

# Loblaws for

frozen whipped topping  
**Cool Whip** .49  
500 ml. plastic carton

McCains frozen fancy straight or crinkle cut  
**superfries** .67  
2 lb. poly bag

Rich's frozen  
**coffee rich** .25  
16 fl. oz. carton

frozen raspberry or strawberry  
**McCains shortcake** 1.59  
32 oz. pkg.

Stouffer's frozen chicken, turkey or beef  
**meat pie** .89  
10 oz. pkg.

Florida frozen unsweetened concentrated Old South  
**orange juice** 1.00  
3 12 1/2 fl. oz. tins

family saver coupon  
save even more... buy by the case  
save .50  
with this coupon and purchase of a case of 24-12 1/2 fl. oz. tins Old South orange juice family case price 7.50  
Expires Oct. 26, 1976

frozen deluxe deep 'n delicious  
**McCains pizza** 1.89  
22 oz. pkg.

## Loblaws everyday meat values

beef chuck roasts blade bone out blade or short rib lb. .74

Ziggys cooked picnic style smoked pork shoulders lb. .99

fresh quarter loin pork chops lb. 1.39  
includes 9 chops, centres and ends mixed

## Extra savings on Sea Food



frozen Rupert Brand Boston bluefish fillets 1 lb. pkg. .86

frozen Rupert Brand whole coho salmon 3 lb. average lb. 1.98

frozen Brilliant Brand cooked shrimps 6 oz. pkg. 1.18

frozen Bluewater Brand cooked fish & chips 32 oz. pkg. 1.48

fresh predressed, frying or roasting chickens lb. .69  
Canada grade A, 2 1/2 to 3 lbs. size

beef 1st 5 ribs prime rib roasts lb. 1.44

fresh, shank or butt portion leg o' pork lb. 1.09

beef cube steaks lb. 1.68

vac pac sweet pickled cottage rolls lb. 1.25

beef boneless, full slice round steak lb. 1.42  
beef loin sirloin steaks lb. 1.67

beef, porterhouse or T-bone, tail off loin steaks lb. 1.77  
beef boneless Delmonico steaks lb. 2.66

previously frozen, sliced beef liver lb. .38  
Loblaws, family pak pork sausage lb. 1.28

Loblaws sliced bologna 1 lb. pkg. .99  
Schneiders wieners red hots 1 lb. pkg. .85