



Low Special Prices

Plus...Dave Nichol's Summer Insider's Report. 190 products

product of Ontario
leaf lettuce or romaine 3/1.00

product of Ontario
 Canada no. 1 grade
hothouse grown tomatoes /kg 1.74 lb. .79

Loblaws large size eggs
 Canada grade 'A' Limit: 2 cartons dozen carton .99

fresh chicken leg quarters /kg 2.18 lb. .99

Christies
Oreo cremes 450 g bag pay only 1.69 1/3 off

from Dave Nichol's Summer Insider's Report
fresh Swiss Chalet chickens whole roasters 3.28 /kg 1.49

ground beef regular /kg 2.18 lb. .99

Dietrich, 100% whole wheat
bread sliced 675 g loaf .69

from Dave Nichol's Summer Insider's Report
Del Monte pure juices unsweetened from concentrate, tropical fruit or pineapple (1 L tetra pak 69c) 3 x 250 mL tetra pak .99

from Dave Nichol's Summer Insider's Report
1/2 price Beatrice Olde Fashioned Recipe ice cream 1 litre carton pay only 1.44

3 L jug
St. Lawrence corn oil 4.99

from Dave Nichol's Summer Insider's Report
boneless lamb leg butterflied frozen New Zealand 8.80 /kg 3.99

from Dave Nichol's Summer Insider's Report
lamb rack hotel style 14.66 /kg 6.65

cut from Canada grade A beef
sirloin tip steaks 7.69 /kg 3.49

from Dave Nichol's Summer Insider's Report
1/2 price Chipwich Chocolate Chip Ice Cream Sandwich 3's chocolate or vanilla 450 mL box 1.34

caffeine-free Coke, Sprite, diet Sprite, caffeine-free diet Coke, diet Coke (plus 30c deposit)
Coke 750 mL bottle .59

from Dave Nichol's Summer Insider's Report
That's Right... 2 Cartons for Only 99¢ (natural or simulated flavouring)
Neilson Lemonade, orange juice (pure unsweetened from concentrate) California iced tea 2/99

beef, corned beef, chicken, ham or pastrami
Buddig thin sliced meats 71 g pkg. .79

from Dave Nichol's Summer Insider's Report
Cannonballs!!! cannonball peaches /kg 2.18 lb. .99

product of Ontario
fresh spinach package .88

from Dave Nichol's Summer Insider's Report
Made with Fresh Egg Yolks It's not as Good as Miracle Whip... We Think It's Better!!
no name™ whipped salad dressing 1 litre jar no rancheck on this item 1.99

from Dave Nichol's Summer Insider's Report
iced tea mix 2.99

low-calorie, lemonade, grape, cola blend, iced tea, orange or lemon lime, 2 x 15.5 g bottles
Crystal Light drink mix 1.39

cut from the leg
fresh pork schnitzel 6.59 /kg 2.99

product of British Columbia
 Canada's extra fancy grade
red spartan apples 3 lb. bag 1.78

from Dave Nichol's Summer Insider's Report
Instant Garden mother geraniums product of Ontario 10" pot 8.95

from Dave Nichol's Summer Insider's Report
Hostess potato chips 1.39

from Dave Nichol's Summer Insider's Report
1/2 price: Please Be Patient If We're Temporarily Out of Stock
Nordica 2% or creamed cottage cheese 500 g tub 1.07

100% soya oil
Schneiders soft margarine 1 lb. tub .99

From Dave Nichol's Summer Insider's Report
An Incredible New product!! Serve instead of soft drinks sparkling grape juice Pierre Noel red or white 1 L. bottle 1.99

with this coupon, 20¢ off the special P.L.U. size price of 1.59 on the purchase of one 400 g bag of
Dare cookies with coupon pay 1.39 20¢ off

with this coupon, 50¢ off the everyday P.L.U. size low price on the purchase of one
4 lb. bag of Match Light instant lighting charcoal briquets with coupon pay 2.99 50¢ off

with this coupon, 50¢ off the everyday P.L.U. size low price on the purchase of one
8 lb. bag of Match Light instant lighting charcoal briquets with coupon pay 5.79 50¢ off

with this coupon, 100¢ off the special price on the purchase of one 6 L box of
Cheer 2 powder laundry detergent with coupon pay 4.99 1.00 off

cut from Canada grade A beef round fast fry cube steaks /kg 8.80	product of U.S.A. Florida grown fresh limes dozen 3.99	product of Ontario Canada #1 grade seedless english cucumbers each .99	product of U.S.A. Canada #1 grade jumbo red onions /kg 1.74	product of U.S.A. Canada #1 grade red plums /kg 2.18	product of U.S.A. Canada #1 grade red plums /kg 2.18	French style 14.8 oz. tin Del Monte seasoned wax beans dozen 88	pieces and stems 10.8 oz. tin Meadowglen mushrooms each .99	decorated 100's pkg Scott family napkins /kg 1.74	shampoo - normal extra body balsam and protein conditioner - regular or extra body 450 mL size Flex shampoo or conditioner /kg .79	raspberry or strawberry 19.8 oz. tin E.D. Smith pie filling 1.65	dry garlic (medium and strong) - sweet and sour or caribbean pineapple V-H spare rib sauce 12.8 oz. jar 1.49	heavy duty 18 x 25 ft. roll Reynolds wrap aluminum foil 2.29	white or almond 1 pt., 4 roll pkg Whisper bathroom tissue 1.69	Loblaws
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