



FRESHLY PREPARED

Gift Baskets

FOR IMPRESSIVE CORPORATE AND CHRISTMAS GIFT GIVING

Choose from our ready-made baskets or create your own special assortment of first-quality fresh fruits and delectable gourmet goodies.

Where anything fresher is still growing

Long's

Specials at
3085 HIGHWAY NO. 7 AT WOODBINE
 OAKVILLE: HIGHWAY NO. 5 AT TRAFALGAR
 BURLINGTON: 1225 FAIRVIEW STREET AT MAPLE
 MALTON: 7085 GOREWAY DRIVE
 SPECIALS EFFECTIVE MONDAY, DECEMBER 5, 1988 THRU SATURDAY, DECEMBER 10, 1988.

For Quality Produce You Can Rely On



jumbo size pineapples each **1.99**
 Product of Honduras



fresh, tasty tomatoes 3 lbs. **3.99**
 Product of U.S.A. Canada No. 1



fresh, jumbo size cabbage each **.59**
 Product of Ontario



D'anjou pears lb. **.69**
 Product of U.S.A. Canada No. 1
 kg 1.52



centre cut pork chops lb. **2.29**
 Ontario Fresh Pork
 boneless butterfly pork chops... \$6.59 kg lb. **2.99**



family-pack pork chops lb. **1.79**
 Ontario Fresh Pork
 Contains 3 Centre Cut, 3 Rib Ends, 3 Tenderloin Ends



sirloin steaks lb **2.99**
 Cut from Canada Grade 'A' Beef
 kg 6.59



t-bone steaks lb **3.29**
 Cut from Canada Grade 'A' Beef
 kg 7.26

Deli Good
 Anco German emmenthal cheese **3.99**
 kg 8.79

Maple Leaf honey ham **3.99**
 lb. kg 8.79

Maple Leaf sliced side bacon **1.99**
 500 g pkg.

Daily Fresh
 Astro cottage cheese **1.49**
 500 g tub
 Kraft Philadelphia cream cheese **1.79**
 250 g pkg.



Kraft peanut butter bear jars 1.5 kg jar **4.69**
 Kraft pure fruit jams 250 g jar **1.59**



Primo spaghetti sauce 28 oz. tin **.99**
 New! Biatre pasta noodles & sauce, 375 g... **.99**
 Fresh Daily! Fibre Goodness
 • white and whole wheat bread 65 g tub
 • hot dog and hamburger buns per 4



Coke Classic, Diet Coke, Sprite, Diet Sprite
 Case of 24x280 mL tins **5.99**
 Limit 2 cases per family purchase please.
 750 mL bottle **.49**
 plus 40¢ deposit per bottle



Neilson's Famous ice cream 2 L carton **2.99**
 McCain super fries 1 kg bag **1.39**

Old Mill oates 1.35 kg bag **1.39**
 Robin Hood all purpose and whole wheat flour 2.5 kg bag **2.99**

I.Q.F. salad shrimp 400 g bag **3.99**
 I.Q.F. sole fillets kg 6.59 lb **2.99**

Store Hours: BURLINGTON: 1225 FAIRVIEW STREET AT MAPLE MALTON: 7085 GOREWAY DRIVE