

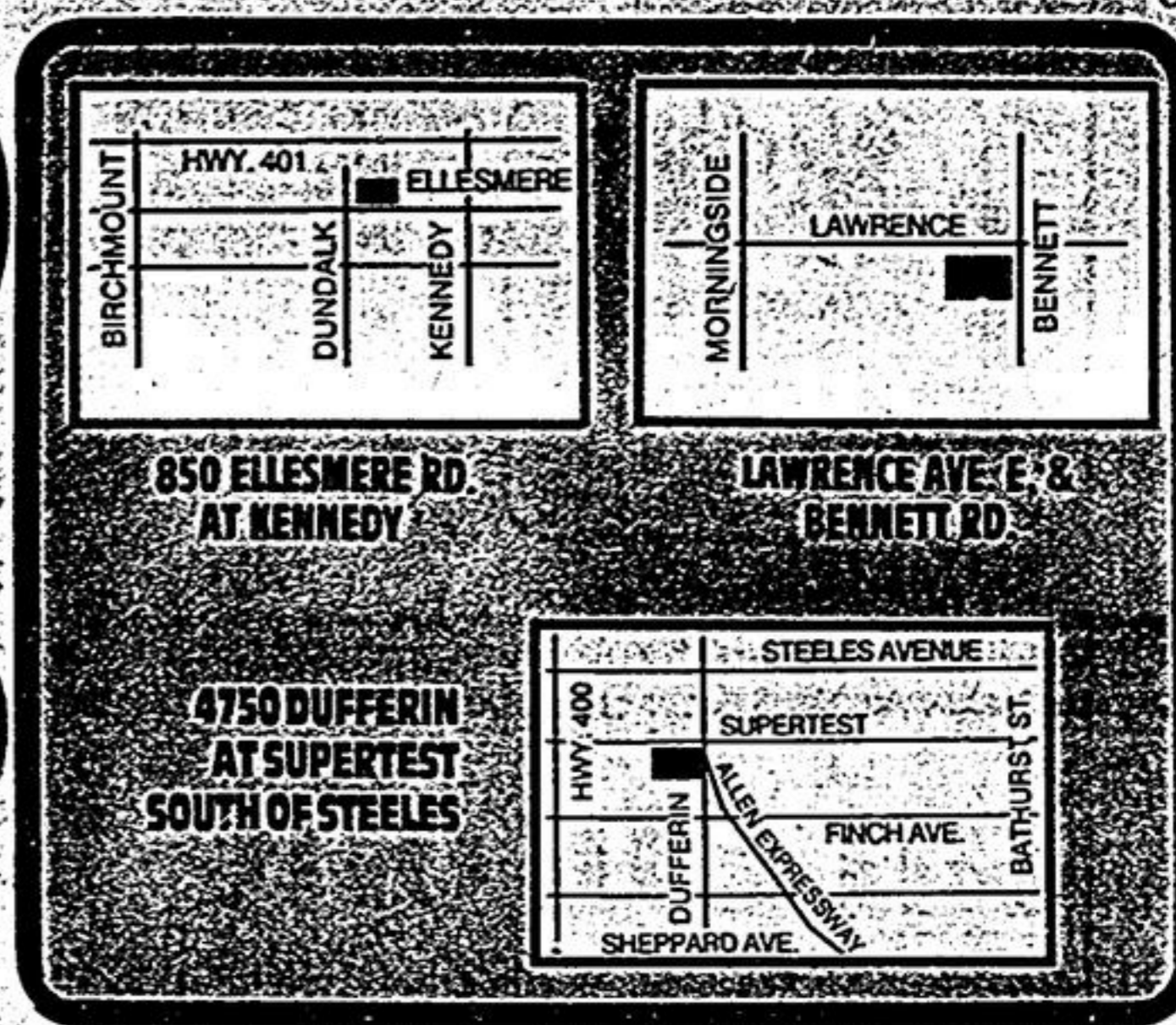
# HIGHLAND FARMS



**PRICES EFFECTIVE  
JUNE 15 TO JUNE 21**

**HOURS:**  
Mon. - Fri. 8 a.m. - 10 p.m.;  
Sat. 7 a.m. - 10 p.m.

## HIGH QUALITY AND LOW PRICES



PRODUCT OF ONTARIO, FRESH

**PORK SIDE RIBS**  
439<sup>KG</sup> 199<sup>LB</sup>

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CANADA GRADE 'A' BEEF

**SHOULDER STEAKS**  
373<sup>KG</sup> 169<sup>LB</sup>

Share The Challenge. Share The Glory.

For every pack of Nabob you buy this week, Nabob will donate 10¢ to support the outstanding efforts of Canada's wheelchair athletes.

**269** Regular Tradition or Summit  
**349** Decaff.

Nabob. A proud sponsor of the Canadian Wheelchair Sports Association.

PRODUCT OF ONTARIO, FRESH PICNIC

**PORK SHOULDERS**  
218<sup>KG</sup> 99<sup>LB</sup>  
LIMIT 3 PER FAMILY

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PRODUCT OF ONTARIO, FRESH

**SHOULDER VEAL**  
373<sup>KG</sup> 169<sup>LB</sup>

MAPLE LEAF

**PASTRAMI EYES** 999<sup>KG</sup> 453<sup>LB</sup>  
Sliced at Deli

SEALTEST, PARLOUR

**ICE CREAM** 299  
2 Litre Tub Assorted Flavours

YOPLAIT, FRUIT AT THE BOTTOM

**YOGURT** 2/100  
Assorted Flavours 175 g Tub

PRODUCT OF U.S.A., FLORIDA

**FRESH LIMES** 10¢ ea.  
Medium Size

TOWN CLUB

**SLICED BACON** 199  
500 g Pkg.

SUNPAC RECONSTITUTED

**APPLE JUICE** 99¢  
Tetra Pak 3 x 250mL

OLD SOUTH, FROZEN 100% FROM CONCENTRATE

**ORANGE JUICE** 129  
12 Oz. Tin

PRODUCT OF U.S.A., FLORIDA, CANADA NO. 1

**GREEN PEPPERS** 174<sup>KG</sup> 79¢<sup>LB</sup>

MAPLE LEAF

**REGULAR WIENERS** 169  
450 g Pkg.

PRODUCT OF ITALY, BUITONI

**PASTA** 69¢  
Assorted Varieties 500 g Pkg. LIMIT 5 PER FAMILY

PRODUCT OF ONTARIO, CANADA FANCY

**IDA RED APPLES** 199  
5 Lb. Cello Bag

PILLER'S

**BLACK FOREST DELI HAM** 880<sup>KG</sup> 399<sup>LB</sup>  
Sliced at Deli

HUMPTY DUMPTY

**POTATO CHIPS** 99¢  
200 g Pkg. Assorted Flavours

BOUNCE

**FABRIC SOFTENER SHEETS** 449  
Pkg. of 40

PRODUCT OF U.S.A., FLORIDA, CANADA NO. 1

**TOMATOES** 152<sup>KG</sup> 69¢<sup>LB</sup>

PILLER'S

**POLISH SAUSAGE COIL** 373<sup>KG</sup> 169<sup>LB</sup>  
At the Deli

UNICO

**TUNA** 69¢  
In Oil 3 1/2 Oz. Tin

HELLMAN'S

**MAYONNAISE** 299  
1 Litre Jar

PRODUCT OF U.S.A.

**FRESH SPINACH** 79¢  
10 Oz. Cello Pkg.

PILLER'S

**HUNGARIAN OR GERMAN SALAMI** 990<sup>KG</sup> 449<sup>LB</sup>  
Sliced at Deli

NESCAFÉ

**INSTANT COFFEE** 499  
8 Oz. Jar

MAZOLA

**CORN OIL** 399  
2 Litre Jug

PRODUCT OF U.S.A., CALIFORNIA

**BUNCHED GREEN ONIONS** 3/100

TOWN CLUB

**COOKED HAM** 439<sup>KG</sup> 199<sup>LB</sup>  
Sliced at Deli

MCCAIN'S, SWEETHEART, MILD, MEDIUM & MOZZARELLA

**CHEDDAR CHEESE** 599  
2 lb. Bar

CASCADE, POWDERED

**DISHWASHING DETERGENT** 599  
1.8 Kg Box

FROM ONTARIO GREENHOUSES, CANADA NO. 1

**SEEDLESS ENGLISH CUCUMBERS** 79¢ ea.  
Large Size

SURF POWDERED

**LAUNDRY DETERGENT** 299  
6 Litre Box

PRODUCT OF ONTARIO, CANADA GRADE 'A'

**ROASTING CHICKENS** 218<sup>KG</sup> 99<sup>LB</sup>  
LIMIT 3 BIRDS PER FAMILY

PRODUCT OF U.S.A., CANADA NO. 1

**CALIFORNIA PEACHES** 152<sup>KG</sup> 69<sup>LB</sup>

PRODUCT OF U.S.A., CANADA NO. 1, CALIFORNIA

**NEW WHITE POTATOES** 64<sup>KG</sup> 29<sup>LB</sup>