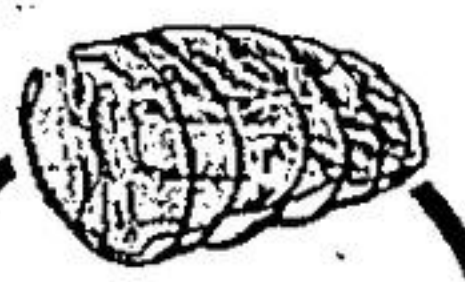


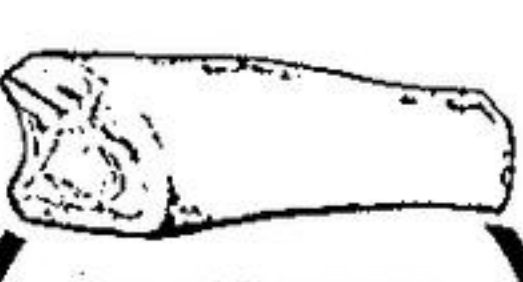








LOBLAWS GIANT

 <p>fresh boneless butt pork roasts 98^c lb.</p>	 <p>fresh butt pork chops 76^c lb.</p>
 <p>FRESH WITH DRESSING boneless butt pork roasts 134 lb.</p>	 <p>boneless pork stew CURED 138 lb.</p>

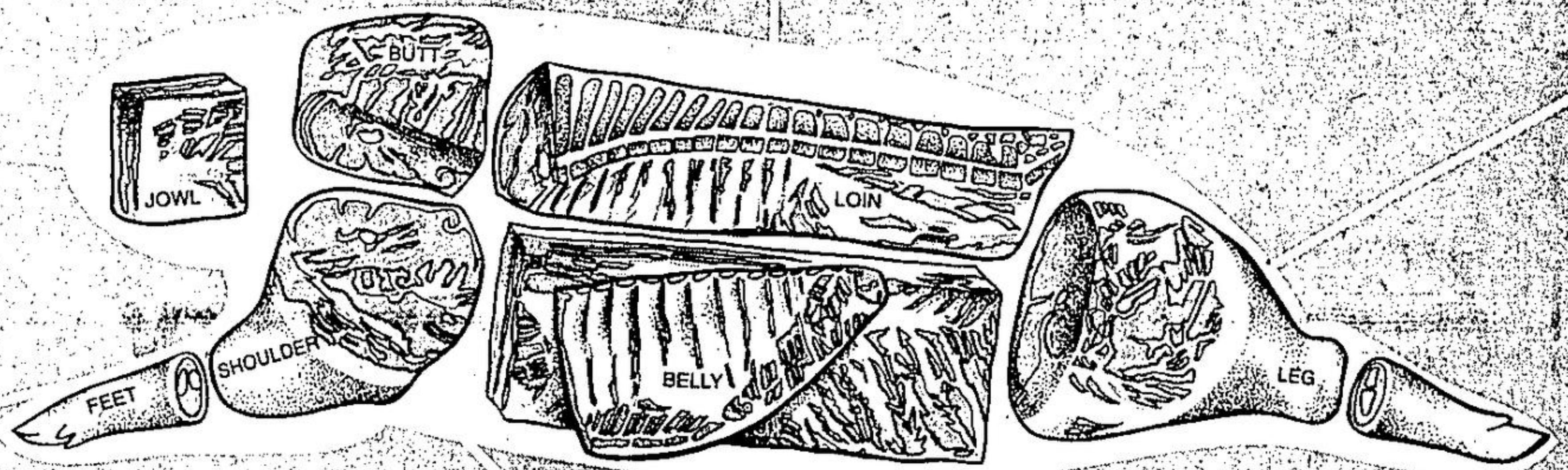
BUTT
ROASTS - oven roast CHOPS - braise, pan fry
STEW MEAT - braise, cook in liquid

 <p>WILL CUT TO YOUR NEEDS fresh whole pork loins 108 lb.</p>	 <p>fresh loin pork roasts RIB END 3 1/2 LB. AVERAGE 98^c lb.</p>	 <p>fresh loin pork centre cut roasts 148 lb.</p>	 <p>fresh pork country style ribs 108 lb.</p>	 <p>FRESH quarter pork loin pork chops 112 lb.</p>
 <p>fresh double loin pork chops 158 lb.</p>	 <p>(KASSLER) smoked pork loin chops 178 lb.</p>	 <p>fresh loin pork roasts TENDERLOIN END 3 1/2 LB. AVERAGE 108 lb.</p>	 <p>loin pork chops rib end 118 lb.</p>	 <p>PREVIOUSLY FROZEN PORK back spare ribs 172 lb.</p>

LOIN
ROASTS - oven roast CHOPS - braise, broil, pan fry RIBS - oven roast, braise

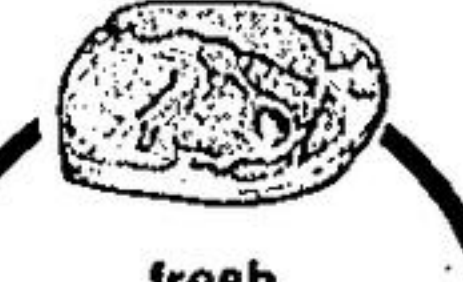


 <p>smoked pork squares (jowls) 78^c lb.</p>	 <p>fresh pork neck bones 38^c lb.</p>
 <p>fresh pork feet 44^c lb.</p>	 <p>PREVIOUSLY FROZEN MEATY pork hocks 48^c lb.</p>

cook in liquid



 <p>LOBLAWS PURE pork sausage FAMILY PAC 98^c lb.</p>	 <p>LOBLAWS SKINLESS pork sausage 1 lb. PKG. 98^c</p>	 <p>SWIFT'S LAZY MAPLE pork sausage TRAY PAC 105 1 lb. pkg.</p>
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SAUSAGE - braise, broil, pan fry

 <p>fresh shoulder pork chops 76^c lb.</p>	 <p>fresh pork shoulder roasts 72^c lb.</p>	 <p>LUCAS ARTHURS BRAND cooked smoked pork shoulders PICNIC STYLE 88^c lb.</p>
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SHOULDER
FRESH ROASTS - oven roast CHOPS - braise
SMOKED COOKED SHOULDER - serve cold, oven roast, cook in liquid

 <p>FRESH MEATY pork side spare ribs 118 lb.</p>
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PORK—THE FAMILY PLEASER

Wholesome, tender, juicy and flavourful—that's Loblaws pork. Besides, it's versatile, easy to prepare and nutritious—a real family pleaser all the way.

SELECT PORK—IT'S VERSATILE For versatility, pork rates Number 1. Its tantalizing flavour suits any meal or occasion. See our Pork Chart if you are unfamiliar with the wide range of pork cuts available for your selection.

Whole New York shoulder is a wholesale section including the butt and shoulder sections. Cuts from these sections are available fresh or smoked. When smoked they have a flavour similar to ham. You can expect 2 servings per pound from shoulder (picnic) cuts and 3 servings per pound from butt cuts. When these cuts are boneless, you can expect 3 and 3 1/2 servings per pound, respectively.

The loin is the midsection where the most desirable chops and roasts come from. The centercut section is the premium section of the loin, containing the choicest meat. When selecting loin cuts, plan on 2 1/2 servings per pound.

The leg is the hind portion and is sold as fresh leg of pork or, when smoked, as ham. Plan on 2 1/2-3 servings per

pound from fresh leg of pork selections and 3 1/2-4 servings per pound from cooked hams.

Pork belly is the lower midsection, furnishing bacon, spare-ribs and fresh side pork. You can expect 1 1/2 servings per pound from spare-ribs and 6 servings per pound from sliced bacon.

SELECT PORK—IT'S EASY TO PREPARE Since pork is a tender meat, most pork cuts can be prepared in a wide variety of methods including oven-roasting, pan-frying, pan-broiling, braising and barbecuing.

Don't overcook pork if you want to retain its natural juiciness, flavour and nutrients. Use moderate cooking temperatures. When roasting pork, place the meat in an open shallow pan and roast at 325°F until the internal temperature reaches 170°F. Heat "fully cooked" hams to 140°F internal temperature or serve cold.

SELECT PORK—IT'S NUTRITIOUS Pork is wholesome and nutritious whether fresh, cured or smoked or canned.

Lean succulent pork supplies high quality protein essential to growth and good health. It is an excellent source of thiamine and niacin and provides a good source of phosphorus and iron.

PREVIOUSLY FROZEN
pork liver SLICED

LB. **27^c**

FRESH
pork hearts

LB. **56^c**

FRESH
pork tongues

LB. **68^c**

SWIFT'S PREMIUM BROWN & SERVE

sausage

8 OZ. PKG. **85^c**

SWIFT'S PREMIUM or LOBLAWS

skinless wieners

1 LB. PKG. **78^c**

LUCAS ARTHURS BRAND

skinless wieners

2 LB. PKG. **138**

ZIGGYS SLICED
blerschinken, tyroler or goettinger

6 OZ. PKG. EACH **88^c**

SWIFT'S PREMIUM or LUCAS ARTHURS BRAND BACON, HAM & CHEESE.

cooked meats

6 OZ. PKG. EACH **42^c**

SWIFT'S PREMIUM or ZIGGYS

cooked ham

SLICED 6 OZ. PKG. EACH **94^c**

SWIFT'S PREMIUM OLD WORLD—7 VARIETIES

salami chubs

20 OZ. EACH **178**

LUCAS ARTHURS BRAND

bologna

BY THE PIECE LB. **44^c**

SHOPSY'S

corned beef

4 2 OZ. PKGS. **138**

PRICES EFFECTIVE APR. 23 TO APR. 29 EXCEPT PRODUCE & BAKERY PRICES EFFECTIVE APR. 23 TO APR. 26. GEORGETOWN ONLY

Loblaws... MORE