

Loblaws low prices

\$1.00 off

with this coupon and the purchase of one Schneiders Olde Fashioned cooked smoked boneless dinner ham at the regular price of lb. 3.89
Limit one dinner ham coupon per customer
Offer expires Tuesday October 31, 1978

1/2 price

with this coupon and the purchase of two 3 oz. boxes Royal, all flavours jelly powders at the reg. price of 29¢ ea.
Offer expires Tuesday October 31, 1978
Limit one jelly powder coupon per customer you pay only 25¢/coupon value 25¢

1/2 price

with this coupon and the purchase of one 30's box Johnson & Johnson Stayfree mini-pads at the reg. price of 2.29
Offer expires Tuesday October 31, 1978
Limit one mini-pads coupon per customer you pay only 1.14/coupon value 1.15

1/2 price

with this coupon and the purchase of one 6's pkg. Hunts bran muffins at the reg. price of 89¢
Offer expires Tuesday October 31, 1978
Limit one bran muffins coupon per customer you pay only 44¢/coupon value 45¢

1/2 price

with this coupon and the purchase of one produce of U.S.A. no. 1 grade cantaloupe at the reg. price of \$1.19
Limit one cantaloupe coupon per customer offer expires Tues. Oct. 31, 1978
you pay only 59¢/coupon value 60¢

1/2 price

with this coupon and the purchase of one 2 lb. bag Ontario grown - no. 1 grade carrots at the reg. price of 48¢
Limit one carrot coupon per customer offer expires Tues. Oct. 31, 1978
you pay only 24¢/coupon value 24¢

price breakthrough

no-name everyday instant low price chocolate

2 lb. poly bag **1.79**



save .44 lb.

free Pol Martin recipe available in store



fresh pork picnic shoulders **.88** lb. was 1.32


save .20

free Pol Martin recipe available in store



frozen, Schneiders Oktoberfest sausage **1.55** 1 lb. pkg. was 1.75

save .50 lb.



from California emperor variety red grapes **.48** lb. was .98

save .51



fancy grade Ontario grown McIntosh apples **.77** 3 lb. bag was 1.28

save .40 lb.



shank or butt portion fresh pork leg **1.18** lb. was 1.58

save .46




home assorted, fruit creme or assorted creme Peek Frean biscuits **.89** 14 oz. tin bag was 1.35

save .22



Bright's pure unsweetened apple juice **.69** 48 fl. oz. tin was .91

save .40



Del Monte diced, all varieties fruit cups **.89** 4 tin sleeve 20 fl. oz. was 1.29

save .30

red hots - dutch treat or all beef Schneiders wieners **1.25** 1 lb. pkg. was 1.55

save .30

Burns Pride of Canada sliced side bacon **1.58** 1 lb. pkg. was 1.88

save .12

Quick or instant 900 g bag Quaker oats **.79** was .91

save .10

Sara Lee, frozen, whipped cream, plain or chocolate 9 oz. box sponge cake **1.15** was 1.25

save .69 lb.

previously frozen whole or split for dressing pork tenderloin **2.99** lb. was 3.68

save .30

frozen, whole cut up 2 lb. bucket Schneiders fried chicken **3.68** was 3.98

save .40

Maxwell House 10 oz. jar instant coffee **5.59** was 5.99

save .16

Baden XXX herb & garlic 12 oz. pkg. cheese **1.69** was 1.85

fresh shoulder butt pork chops **1.38** lb. was 1.58

previously frozen - pork side spare ribs **1.38** lb. was 1.58

Schneiders - Oktoberfest sauerkraut 500 g pkg. **.49** was .59

Schneiders regular, dutch treat, or all beef bologna sliced 1 lb. pkg. **1.38** was 1.58

Green Giant, fancy, niblet cream style corn 2 1/4 fl. oz. tins **.99** was .52 ea.

Sunlight, powdered, laundry detergent 12 litre box **5.49** was 5.89

because I shop at Loblaws my husband and I flew to Vancouver and saved 47% on air fare



We saved \$385.00 on CP economy class fare of \$789.00 Toronto to Vancouver return with Loblaws Save and Fly Travel Vouchers. I have already started saving Save and Fly vouchers towards my next CP air trip. Mrs. Misener, Toronto, Ont.

Burns Pride of Canada 6 oz. pkg. cooked ham sliced **1.38** was 1.52

Loblaws cooked, smoked, boneless ham steak 6 oz. pkg. **1.38** was 1.58

Loblaws bavarian meat loaf 1 lb. pkg. **1.98** was 2.18

frozen, store packaged cod fillets 1 lb. **1.49** was 1.69

frozen Rainbow Valley Brand rainbow trout 8 oz. pkg. **.99** was 1.49

Finish, automatic dishwasher powdered detergent 12 litre box **2.39** was 2.49

General Mills Cheerios 15 oz. box **.99** was 1.05

Barilla pasta egg noodles 250 gr cello pkg. **.59** was .89

regular, super or plus Kotex napkins 12's box **.89** was .99

Melitta, premium coffee 1 lb. tin **3.89** was 4.19

free recipe of week available in all Loblaws stores

by Pol Martin

Pork shoulder butt roast à la Française Please your family with this economical dish: sautéed brussels sprouts and a tasty Pork Pot Roast decorated with spiced apples.

save .24 lb. fresh shoulder - bone in pork butt **1.18** was 1.42

save .31 lb. produce of U.S.A. brussels sprouts **.68** was .99

'The Met' Nov. 3,4,5.
Canada's largest dog show
Automotive Building Exhibition Place

Prices effective to Tues. Oct. 31 except bakery effective to Sat. Oct. 28.
We reserve the right to limit quantities.
Georgetown only

Loblaws
low prices plus... a whole lot more