

99¢ lb meat & fish sale

stock-up for your freezer

save .59 lb.

free Pol Martin recipe available in store

previously frozen **chicken legs** **.99** lb.

was 1.58

save .39 lb.

free Pol Martin recipe available in store

frozen New Zealand **shoulder lamb chops** **.99** lb.

was 1.38

save .43 lb.

fresh **shoulder pork butt roasts** **.99** lb.

bone in was 1.42

save .37

frozen Sara Lee chocolate, vanilla, strawberry or lemon **layer cake** **.88** 13 oz. box

was 1.25

save .79

new crop from Florida **white grapefruit** **.99** 5 lb. bag

was 1.78

Nov. is Canadian fish & seafood month

no-name frozen packaged **fish** **.99** lb. sold only as packaged

48 fish sticks

- cooked fish sticks
- hake fillets
- mackerel fillets
- cooked fish & chips

hake fillets **mackerel fillets**

save .17 lb.

frozen predressed Canada grade "B" under 20 lb. size **young turkeys** **.99** lb.

was 1.16

save .50

Red Rose orange pekoe **tea bags** 2 cup **1.55** 60's box

was 2.05

save .07

Ontario grown no. 1 grade **potatoes** **.59** 10 lb. bag

was .66

no-name **side bacon** **.99** lb.

rind on unsliced sold only as packaged

no-name **wieners** **.99** lb.

sold only as packaged

no-name smoked **pork sausage** **.99** lb.

sold only as packaged

save .20

Club House, loose pack **manzanilla olives** **1.59** 15 fl. oz. jar

was 1.79

save .50

from Mexico, new crop **oranges** **1.29** 4 lb. bag

was 1.79

no-name **bologna** **.99** lb.

sliced sold only as packaged

no-name **mock chicken loaf** **.99** lb.

sliced sold only as packaged

no-name **macaroni & cheese** **.99** lb.

sliced sold only as packaged

save .14

Dad's, 5 specified varieties **cookies** **1.09** 14 oz. tin tie bag

was 1.23

save .18

Ontario grown no. 1 grade **cabbage** **.99** 3 for

was .39 ea.

pan ready, store packaged **frozen whitefish** **.99** lb.

previously frozen, store packaged **breakfast sausage** **.99** lb.

frozen, store packaged **beef steakettes** **.99** lb.

Shopsy **potato salad or cole slaw** **.99** 24 oz. pkg.

Schneiders red hots, Dutch treat or all beef **wieners** **1.28** 1 lb. pkg.

Schneiders regular, Dutch treat or all beef **bologna** **1.38** 1 lb. pkg.

Schneiders, sliced **cooked ham** **1.45** 6 oz. pkg.

Swifts Sugar Plum sliced **side bacon** **1.58** 1 lb. pkg.

Z & W Foods, store packaged **Polish sausage** **1.45** lb.

frozen Highliner Brand **fish fries** **2.19** 20 oz. pkg.

284 gr aero tin **Garbage Guard** **1.69**

Kleenex, 2 ply, Boutique **paper towels** **1.03** 2 roll pkg.

Quikki, plastic, 10" x 14" **utility bags** **.93** 50's pkg.

Nescafe, 10 oz. jar **instant coffee** **5.39**

Nature Valley, all flavours **granola bars** **1.29** 275 gr box

chocolate or natural **Ovaltine** **1.33** 12 oz. jar

Post 400 gr box **Honeycomb cereal** **1.19**

Peter Pan, creamy **peanut butter** **2.99** 3 lb. jar

skin care **Desitin lotion** **1.39** 300 ml. btl.

Body on Tap, normal, oily or dry **shampoo** **2.19** 450 ml. btl.

Listerine **antiseptic** **2.19** 750 ml. btl.

Primo grated, 4 oz. jar **parmesan cheese** **1.15**

Ken-L Ration Society, beef stew or beef chunks **dog food** **.59** 25 1/2 oz. tin

Del Monte, all flavours (20 fl. oz.) **pudding cup** **1.15** four 5 fl. oz. tin sleeve

orange flavour crystals, 4's **Tang** **1.09** 13 oz. poly bag

price breakthrough

no name biscuits **ginger snap** **.99** 700 gr tin tie bag

free recipe of week available in all stores by Pol Martin

Stuffed Rainbow Trout with Buttered Spinach. An easy to prepare dinner with an elegant flair - delicately flavoured Rainbow Trout stuffed with sauteed mushrooms and celery.

save .40 lb. frozen store packaged **rainbow trout** **2.29** lb.

save .10 Produce of U.S.A. garden fresh **spinach** **.68** collo pkg.

Because I shop at Loblaw's, my son flew to Edmonton and **saved 48% on air fare**

I saved \$80.00 on CP Economy class fare of \$167.00, Toronto to Edmonton with Loblaw's Save and Fly Travel Vouchers. Mrs. M. Bonnistter, Toronto, Ont.

'romantic england' dinner sets designed by J.&G. Meakin of Staffordshire a different feature each week only **.99** this week's feature dessert dish

Prices effective to Tues. Nov. 14 except bakery price effective to Sat. Nov. 11. We reserve the right to limit quantities. Georgetown only

Loblaws low prices plus... a whole lot more