

# Hello Autumn!

**5%\* OFF**  
**SENIOR TUESDAY and DISCOUNT WEDNESDAY**  
 5% off cash & credit card sales  
\* Not applicable to alcohol, cigarettes, magazines, pharmacy, general & seasonal merchandise, etc.

## health & beauty buys

**TYLENOL**  
 Extra Strength Rapid Release Gel Caps  
 24 gel caps  
**\$7.15 each**

**Aveeno**  
 ACTIVE NATURALS  
**Body Wash**  
 Lavender Chamomile, Fig & Shea Butter  
 16 oz. bottle  
**\$8.10 each**

**Stayfree**  
 new look! nouveau look!  
**Wingless Maxi Pads**  
 Regular - scented or Unscented  
 24 pack  
**\$4.55 each**

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**LISTERINE**  
 Mouthwash  
 Fresh Burst, Cool Mint, Antiseptic, Zero Clean Mint  
 1 litre bottle  
**\$8.69 each**

**Gillette**  
**3X Clear Gel Deodorant**  
 Power Rush, Cool Wave, Sport  
 3.8 oz.  
**\$7.15 each**

## household & laundry value picks

**ARM & HAMMER**  
**2X Detergent Sensitive Plus**  
 Clean Burst  
 75 oz. jug  
**\$9.85 ea.**

**LYSOL**  
**Power Foam Cleanser**  
 24 oz. spray  
**\$4.35 ea.**

**SCOTCH BRITE**  
**Heavy Duty Scrub Sponge**  
 1 pack  
**\$1.75 ea.**

**OXI CLEAN**  
**Versatile Stain Remover**  
 3 lb. tub  
**\$7.05 ea.**

**LYSOL**  
**Toilet Bowl Cleaner**  
 Fresh Scent  
 24 oz. bottle  
**\$3.49 ea.**

**GLAD**  
**Quick-tie Trash Bags**  
 10 bag/ea. 30 gallon  
**\$5.39 ea.**

**ZIPLOC**  
**Sandwich Bags Easy Open Tabs**  
 90 count  
**\$6.25 ea.**

**Ziploc**  
 Easy Open Tabs  
 90 SANDWICH  
**\$6.25 ea.**

**NABISCO 100 CAL SNACKS**  
 CHIPS AHOY, or OREO  
 4.86 oz. box  
**\$4.05 each**

**DOLE MANDARIN ORANGES**  
 11 oz. can  
**\$1.85 each**

**NABISCO 100 CAL SNACKS**  
 Chips Ahoy, Oreo  
**\$4.05 each**

**KEEBLER FUDGE STRIPES**  
 ORIGINAL  
 11.5 oz. tray  
**\$4.69 each**

**JACOBS CRISPS**  
 ALL FLAVOURS  
 150 gm. bag  
**\$2.55 each**

**Pringles**  
**18-PACK SNACK SIZE**  
 3 flavours in 1 package!  
**\$11.99 ea.**

**KELLOGG'S Special K**  
 Original - 12 oz.  
**\$6.60 ea.**

**GRACE CORNED BEEF**  
 12 oz.  
**\$3.75**

**McVITIE'S Go-Ahead! Crispy Slices**  
 Orange, Apple  
 218 gm. pkg.  
**\$3.25**

**JIF Peanut Butter**  
 Creamy - 28 oz.  
**\$7.90 ea.**

**CRISCO Canola Oil**  
 32 oz.  
**\$4.55 ea.**

**ARIZONA Drinks**  
 16.9 oz.  
**\$1.85**

**FILIPPO BERIO Pesto**  
 Classic, Sundried Tomato  
 190 gm.  
**\$3.69 ea.**

**ROBERTSON'S Jams**  
 Strawberry, Raspberry, Blackcurrant - 340 gm.  
**\$2.95 ea.**

**FIJI Water**  
 1.5 litre  
**\$2.69**

**WEETABIX Cereal**  
 Original - 12 pack  
**\$3.15 ea.**

**KELLOGG'S Variety Pack Cereal**  
 10 pack  
**\$6.70 ea.**

**LA CROIX Curate Flavoured Water**  
 8 pack  
**\$8.85 ea.**

**MOTT'S Applesauce**  
 All varieties - 6 pack  
**\$3.35 ea.**

**MOTT'S for TOTS Toddler's 1st Juice**  
 Apple, Fruit Punch  
 8 pack  
**\$5.50 each**

**PET BUYS**  
**Friskies Cat Food**  
 All varieties  
 13.5 oz. cans  
**\$1.79 ea.**

**PURINA ALPO Dog Food**  
 All varieties  
 13.2 oz. can  
**\$1.55 ea.**

**PURINA Friskies Seafood Sensations Cat Food**  
 3.15 lb. bag  
**\$7.79 ea.**

**ARM & HAMMER ULTRA LAST Cat Litter**  
 12 lb. box  
**\$12.39 ea.**

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