

# Loblaws for

frozen whipped topping  
**Cool Whip**  
500 ml. plastic carton

**.49**

McCains frozen fancy  
straight or crinkle cut

**superfries**  
2 lb. poly bag

**.67**

Rich's frozen  
**coffee rich**  
16 fl. oz. carton

**.25**

frozen  
raspberry  
or strawberry

**McCains  
shortcake**  
32 oz. pkg.  
**1.59**

Stouffer's frozen  
chicken, turkey or beef

**meat  
pie**  
10 oz. pkg.

**.89**

Florida frozen unsweetened concentrated  
Old South

**orange juice**

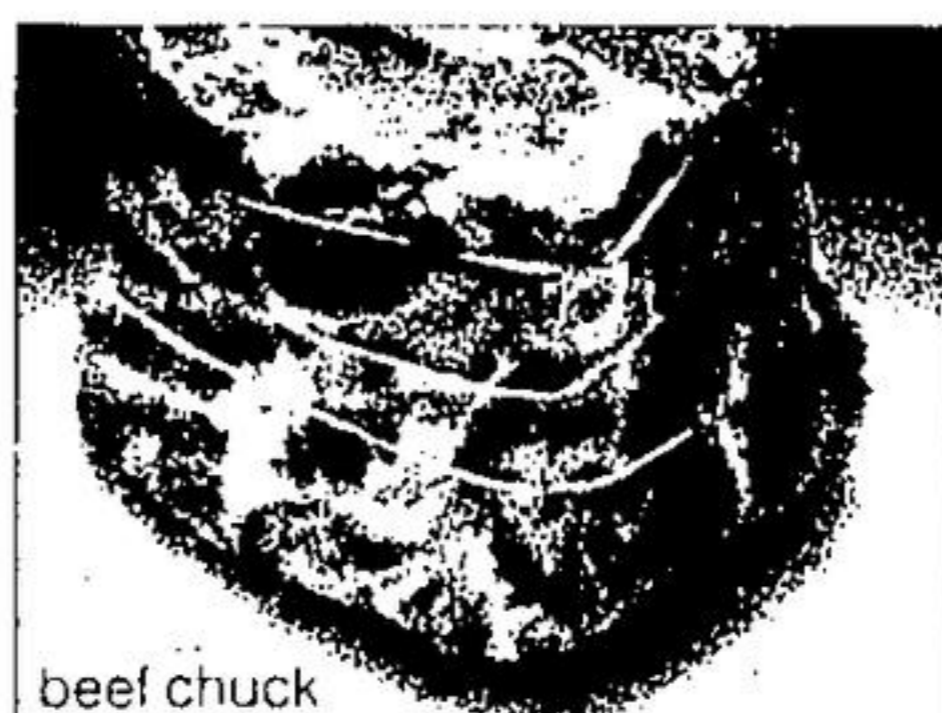
**3** 12 1/2 fl. oz. tins  
**1.00**

**family saver coupon**  
save even more... buy by the case  
**save .50**  
with this coupon and purchase of a case of 24-12 1/2 fl. oz. tins Old South orange juice family case price **7.50**  
Expires Oct. 26, 1976

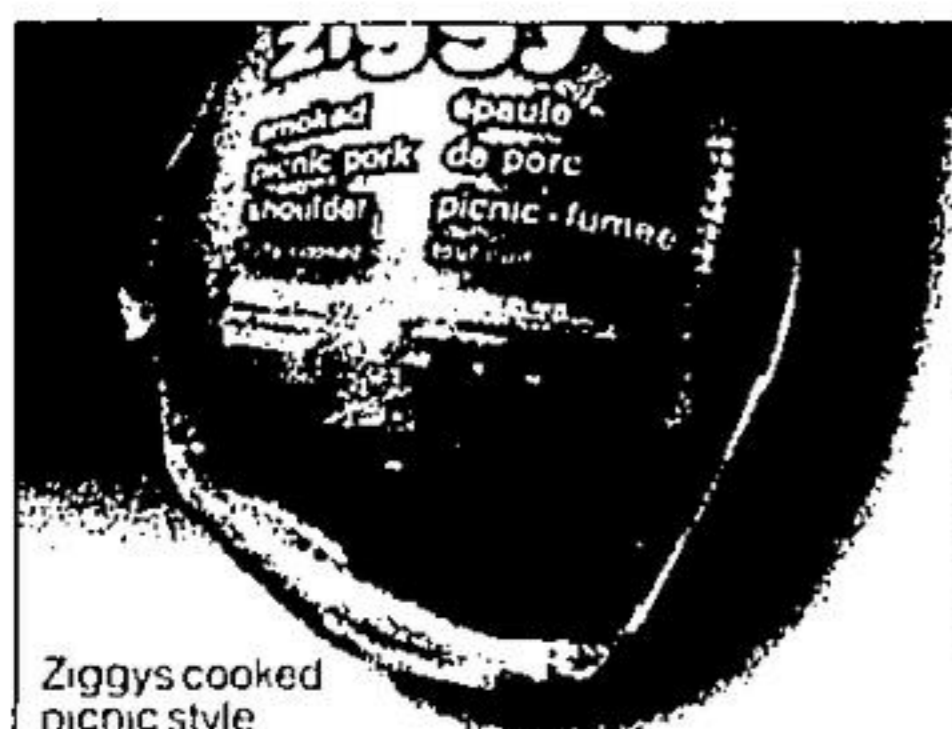
frozen deluxe  
deep 'n delicious

**McCains  
pizza** 22 oz. pkg.  
**1.89**

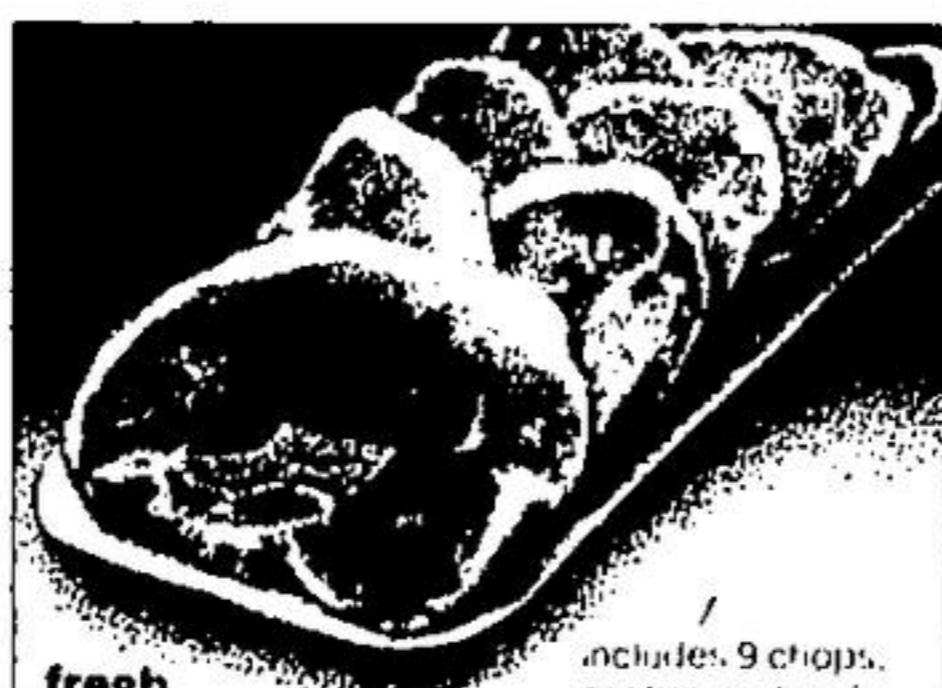
**Loblaws  
everyday  
meat  
values**



beef chuck  
roasts blade bone out  
**blade or  
short rib** lb. **.74**



Ziggys cooked picnic style  
**smoked  
pork  
shoulders** lb. **.99**



fresh  
quarter loin  
**pork  
chops** lb. **1.39**  
includes 9 chops, centres and ends mixed

## Extra savings on Sea Food



frozen Rupert Brand  
**Boston  
bluefish fillets**  
1 lb. pkg. **.86**

frozen Rupert Brand  
**whole  
coho salmon**  
3 lb. average lb. **1.98**

frozen Brilliant Brand  
**cooked  
shrimps**  
6 oz. pkg. **1.18**

frozen Bluewater Brand  
**cooked  
fish & chips**  
thriff pac 32 oz. pkg. **1.48**



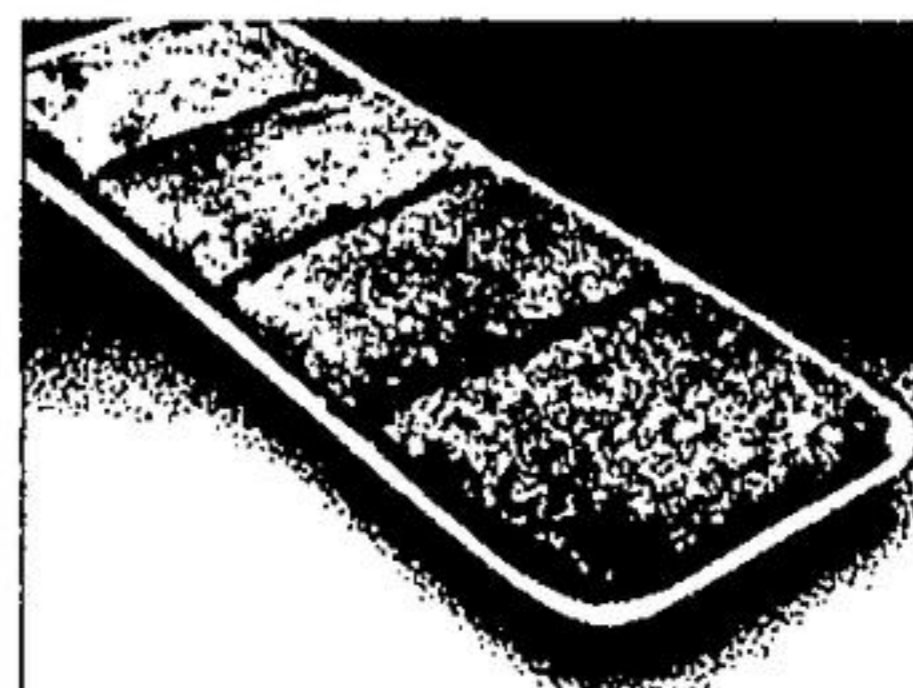
fresh  
predressed,  
frying or roasting  
**chickens** lb. **.69**  
Canada grade A, 2 1/2 to 3 lbs size



beef  
**1st 5 ribs  
prime rib  
roasts** lb. **1.44**



fresh, shank or  
butt portion  
**leg o'  
pork** lb. **1.09**



beef  
**cube  
steaks** lb. **1.68**



vac pac  
**sweet pickled  
cottage  
rolls** lb. **1.25**

beef boneless, full size  
**round steak** lb. **1.42**  
beef loin  
**sirloin steaks** lb. **1.67**

beef, porterhouse or T-bone,  
tail off  
**loin steaks** lb. **1.77**  
beef boneless  
**Delmonico steaks** lb. **2.66**

previously frozen, sliced  
**beef liver** lb. **.38**  
Loblaws, family pak  
**pork sausage** lb. **1.28**

Loblaws  
**sliced bologna** 1 lb. pkg. **.99**  
Schneiders wieners  
**red hots** 1 lb. pkg. **.85**