

# Merry

04 DECEMBER TO 07 JANUARY 2025

## FESTIVE SEASON SAVINGS

SPREAD THE JOY WITH

### CLOVER



CLOVER MOON RIVER BUTTER TUB 500G

EACH **79<sup>99</sup>**

QUALITY MEATS AT THE

### BUTCHERY



BYWINE DELI BEEF OSSAU B/KG

PER KG **159<sup>99</sup>**



LANCOWOOD HARD CHEESE ASS. 100G

**129<sup>99</sup>**



LIQUOR FRUIT JUICE ASS. 2L

**44<sup>99</sup>**

BABY SOFT DRY TOILET PAPER 18'S

**149<sup>99</sup>**

IN SEASON

### FRESH Fruits



SPANSPEK EACH

EACH **29<sup>99</sup>**

MANGO EACH

EACH **24<sup>99</sup>**



# CHEERS! TO GREAT WINE AT GREAT PRICES



750ML

**72<sup>99</sup>**

P/BERG LIGHTHEARTED ASST. 750ML



750ML

**64<sup>99</sup>**

NEDERBURG CLASSIC ROSE, DUET, LYRIC, STEIN 750ML



750ML

**132<sup>99</sup>**

KANONKOP KADETTE PINOTAGE 750ML



750ML

**114<sup>99</sup>**

ALTO ROUGE 750ML



750ML

**99<sup>99</sup>**

LADYBIRD CHARDONNAY 750ML



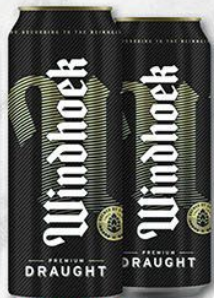
## YOUR FAVOURITE BEERS & CIDERS



6-PACK

**69<sup>99</sup>**

CASTLE LITE BEER CAN 6X500ML



6-PACK

**79<sup>99</sup>**

WHK DRAUGHT BEER CAN 6X500ML



6-PACK

**79<sup>99</sup>**

FLYING FISH LEMON CAN 6X500ML



6-PACK

**118<sup>99</sup>**

BAHAMA SPIRIT COOLER CAN ASST. 6X440ML



TANQUERAY LONDON DRY GIN 750ML

**302<sup>99</sup>** EACH



**22<sup>99</sup>** EACH

FITCH & LEEDES TONIC ASST. 1L



750ML

**199<sup>99</sup>**

KWV 5 YEAR OLD BRANDY 750ML



750ML

**319<sup>99</sup>**

JACK DANIEL'S WHISKEY 750ML



750ML

**344<sup>99</sup>**

JAGERMEISTER 750ML



750ML

**268<sup>99</sup>**

GRANTS TRIPLE WOOD WHISKEY 750ML



750ML

**204<sup>99</sup>**

CAPTAIN MORGAN BLACK 750ML



750ML

**136<sup>99</sup>**

STRAWBERRY LIPS 750ML

## /AE//GAMS & PIONEERS PARK LIQUOR ONLY FESTIVE FAVES



**fresh**  
SUPERMARKETS

AVAILABLE AT /AE//GAMS • EROS • OLYMPIA • PIONEERS PARK • HOCHLAND

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# PERSONAL CARE

PAMPER YOURSELF WITH SAVINGS

DOVE DEODORANT MALE/FEMALE ASST. 150ML



**39<sup>99</sup>**  
EACH

COLGATE CHARCOAL TOOTHPASTE 100ML

**39<sup>99</sup>**  
EACH



**26<sup>99</sup>**  
EACH

NIVEA ROLL-ON MALE/FEMALE ASSORTED 50ML



**68<sup>99</sup>**  
EACH

NIVEA BODY CREAM OR LOTION 400ML



**84<sup>99</sup>**  
EACH

GILL 2-IN-1 ANTI DANDRUFF ASST. 400ML



**19<sup>99</sup>**  
EACH

KOTEX PANTYLINERS DEO ONLY 20'S

## CLEANING

ESSENTIALS FOR LESS



**89<sup>99</sup>**  
EACH

ARIEL CAPSULES 14'S



**99<sup>99</sup>**  
EACH

ARIEL AUTO WASHING LIQUID 2L



**28<sup>99</sup>**  
EACH

DUCK BLEACH ASSORTED 500ML



**29<sup>99</sup>**  
EACH

SUNLIGHT DISHWASH LIQUID REG. 750ML



**36<sup>99</sup>**  
EACH

DOOM INSECTICIDE ASSORTED 300ML



**36<sup>99</sup>**  
EACH

TUFFY INTERLEAVED BLACK BAGS 20'S

## THE BEST DEALS FOR YOUR FURRY FRIENDS



**138<sup>99</sup>**  
EACH

WHISKAS CAT FOOD MULTIPACK ASST. 12X85G



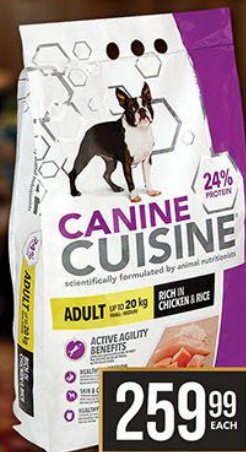
**229<sup>99</sup>**  
EACH

WHISKAS DRY CAT FOOD 2.7KG



**79<sup>99</sup>**  
EACH

LOPIS CAT LITTER 10KG



**259<sup>99</sup>**  
EACH

CANINE CUISINE DRY DOG FOOD 6KG



**28<sup>99</sup>**  
EACH

BEENO DOG BISCUITS ASST. 300G



**32<sup>99</sup>**  
EACH

HUSKY WET DOG FOOD ASST. 775G



**fresh**  
SUPERMARKETS

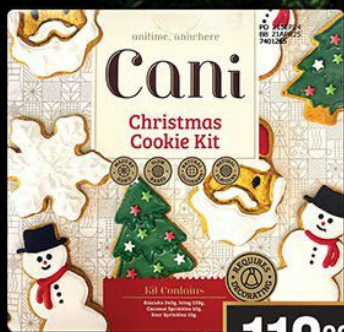
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# SWEET TREATS

— FOR A SWEET DECEMBER —



CANI CHRISTMAS COOKIE KIT 410G

118<sup>99</sup> EACH



CANI GINGERBREAD HOUSE KIT 490G

152<sup>99</sup> EACH



BAKERS ROMANY CREAMS BISCUITS ASSORTED 200G

29<sup>99</sup> EACH



CADBURY SLAB 150G FESTIVE BUTTERSCOTCH, GINGERBREAD OR DREAM CINNAMON CRUNCH

36<sup>99</sup> EACH



MARS CELEBRATIONS ASSORTED 186G

79<sup>99</sup> EACH



SNICKERS, BOUNTY, MARS BAR OR TWIX MINI BAG 227G

46<sup>99</sup> EACH



PRINGLES ASSORTED 165G

49<sup>99</sup> EACH



DORITOS ASSORTED 145G

19<sup>99</sup> EACH



ACT II POPCORN ASSORTED 85G

19<sup>99</sup> EACH



CAMISA WHITE/RED GRAPE SPARKLING JUICE 750ML

49<sup>99</sup> EACH



PEPSI COLA ASSORTED 2L

17<sup>99</sup> EACH



BROOKES OROS ASSORTED 2L

39<sup>99</sup> EACH



THIRSTI STILL WATER 5L

29<sup>99</sup> EACH

## YOUR FAVOURITE DRINKS



BUY 2: THIRSTI ISOFIT+ ELECTROLYTE FUEL ASSORTED 500ML

BUY 2

N\$20



259<sup>99</sup> EACH

PAMPERS ACTIVE BABY JUMBO PACK ASSORTED SIZES



29<sup>99</sup> EACH

PAMPERS BABY WIPES ASSORTED 56'S



BUY 2

N\$25

BUY 2: RHODES SQUISH ASSORTED 110ML

# BABY CARE

— ESSENTIALS FOR LESS —



AVAILABLE AT /AE//GAMS • EROS • OLYMPIA • PIONEERS PARK • HOCHLAND

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# RISE & SHINE

WITH AMAZING SPECIALS



CLOVER CONDENSED MILK 385G

32<sup>99</sup>  
EACH



JACOBS COFFEE 200G OR 230G

159<sup>99</sup>  
EACH



59<sup>99</sup>  
EACH

KELLOGG'S  
ALL BRAN  
FLAKES CEREAL  
750G

 <b>MIAMI</b> BOERIE RELISH ASSORTED 450G <b>22<sup>99</sup></b> EACH	 <b>Rhodes</b> Baked Beans in Tomato Sauce 410G <b>BUY 2</b> <b>28<sup>99</sup></b> EACH	 <b>Rhodes</b> Whole Kernel Corn in Brine 425G <b>BUY 2</b> <b>NS 40</b>
 <b>Rhodes</b> Chopped & Peeled Tomatoes 410G <b>19<sup>99</sup></b> EACH	 <b>Rhodes</b> Pineapple Rings in Light Syrup 440G <b>28<sup>99</sup></b> EACH	 <b>KOO</b> FRUIT COCKTAIL IN SYRUP 410G <b>29<sup>99</sup></b> EACH
 <b>LUCKY STAR</b> LIGHT MEAT SHREDDED TUNA IN WATER (SALTY) 170G <b>19<sup>99</sup></b> EACH	 <b>HINDS</b> CHICKEN SPICE 65G-90G <b>14<sup>99</sup></b> EACH	 <b>ROBERTSON'S</b> MASTERBLENDS SPICE BLEND ASSORTED 200G <b>29<sup>99</sup></b> EACH
 <b>Aromat</b> ORIGINAL Seasoning 200G <b>18<sup>99</sup></b> EACH	 <b>Knorr</b> Mince & Cheese Noodles 230G TO 295G <b>32<sup>99</sup></b> EACH	 <b>Knorr</b> Cook-In-Bag ASSORT. 35G <b>16<sup>99</sup></b> EACH

## STOCK UP YOUR DECEMBER PANTRY

 <b>B-well</b> Canola Oil 2L <b>92<sup>99</sup></b> EACH	 <b>ALL GOLD</b> TOMATO SAUCE 700ML <b>29<sup>99</sup></b> EACH	 <b>CROSSE &amp; BLACKWELL</b> Tangy MAYONNAISE 750G <b>36<sup>99</sup></b> EACH
 <b>Rhodes</b> Gherkins DILL/S&S 780G <b>44<sup>99</sup></b> EACH	 <b>Knorr</b> SALAD DRESSING ASSORT. 340ML <b>29<sup>99</sup></b> EACH	 <b>BUY 2</b> <b>28<sup>99</sup></b> EACH
 <b>Barilla</b> PESTO ASSORT. 200G <b>89<sup>99</sup></b> EACH		

## CLASSICS FOR DELICIOUS MEALS

 <b>POLANA</b> Spaghetti Pasta 1KG <b>28<sup>99</sup></b> EACH	 <b>Eureka Mills</b> POTBROOD 1KG <b>69<sup>99</sup></b> EACH
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**MARATHON**  
WHITE SUGAR 2.5KG  
**49<sup>99</sup>**  
EACH

  
**TASTIC**  
ORIGINAL LONG GRAIN  
PARBOILED RICE  
2KG  
**49<sup>99</sup>**  
EACH




# QUICK & EASY FRIDGE FAVOURITES

**PANCHO'S** Casa de México  
6 TORTILLA WRAPS 510G **52<sup>99</sup>** EACH

**PIEMAN'S**  
SAUSAGE ROLLS 6X60G **104<sup>99</sup>** EACH

**PIEMAN'S**  
STEAK & KIDNEY PIE 4/6'S **104<sup>99</sup>** EACH

**PIEMAN'S** FROZEN PIES ASSORTED 4/6'S

**McCain**  
Slap Chips Traditional style potato chips 1KG **52<sup>99</sup>** EACH

**McCain**  
Stir Fry MEXICAN 700G **39<sup>99</sup>** EACH

**FATIMA'S** PUFF PASTRY 400G **26<sup>99</sup>** EACH

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**GOLDEN POCKETS** 6'S (SPICY MINCE OR HAM & CHEESE) **58<sup>99</sup>** EACH

**GOLDEN POCKETS** 6'S (SPICY MINCE OR HAM & CHEESE) **58<sup>99</sup>** EACH

## INDULGE IN YOUR FAVOURITE SEAFOOD

**BRECO** PRAWN MEAT CATERING 800G **184<sup>99</sup>** EACH

**BRECO** SEAFOOD MIX 700G **79<sup>99</sup>** EACH

**SEA HARVEST** HAKE FILLETS 800G **136<sup>99</sup>** EACH

**SEA HARVEST** FISH FINGERS 400G **49<sup>99</sup>** EACH

## DESSERT SAVE THE BEST FOR LAST

**NAMMILK** EVERYDAY YOGHURT ASST. 1KG **36<sup>99</sup>** EACH

**NAMMILK** FRESH MILK 2L **39<sup>99</sup>** EACH

**COMBO: COUNTRY FRESH ICE CREAM 1.8L + GOLDCREST COULIS ASSORTED 150G** **79<sup>99</sup>** EACH

**MAGNUM** MINI PACK ASST. (5X55ML) **79<sup>99</sup>** EACH

**ILLOVO** DESSERT SAUCE ASSORTED 500G **56<sup>99</sup>** EACH

**FAIRVIEW** CHEVIN 100G (TRADITIONAL, GARLIC & HERB, BLACK PEPPER & PAPRIKA) **52<sup>99</sup>** EACH

**STORK** COUNTRY SPREAD 1KG **49<sup>99</sup>** EACH

**GELATA ROMA, BAR-ONE OR ROLO** ICE CREAM 1.5L **99<sup>99</sup>** EACH



**FESTIVE TREATS AT THE**

# BAKERY

**85<sup>99</sup> EACH**  
CREAM CHEESE CHRISTMAS BREAD

**34<sup>99</sup> EACH**  
CUSTARD BABKA BREAD

**25<sup>99</sup> EACH**  
CUPCAKES PACK OF 6

**119<sup>99</sup> EACH**  
CARROT CAKE LARGE

**12<sup>99</sup> EACH**  
OLIVE CIABATTA ROLL

**IMPORTED FROM Germany**

**74<sup>99</sup> EACH**  
BAHLEN LEBKUCHEN MIT HERZ 300G

**84<sup>99</sup> EACH**  
LAMBERTZ STOLLEN BITES 350G

**62<sup>99</sup> EACH**  
BAHLEN LEBKUCHEN STANGEN 152G

**39<sup>99</sup> EACH**  
LEIBNIZ BUTTERKEKS/ VOLLKORN/HAFERKEKS ASST. 230G

**69<sup>99</sup> EACH**  
SCHULTE BISKUIT ZUNGEN 200G

**79<sup>99</sup> EACH**  
SCHWARTAU EXTRA ASST. 340G

**79<sup>99</sup> EACH**  
HAK GRÜNKOHL 680G

**CLASSIC MARMALADE GAMMON P/KG**

**PER KG 245<sup>99</sup>**

**FRESH *Wild* AT SELECTED STORES**

**SIT-DOWN 55<sup>99</sup>**  
PENNY PINCHER BREAKFAST: 2 EGGS, 2 BACON RASHERS, 1 TOAST, FILTER COFFEE

**SIT-DOWN 85<sup>99</sup>**  
HUNTER SCHNITZEL WITH PARSLEY POTATOES & SIDE SALAD

**GRAB & GO 38<sup>99</sup>**  
CRUMBED CHICKEN WRAP

**GRAB & GO 75<sup>99</sup>**  
HALF GRILLED CHICKEN WITH POTATO SALAD PREPACKED MEAL

**FRESHLY PREPARED MEALS AT**

# THE DELI





# HAVE A CHRISTMAS FEAST AT OUR BUTCHERY



**DIVINE DELI**  
COOKED PORK NECK P/KG

**PER KG 259<sup>99</sup>**



**DIVINE DELI**  
COOKED KASSLER ROAST P/KG

**PER KG 259<sup>99</sup>**



**DIVINE DELI**  
COOKED PORK BELLY ROAST P/KG

**PER KG 259<sup>99</sup>**

## LAMB



DIVINE DELI LAMB LEG CHOPS - FROZEN P/KG

**PER KG 139<sup>99</sup>**



DIVINE DELI LAMB LEG WHOLE - FROZEN P/KG

**PER KG 129<sup>99</sup>**

## BEEF



DIVINE DELI BEEF GROUND MINCE P/KG

**PER KG 114<sup>99</sup>**

## CHICKEN



DIVINE DELI CHICKEN MID-WINGS P/KG

**PER KG 79<sup>99</sup>**



DIVINE DELI OUMA'S BOEREWORS P/KG

**PER KG 119<sup>99</sup>**



DIVINE DELI DEBONED CHICKEN THIGH ESPETADA P/KG

**PER KG 139<sup>99</sup>**

## SAVINGS ON YOUR FAVOURITE COLD MEATS



**PER 100G 24<sup>99</sup>**

**1KG EACH 119<sup>99</sup>**

DD SLICED COOKED TONGUE P/100G

DD SMOKED LOIN GAMMON FROZEN 1KG



**500G 239<sup>99</sup>**

**PER KG 429<sup>99</sup>**

DIVINE DELI CHILI BITES 500G

DIVINE DELI BABY BITES BILTONG P/KG



**29<sup>99</sup> EACH**

**45<sup>99</sup> EACH**

WHK SCHLACHTEREI SANDWICH HAM 100G

WHK SCHLACHTEREI SALAMI 100G



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# Merry

04 DECEMBER TO  
07 JANUARY 2025

## FESTIVE SEASON SAVINGS

SPREAD THE JOY WITH

### CLOVER



**CLOVER MOOI RIVER BUTTER TUB 500G**

**EACH 79<sup>99</sup>**

QUALITY MEATS AT THE

### BUTCHERY



**DIVINE DELI**

**BEEF OXTAIL P/KG**

**PER KG 159<sup>99</sup>**

**LANCEWOOD®**

**GOUDA**

900 g | The Blockbuster

**LANCEWOOD®**

**CHEDDAR**

Blockbuster

**129<sup>99</sup> EACH**

**LANCEWOOD HARD CHEESE ASST. 900G**

---

**LIQUI-FRUIT**

Tropical

Fruit Juice Blend

**44<sup>99</sup> EACH**

**LIQUI-FRUIT JUICE ASST. 2L**

**BabySoft**

Fresh White

SA'S No. 1 Clean

18 2-PLY ROLLS

**149<sup>99</sup> EACH**

**BABYSOFT 2-PLY TOILET PAPER 18'S**

IN SEASON

### FRESH Fruits



**SPANSPEK EACH**

**EACH 29<sup>99</sup>**

**MANGO EACH**

**EACH 24<sup>99</sup>**



TO GREAT WINE  
AT GREAT PRICES



## BEERS & CIDERS



Journal of Management Education 34(10) 1109-1128

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**PAMPER YOURSELF WITH SAVINGS**

**Keywords:** child sexual abuse; disclosure; social support



26



60



84



19

ESSENTIALS FOR LESS



893



99



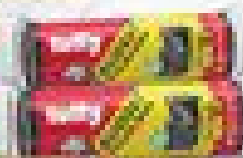
28



29



36



36

THE BEST DEALS FOR YOUR



138



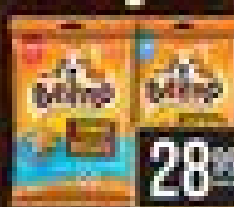
229



79



259



28



32



AVAILABLE AT: CANTON • EGG • GLENDALE • HUNTERS PARK • HUNTERS

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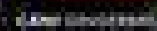




FOR A SWEET DECEMBER



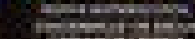
118



152



203



36



100



## 49



1. **Identify the problem.**  
 2. **Define the problem.**  
 3. **Set the goals.**  
 4. **Develop a plan.**  
 5. **Implement the plan.**  
 6. **Evaluate the results.**

100

ESSENTIALS FOR LESS



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**THE**



2021



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WITH AMAZING SPECIALS



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FOR DELICIOUS MEALS



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— QUICK & EASY FRIDGE —  
**FAVOURITES**



INDULGE IN YOUR FAVOURITE  
**SEAFOOD**



## DESSERT SAVE THE BEST FOR LAST



AVAILABLE AT JET-BOAT • FISH • OLIMPIA • PIONEER PARK • HOCHLAND

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