

Loblaws free fashion

worth one dollar with every \$10.00 purchase—valid on sale & regular priced merchandise at these stores



fresh boneless chicken breasts
 pay only **1.00** lb. off
 7.91/kg 3.59 lb.

fresh pork schnitzel 7.69/kg 3.49 lb.
 cut from Canada grade A beef
cross rib roasts 5.49/kg 2.49 lb.

cut from Canada grade A beef
short rib roasts 4.39/kg 1.99 lb.
 previously frozen
calves liver sliced 4.39/kg 1.99 lb.

cut from Canada grade A beef blade
Texas broil steaks
 pay only 3.51/kg 1.59 lb.

boneless 1/2 price

fresh rainbow trout
 pay only **1.00** lb. off
 5.49/kg 2.49 lb.

New Zealand
loin frozen vac pac 6.59/kg
lamb chops 2.99/kg
 Z & W Foods store packaged
breakfast sausage 4.17/kg 1.89 lb.

Loblaws cooked smoked boneless
mini dinner hams 6.59/kg 2.99 lb.
 Loblaws cooked boneless
smoked cottage rolls 6.59/kg 2.99 lb.

roasts or chops centre cut
fresh boneless pork loin
 pay only 5.71/kg 2.59 lb.

1.00 lb. off

cut from Canada grade "A" beef
steaks on roasts boneless sirloin tip
 /kg 6.59 lb. 2.99

Z & W Foods by the piece
large bologna 2.84/kg 1.29 lb.
 ziggys sliced 375 g pkg
European bologna 2.19/kg

sliced 175 g pkg
Loblaws cooked ham 1.69/kg
 all beef salami or summer sausage
Loblaws chubs 500 g pkg 2.79/kg

Canada #1 grade product of U.S.A.
fresh large peaches
 /kg 1.52 lb. .69

fresh pork back ribs or fresh pork tenderloin
 whole or split for dressing
 8.80/kg 3.99 lb.

500 g pkg ziggys sliced side bacon 2.79/kg
 sliced 375 g pkg ziggys salami 2.39/kg

454 g pkg Valuplus wieners 1.59/kg
 ziggys sliced 375 g pkg summer sausage 2.69/kg

product of U.S.A. Canada no. 1 grade
cucumbers 3.99/kg

product of Ontario
bean sprouts 1.08/kg .49 lb.

product of U.S.A.
green onions 3 bunches 99¢

Ont. #1 grade product of U.S.A.
green sweet peppers 2.18/kg .99 lb.

California grown product of U.S.A.
avocado 2 for 99¢

romaine lettuce
 product of U.S.A. each .99

product of Ontario
leaf lettuce each .79

Canada #1 grade product of U.S.A.
tomatoes 1 1/2 lb. tray 1.99

product of South Africa
 Canada fancy grade
Granny Smith apples 1.94/kg .88 lb.

product of U.S.A.
 Florida grown
fresh limes 8 for 99¢

Florentine or Indian style curried
Uncle Ben's rice
 170 g box .99

solid, natural spring meadow, lemon or rose, 142 g pkg
Airwick air freshener .95

white, yellow or beige
White Swan bathroom tissue
 1 ply 4 roll pkg 1.75

heavy duty size AA (2 e-padded)
Eveready batteries 1.39

from our in-store bakery
kaiser rolls large
 pkg. of 6 .89

450 g raisin bread 1.19
 450 g egg loaf .99

pkg. of 6 bran muffins 1.00
 petite from our in-store bakery
all butter croissants 5/1.00

in tomato sauce
Libby's zoodles or alpha-getti
 19 fl. oz. tin .99

Johnson for no wax floors
 450 ml. bottle
Freedom cleaner 2.29

Uncle Ben's converted rice
 2 kg cello bag 3.99

Kraft - calorie-wise
 Thousand Island, 250 ml. bottle
salad dressing 1.93

store cut
German edam cheese
 pay only **1/3** off
 5.86/kg 2.66 lb.

seasoned selection cut sliced ziggys cold cuts 8.58/kg 3.89 lb.
 ziggys glazed liver paté 5.49/kg 2.49 lb.

Canadian store cut colby cheese 7.25/kg 3.29 lb.
 ziggys ham kolbassa roll 7.25/kg 3.29 lb.

reg. or whole wheat
Grissol melba toast
 400 g box 1.99

no name™ 1 L. bottle
mineral water .79

ginger, oatmeal, chocolate or chocolate chip
McCormick's granny snaps
 700 g bag 1.89

whole bean 1 lb. tin
Mountain Blend coffee 3.89

unsweetened; from concentrate grapefruit or orange
fresh pak juices
 Libby's 1 litre tetra brik 1.19

1 lb. tin
Mom's soft margarine .89

Homestyle Regal, plain 28 fl. oz. jar
spaghetti sauce 2.13

Botic 500 ml. jar dressing supreme Kraft, calorie-wise 500 ml. tin
Catalina salad dressing 1.77

free fashion \$1.00 when you buy any 2 of these bonus products

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| beef, fried chicken, Salisbury steak or turkey, 312 g box
Savarin frozen dinners 1.49 | Weight Watchers, frozen 8 1/2 oz. box
haddock au gratin 2.89 | Stokely, fancy honey pod peas 14 fl. oz. tin .75 | Tiger, assorted 8 oz. pkg
process swiss gruyere cheese 1.95 | 2 1/2 rule pack, caramel, hazelnut, nut and nut or dairy milk, 182 g cello bag
Cadbury Thick candy bars 1.59 |
| Minute Meat, frozen, concentrate, pork or white (non-stick), 250 ml. tin
lemonade or limeade .79 | Weight Watchers, frozen 9 1/2 oz. box
veal parmigiana 2.79 | chocolate chip, double chocolate or peanut butter, 460 g box
Duncan Hines cookie mix 1.67 | Impartial 2 lb. bowl
soft spread margarine 2.49 | Wedge's pure 500 ml. jar
grape jam or jelly 1.89 |
| York, frozen, fancy 1 kg poly bag
tiny cut carrots 2.99 | frozen 13 oz. box
Weight Watchers lasagna 2.89 | Catalina, powder automatic 1 1/2 kg box
dishwasher detergent 4.79 | corn oil (saute), sweet corn oil (unsaute) or sunflower oil (2, 4, 8 or 16 oz) 1 lb. blend
Fleischmann's soft margarine 1.49 | Ken-L, Ration beef or cheese 2 kg pkg
burger dog food 4.39 |
| York, frozen 1 kg poly bag
fancy kernel corn 1.99 | frozen, chocolate or marble 300 g box
McCain supreme cake .99 | Scotch-Brite
scouring pad each .59 | reconstituted 48 fl. oz. tin
Martins apple juice 1.29 | regular 500 g tin
Nelson iced tea mix 2.39 |
| York, frozen 1 kg poly bag
fancy peas 1.99 | frozen 700 g box
Mrs. Smith's rhubarb pie 1.99 | Tiger 250 g pkg
process swiss cheese slices 1.55 | Maple Leaf 48 fl. oz. tin
flakes of white chicken 2.39 | Special Menu, seafood or chef's blend, 1 kg box
Puss'n Boots cat food 2.09 |
| York, frozen 750 g poly bag
Carnation tater gems 1.29 | fancy cut 14 fl. oz. tin
Stokely green beans .75 | Woodman's 250 ml. jar
extra hot horseradish 1.35 | Maple Leaf 6 1/2 oz. tin
flakes of ham 1.79 | dry or normal get 220 ml. tin
Jhrmack gelatin shampoo 3.69 |
| Parabrot, frozen, cheese or sour cream with chives, 4 1/2 539 g pkg
baked potatoes 1.29 | Stokely, fancy, French style 14 fl. oz. tin
seasoned green beans .75 | 250 ml. jar
Woodman's seafood sauce 1.35 | 6 1/2 oz. tin
De Jean, regular cocktail shrimp 2.99 | assorted flavours 175 g cup
Nelson fruitplus yogourt .59 |
| Arctic Gardens, frozen, peas and corn, carrots and broccoli or beans and corn, 500 g poly bag
vegetables with pasta 1.29 | Stokely, fancy 12 fl. oz. tin
whole kernel corn .75 | | 12 fl. oz. tin
cream or whole kernel corn .69 | |