

Loblaws

- cut from Canada grade A beef sirloin tip roast or steaks **6.37**
- freshly ground lean ground beef **4.39**
- sliced, 500 g pkg Ziggys side bacon **1.89**
- whole or spare portion fresh lamb legs **7.69**
- fresh leg veal cutlets **8.80**

sirloin steaks
cut from Canada grade A beef

5.93 /kg **2.69** /lb.

with this coupon save \$1.00 off the special price of 2.39 (reg. price 2.81) of one **750 mL jar** **1.39**

Hellmann's mayonnaise

with this coupon you pay **1.39**

1/2 reg. price

Limit one coupon per family purchase. Coupon expires Sat. Mar. 26, 1983.

- product of U.S.A. Hawaiian pineapples **2.99**
- product of U.S.A. Canada #1 grade asparagus **4.39**
- product of Ontario salad dressing 500 mL jar **1.99**
- product of U.S.A. pressed dates package **1.99**
- product of U.S.A. Canada #1 grade celery stalks each **.98**
- product of Ontario fresh mushrooms 12 oz pkg **1.99**
- product of British Columbia Canada extra fancy grade red or golden delicious apples **1.52**
- product of Ontario Canada fancy grade McIntosh apples 3 lb bag **1.48**
- product of U.S.A. California grown seedless navel oranges 4 lb bag **1.99**
- product of U.S.A. fresh lemons 5 for **.99**

product of Chile Canada #1 grade

grapes
green seedless

1.94 /kg **.88** /lb.

limit 2 bags per family purchase

2% milk partly skimmed

1.69 /3 quart bag

- country, southern style or traditional 170 g box Uncle Ben's Stuff'n Such **1.19**
- 500 g box Primo lasagna **.99**
- freshly packed 300 g box York asparagus spears **2.29**
- E.D. Smith 19 1/2 oz tin 1/3 off cherry pie filling **1.59**
- Breyers 14 1/2 oz tin choice red cherries **1.29**
- master roast, automatic drip filter or regular grind 363 g vacuum pack Maxwell House ground coffee **2.99**
- Unico sunflower oil 3 L tin **3.99**
- Bee Maid, 500 g jar natural liquid honey **1.99**
- 900 g cello pkg assorted varieties Primo pasta **.89**
- assorted varieties 6 oz tin Miss Mew cat food **2/.79**
- Frico Wheatbarrow 10 oz pkg baby gouda cheese **2.59**
- Lactantia, 1 lb print My Country sweet butter **2.69**

cut from Canada grade "A" beef, tail removed

t-bone steaks

6.37 /kg **2.89** /lb.

with this coupon, 1/2 the regular price on the purchase of one 500 g pkg. of

Black Diamond process cheese food single-thin slices

1.79 /500 g pkg

2.99 /special price without coupon

1/2 price

- Schneiders, cooked, smoked Olde Fashioned hams whole or half **8.13** /kg **3.69** /lb.
- predressed Canada grade A oven ready fresh young ducks **2.18** /kg **.99** /lb.
- product of U.S.A. package fresh spinach **.79**
- product of U.S.A. Ontario no. 1 grade green sweet peppers **2.18** /kg **.99** /lb.
- product of U.S.A. yams **.64** /kg **.29** /lb.

with this coupon, 1/2 the regular price on the purchase of one 500 g pkg. of

Black Diamond process cheese food single-thin slices

1.79 /500 g pkg

2.99 /special price without coupon

1/2 price

frozen 1 kg poly bag McCain fancy peas **1.09**

1/2 price

Peek Freans dark or milk, 200 g box chocolate digestive biscuits **.99**

french vanilla, french chocolate french coffee, butter pecan or burgundy cherry, 1 L tub Neilson supreme ice cream **1.99**

1/3 off

Del Monte, unsweetened sliced, crushed or dessert bits, 14 fl. oz. tin pineapple in own juice **.59**

pieces and stems 10 fl. oz. tin Meadowglen mushrooms **.59**

- frozen, unsweetened concentrated, 12 1/2 fl. oz. in Sunpac orange juice **.89**
- seasoned flavours 175 g cup Light 'n' Lively yogourt **.69**
- Barzola, 300 g in espresso coffee **1.99**
- 500 mL tub Neilson sour cream **1.45**
- Coca Cola, Some regular or Super Free! (sugar free) 170 mL can (Diet 30c deposit) soft drinks **.49**
- 35% b.f., 500 mL carton whipping cream **2.09**
- 10% b.f., 1 L carton half and half cream **1.85**
- Loblaws hot cross buns 8 1/2 pkg **1.19**
- Vachon, 6 1/2 pkg lady fingers flaky jam squares or Jos & Louis **1.85**
- instant soup mixes, assorted varieties, 4 1/2, 3 1/2 g box Lipton cup-a-soup **.99**
- Club House, 43 mL tin pure vanilla extract **1.99**
- Club House, 88 oz tin poultry seasoning **1.09**
- 63 oz tin Club House ground sage **1.19**
- peanut or plain M & M's 7 oz cello pkg chocolate candies **1.99**
- Oryde Redbacher 850 g jar gourmet popcorn **2.79**
- Carri's, bite size 100 g pkg table water crackers **.79**
- assorted varieties, squares or rounds, 200 g box Old London melba toast **1.29**
- 6 fl. oz. tin Lounsbury mint sauce **.99**
- plan, 28 fl. oz. tin spaghetti sauce **1.09**
- Unico (Canadian) 28 fl. oz tin plum tomatoes **.99**
- Gainsborough, frozen 2 1/2, 12 oz poly bag deep dish pie shells **1.65**
- Dare, 400 g box tradition oatmeal cookies **1.29**

flowers for Easter

- product of Ontario Easter lilies each **3.99**
- product of Ontario beautiful hydrangeas each **8.95**
- product of Ontario traditional house plant potted mums each **4.99**
- product of Ontario long lasting azaleas **8.95**

Schneiders

- frozen whole cut up regular or touch of honey 500 g bucket Schneiders fried chicken **4.99**
- frozen, 500 g pkg Schneiders beef steakettes **2.69**
- frozen regular or all beef Schneiders 500 g pkg mini sizzlers **2.89**
- sliced, 500 g pkg Schneiders bologna **2.69**
- 375 g bowl Schneiders headcheese **1.99**
- frozen, 500 pkg Schneiders sausage rolls **2.69**
- sliced, 9 assorted varieties Schneiders cold cuts 175 g pkg **1.19**
- Schneiders burger, topped with cheese or special sauce for home serving **7.69** /kg **3.49**
- deli cooked meat chunks Braunschweiger, liver, beef & bacon or sandwich spread Schneiders 250 g pkg spread rolls **1.19**
- Deli trays of deli meats or Schneiders 454 g pkg red hots **2.39**

Save & Fly

30% off the lowest priced holidays

complete details in store and at participating travel agents

One free with every \$50.00 Loblaws order

with save & fly \$5.00 travel coupons

fertilizer

- product of Ontario no name 10 kg bag crab grass 12-3-6 preventer **9.99**
- product of Ontario no name 10 kg bag super 20-5-10 fertilizer **6.99**
- product of Ontario no name 20 kg bag 7-7-7 or 10-6-4 fertilizer **3.99**

- Loblaws semi-boneless haves cooked smoked hams **6.37**
- Swiss, sugar plum or Loblaws cooked smoked boneless dinner hams **2.89**
- partly skinned whole cooked smoked hams **6.59**
- fresh shoulder lamb chops **2.84**
- same brand salametti or soppressata **1.29**
- 8oz no name 454 g pkg 100 to 200 count per pound peeled and cleaned shrimp **8.80**
- 8oz no name 454 g pkg 100 to 200 count per pound **3.99**
- 4.59

- product of U.S.A. mini carrots 2 pkgs. **1.00**
- product of Ontario Canada #1 grade carrots 5 lb bag **.99**
- product of B.C. Canada extra fancy grade spartan apples **1.52**
- product of U.S.A. Florida green onions 3 lb bag **.69**
- product of U.S.A. Florida green red grapefruit 5 lb **.99**
- Ocean Spray, jelly or whole, 14 1/2 oz tin cranberry sauce **1.99**
- 1.38
- celery, 475 g box Kellogg's Special K **2.48**
- multi-pack, Coffee Crisp, Aero Kit Kat or Smarties Rowntree car'dy bars 4 1/2 cello bag **1.39**
- 200 g tin Johnsons fiddle fiddle **1.65**
- 227 g box McDowell Ovens stuffing mix **1.39**
- 300 g box McDowell Ovens bread crumbs **1.39**
- Eagle, 300 mL tin condensed milk **.79**
- 1.89

- powder, 12 L box Spring's laundry detergent **8.99**
- 3 regular bars barbed Irish Spring deodorant soap 285 g pkg **1.49**
- 30 1/2 cm x 30 cm roll box Handi-Wrap plastic wrap **.99**
- Caprice, Hint of Musk, or Inspiration, 100 mL aerosol tin impulse body spray **2.99**
- plus minerals, 60's bite size One A Day vitamins **4.69**
- 30's box Freshen party liners **2.49**
- 30's box Sure and Natural maxishields **3.95**
- Tiger, plain process Swiss Gruyere cheese 220 g pkg **1.75**
- Seakrest, 2 L bag Valencia orange juice **1.99**
- 2% or creamed Nordic cottage cheese 750 g jar **2.39**
- E.D. Smith 48 fl. oz. tin tomato clam cocktail **1.99**
- fruit drops or caramels, 200 g tin Tavenner candies **1.75**

Prices effective until Sat. Mar. 26, 1983. Stores reserve the right to limit quantities.

Note: Loblaws weekly specials not available at superstores.

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