

FROZEN FOOD SALE

Keep your frozen foods fresher

Freezing. There's no better way to preserve food's freshness. Processed at the peak of quality, frozen foods available at Loblaws offer harvest-fresh goodness for you to enjoy anytime, anywhere.

To keep the fresh quality of frozen foods locked in until use, take good care of your frozen purchases. Place frozen in your freezer as quickly as you can after shopping. Keep your home freezer at 0°F (-18°C) or below, if at all possible. And if you're wondering how long you can keep your purchases in top-notch shape, remember that no frozen food will retain its peak quality forever. The average storage life of commercially frozen foods held at 0°F is outlined in the chart shown. If your freezer's temperature fluctuates or does not maintain 0°F, reduce the length of storage accordingly. As a rule of thumb, remember that those purchases "first in" should be "first out" for use.

Average storage life of frozen foods -18° C

FOOD	MONTHS	FOOD	MONTHS
Fruits	12	Fish	3-4
Fruit Juices	6-8	Fish, cooked and breaded	2
Most Vegetables	12	Poultry, whole	6-8
Pastries	2-3	Lamb	4-8
Bread Dough	up to 3	Prepared dinners	3-6
Cakes, frosted	2-3	Pizza	3-6
Pies, unbaked fruit	3-4	Ice Cream	1
Pies, cream	1-2		



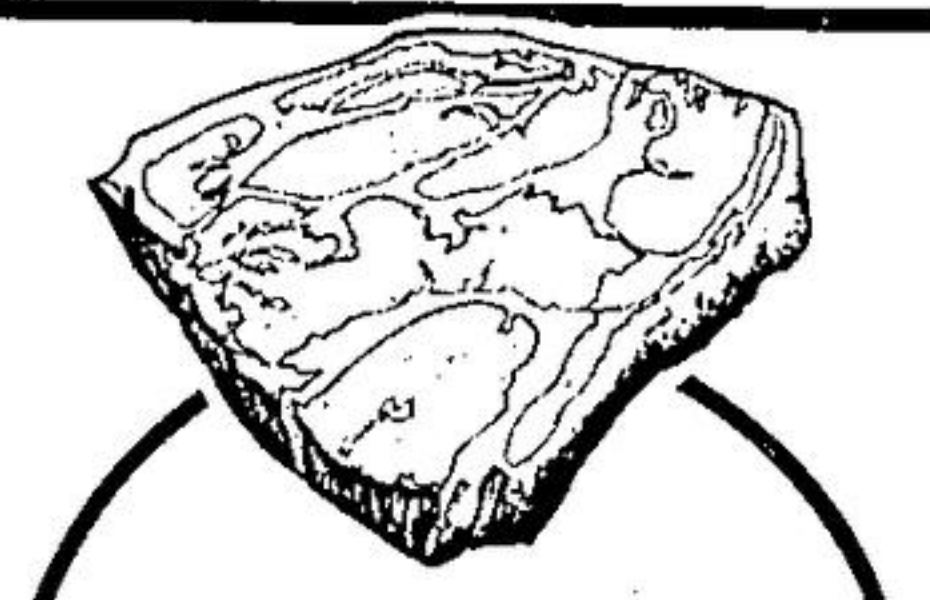
Savarin frozen macaroni and cheese
19¢
8 oz. pkg.



Carnation shoestring french fries
39¢
2 lb. poly bag
frozen fancy




Loblaws unsweetened concentrated orange juice
33¢
12 1/2 fl. oz. tin
frozen



BEEF chuck steaks
76¢
BLADE CUT LB.



BEEF CHUCK blade roasts
84¢
BLADE BONE OUT LB.



PREDRESSED CANADA GRADE B FROZEN young turkeys
68¢
UNDER 12 LBS. LB.



Savarin frozen meat pies
28¢
8 oz. pkg.
beef and kidney, turkey beef or chicken



Kellogg's bacon eggo waffles
59¢
11 oz. pkg.
frozen

BEEF CHUCK BONELESS blade steaks LB. **1.05**
FROZEN CUT-UP STEWING FOWL TRAY PKG. **44¢**
SHOPSYS CORNED BEEF BRISKET BACK PACK **1.67** LB.
FROZEN SCHNEIDERS BEEF PATTIES 2 LB. PKG. **1.98**
FROZEN TURBOT FILLETS BULK LB. **98¢**
FROZEN HIGHLINER BRAND BOSTON BLUEFISH FILLETS 1 LB. PKG. **86¢**

BEEF CHUCK BONELESS cross rib steaks LB. **1.24**
FRESHLY GROUND (FAT CONTENT 20% or LESS) 2 LB. PKG. OF OVER LB. **84¢**
BEEF CUBE STEAKS FAMILY PKG. **1.72** LB.
ZIGGYS FRANKFURTERS 1 LB. PKG. **98¢**
SHOPSYS ALL BEEF FRANKFURTERS 1 LB. PKG. **88¢**
SCHNEIDERS BEEF MEAT PIES 13 OZ. EACH **1.09**

BEEF CHUCK BONELESS blade roasts LB. **1.04**
boneless STEWING BEEF LB. **98¢**
BEEF CHUCK BONELESS cross rib roasts LB. **1.18**
SCHNEIDERS REGULAR or ALL BEEF MINI SIZZLERS SAUSAGE 1 LB. PKG. EACH **1.28**
LOBLAWS SLICED side bacon 1 LB. PKG. **1.68**
SWIFT'S PREMIUM SLICED breakfast strips 1 LB. PKG. **1.29**



Rhodes frozen bread dough
98¢
(5's) 5 lb. bag
white or brown



Rich's coffee rich
48¢
32 fl. oz. carton
frozen

KRAFT SALAD DRESSING miracle whip 16 FL. OZ. JAR. **63¢**
PILLSBURY BUTTERMILK OR SWEETMILK BISCUITS 8 OZ. TUBE **19¢**
IMPERIAL SOFT margarine 1 LB. TUB OR SLEEVE **69¢**
ORANGE FLAVOURED CRYSTALS (4'S) tang 14 OZ. BAG **1.09**
PRIMO spaghetti or elbow macaroni 2 LB. CELLO PKG. **69¢**
KRAFT TOMATO or MEAT spaghetti sauce 16 FL. OZ. JAR. **59¢**

SUNLIGHT LAUNDRY POWDER detergent 5 LB. BOX **1.99**
MALINA ACRILAN knitting yarn 4 OZ. SKEIN **99¢**
INSTANT OR QUICK quaker oats 32 OZ. PKG. **69¢**
MISS MEW ALL VARIETIES cat food 6 OZ. TIN **20¢**
GERBER STRAINED (MEATLESS) baby foods ALL VARIETIES 4 1/2 FL. OZ. JAR. **19¢**
LOBLAWS CHOICE HALVES dessert pears 14 FL. OZ. TIN **35¢**

LOBLAWS STEWED tomatoes 19 FL. OZ. TIN **49¢**
LOBLAWS CHOICE whole beets 14 FL. OZ. TIN **22¢**
LOBLAWS OR SNYDER CHOICE whole carrots 14 FL. OZ. TIN **33¢**
LOBLAWS CHOICE GREEN OR WAX cut beans 14 FL. OZ. TIN **23¢**
LOBLAWS FANCY asparagus tips 12 FL. OZ. TIN **69¢**
PRINCE EDWARD CHOICE whole potatoes 19 FL. OZ. TIN **20¢**



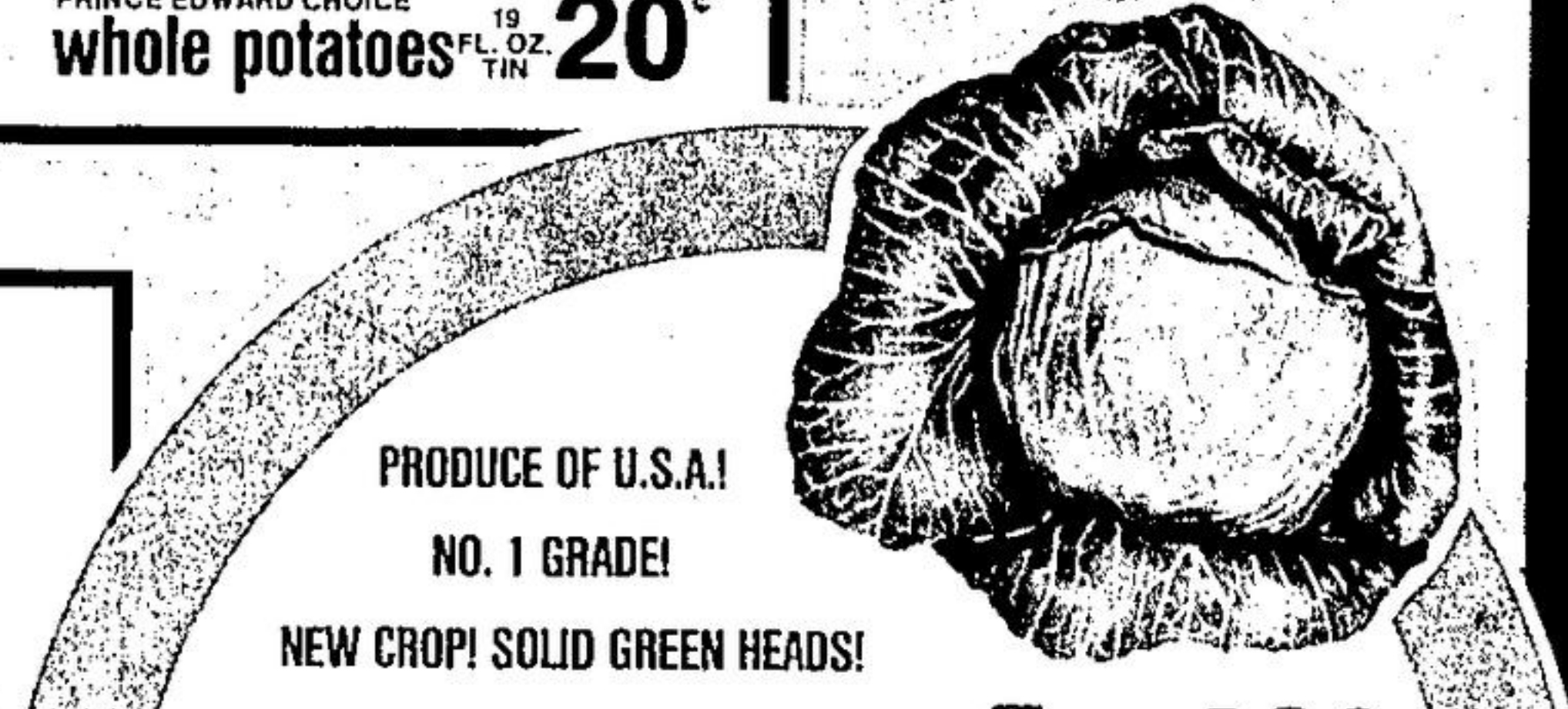
Loblaws frozen cut green beans
75¢
2 lb. poly bag
fancy



Cudney frozen fancy sliced strawberries
49¢
15 oz. canco

Vista-Montrose Hand Painted STONEWARE
Each week a different place setting piece will be offered. Build your entire set of quality Stoneware at LOBLAWS low budget price.
THIS WEEKS FEATURE CUP ea. **69¢**

Britannica Junior Encyclopedia
VOLUME ONE ONLY THIS WEEK **49¢** ea. VOLUME 4 **2.99** ea.



PRODUCE OF U.S.A.!
NO. 1 GRADE!
NEW CROP! SOLID GREEN HEADS!
cabbage 4 FOR 1.00
PRODUCE OF U.S.A.! FROM CONCENTRATE! NO PRESERVATIVES! NO SUGAR! 64 FL. OZ. BOTTLE **89¢**
FROM MEXICO! GARDEN FRESH! SALAD FAVOURITE! QUART BOX **68¢**
FROM MEXICO! YOUNG & TENDER! A REAL TASTE TREAT! POUND **29¢**
FROM FLORIDA! SWEET & JUICY! EASY TO PEEL!
temple oranges DOZEN **48¢**

PRICES EFFECTIVE FEB. 18 TO FEB. 24 EXCEPT PRODUCE & BAKERY PRICES EFFECTIVE FEB. 18 TO FEB. 21, GEORGETOWN ONLY

Loblaws
More than the price is right.®