

# Loblaws

plus...save & fly travel coupons

**1.96** country cut by the package  
fresh **chicken parts** **.89** lb.  
contains 3 front quarters with whole back & neck, 3 hindquarters with whole back, 3 wings & 2 gizzards

**Kraft dinner macaroni & cheese** **.39** 225 g box

**5.27** boneless eye removed cut from Canada grade 'A' beef  
**outside round steaks or roasts** **2.39** lb.

**2%** partly skimmed **milk** **1.69** 3 qt. bag  
special price on 2 1/2 gal. cartons closing time Sat. Jan. 22, 1983 (limit 2 bags 3 qt. per family purchase)

**6.15** cut from Canada grade 'A' beef sirloin tip or  
**boneless rump roasts** **2.79** lb.

**Minute Maid grapefruit or orange juice** **.99** 12.5 fl. oz. tin

**.55** from the tropics large size  
**bananas** **.25** lb.

**Aylmer, choice, 28 fl. oz. tin. tomatoes** **.99**

mini product of U.S.A.  
**carrots** **3 for 1.00** 12 oz. pkg.

**with this coupon pay only 9.99** on the purchase of one carton (10 x 20's pkg.) of **no name™ king size, regular or light cigarettes**  
coupon valid only at Loblaws coupon expires Tues. Jan. 25/83 limit one coupon per family purchase regular price 11.75 P.L.U. #890

<b>ground beef</b> freshly ground lean kg <b>4.39</b> lb. <b>1.99</b>	<b>pork picnic shoulders</b> Loblaws - cooked smoked kg <b>3.73</b> lb. <b>1.69</b>	<b>large size tomatoes</b> product of U.S.A. Can. #1 grade kg <b>1.74</b> lb. <b>.79</b>	<b>beans with pork</b> Clark 14 fl. oz. tin in tomato sauce <b>.85</b>	<b>100% whole wheat bread</b> Dietrich, 24 oz. loaf <b>.88</b>	<b>orange crystals</b> Salada rise'n shine 4's, 13 oz. poly bag <b>1.09</b>	<b>hot chocolate</b> Carnation 500 g jar milk or rich <b>2.69</b>
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## more Loblaws low price specials

<b>liquid bleach</b> Old Dutch concentrated 3.6 L jug <b>.99</b>	<b>oatmeal cookies</b> Dad's 450 g bag <b>1.46</b>	<b>Stokely red kidney beans</b> .89 <b>Lawry's seasoned salt</b> 1.49 <b>multi-pack candy bars</b> 1.40 <b>digestive biscuits</b> 2.89	<b>Catelli tomato sauce</b> .99 <b>Becci soft margarine</b> 1.59 <b>garden cocktail</b> 1.69 <b>Libby's unsweetened pure white or pink grapefruit juice</b> 1.45	<b>tomato or vegetable soup</b> 2/.89 <b>Dare biscuits</b> 400 g bag 1.93 <b>pressed dates</b> 2.29 <b>Schneders frozen 500 g pkg mini sizzlers</b> 1.99	<b>Pepsi-Cola (regular), Pepsi-Free (regular or sugar-free), Diet Pepsi (sugar-free) or Mountain Dew</b> 24 x 280 mL tins case <b>5.99</b>	<b>no name™ firelogs</b> pay only <b>7.99</b> case <b>1.00</b> off
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## save & fly \$5 travel coupons

**30% off the lowest priced holidays**  
**save & fly \$5** travel coupons  
one free with every \$50 Loblaws order.

here are just a few examples...

date	destination Toronto to:	stay	Hotel	reg. low \$ price	max. no. coupons	per person save \$
Mar. 13/83	Hawaii	7 nights 14 nights	Waikikian	950 1200	57 72	285 360
Feb. 27/83	Fort Lauderdale	7 nights 14 nights	Stouffer's Lauderdale Surf Hotel	560 730	34 44	170 220

freshly ground lamb <b>4.39</b> kg <b>1.99</b>	product of Ontario Can. fancy grade <b>red Spartan apples</b> <b>.99</b> 3 lb. bag	assorted varieties 350 g box <b>Dainty instant fried rice</b> <b>1.05</b>	pure vegetable of 8 fl. oz. aerosol tin <b>Pam spray-on coating</b> <b>2.55</b>	500 mL tub <b>Neilon sour cream</b> <b>1.35</b>	chocolate lemon or caramel 255 g box <b>Monarch sponge pudding mix</b> <b>.75</b>
Z & W Foods store packaged <b>pure pork sausage</b> <b>3.73</b> kg <b>1.69</b>	product of U.S.A. Florida grown <b>temple oranges</b> <b>.39</b> kg	Italian with mushrooms or extra rich 42 g envelope <b>Lawry's spaghetti sauce mix</b> <b>.62</b>	500 mL tub <b>Unico sunflower oil</b> <b>1.25</b>	Green Giant 14 fl. oz. tin <b>summer sweet peas</b> <b>.73</b>	Green Giant 8 kg bag <b>full course dog food</b> <b>13.49</b>
staged regular or thick 500 g pkg <b>Loblaws side bacon</b> <b>2.99</b>	product of Ontario 5 lb. bag <b>Can. #1 grade carrots</b> <b>.99</b>	Brown Cow 400 mL tub instant <b>chocolate syrup</b> <b>1.63</b>	decorant or regular 30 g box <b>New Freedom maxi pads</b> <b>3.59</b>	Green Giant fancy cream style corn or niblet, 12 fl. oz. tin <b>whole kernel corn</b> <b>.79</b>	Green Giant frozen 9 oz. box <b>macaroni and cheese</b> <b>.99</b>
Abercrombie brand <b>fresh rainbow trout</b> <b>5.27</b> kg <b>2.39</b>	product of France Can. fancy grade <b>Granny Smith apples</b> <b>1.52</b> kg <b>.69</b>	400 g box <b>Weetabix cereal</b> <b>1.82</b>	Kraft natural 8 oz. stick <b>mozzarella cheese</b> <b>2.19</b>	Club House 1 1/4 oz. envelope <b>chili seasoning mix</b> <b>.69</b>	<b>Note: Loblaws weekly specials are not available in Loblaws superstore warehouse. Prices effective Wed. Jan. 19 until Tues. Jan. 25 except bakery &amp; produce effective to Sat. Jan. 22/83. Stores reserve the right to limit quantities.</b>
staged 175 g pkg <b>ziggys cooked ham</b> <b>1.99</b>	product of U.S.A. <b>romaine lettuce</b> <b>.79</b> each	375 g tub bag <b>Sunsweet pitted prunes</b> <b>1.91</b>	1 kg pkg <b>process cheese food</b> <b>6.79</b>	131 oz. envelope <b>Club House sloppy joes mix</b> <b>.58</b>	
fresh <b>calves liver</b> <b>5.05</b> kg <b>2.29</b>	product of U.S.A. Can. #1 grade <b>celery stalks</b> <b>.88</b> each	Monarch 1 kg box <b>tea-bisk baking mix</b> <b>1.93</b>	ground, whole or cracked 227 g tin <b>Loretta black pepper</b> <b>3.19</b>	orange paste 50 x 125 g box <b>Flowerdale tea bags</b> <b>1.69</b>	<b>Loblaws</b>