRICE, REFRIGERATED **Chip Dip** **.99**

SAVE 1.80
Beatrice Ice Cream **2.99**

CANADA NO. 1, PROD. OF U.S.A., CALIFORNIA, SEEDLESS
Green Grapes **2¹⁸ / .99**

CANADA NO. 1, PROD. OF ONTARIO
Bartlett Pears **3⁹⁹**

SAVE 1.00 WITH THIS COUPON
Prestone II Anti-Freeze **6⁹⁹**

PROD. OF ONTARIO, DELICIOUS RAW OR IN SALADS
Broccoli **.99**

PROD. OF SOUTH AFRICA, IDEAL FOR LUNCH BOX
Oranges **3.99**

Limit one per coupon
 VALID UNTIL SEPT. 15th, 1984
(Feature price 7.99 without coupon.)

CANADA NO. 1, PROD. OF U.S.A., LARGE SIZE, VINE RIPENED
Cantaloupes **.99**

CANADA NO. 1, PROD. OF ONTARIO, FIRM
Green Cabbage **2 / .99**

Prices effective thru Saturday, September 15th, 1984. A&P reserves the right to limit quantities to normal family requirements! SAVINGS SHOWN IN THIS AD BASED ON A&P CURRENT REGULAR RETAILS.