

more meat values

freshly ground medium ground beef	lb.	was 2.38	1.98
cut from Canada grade A beef boneless stew beef	lb.	was 2.08	1.88
cut from Canada grade A beef boneless shoulder roasts	lb.	was 2.08	1.78
frozen prodressed grade A rock cornish hens	lb.	was 1.68	1.48
frozen Golden Skillet Brand tray pack chicken cutlets	lb.	was 1.18	.98
previously frozen, store packaged pork sausage	lb.	was 1.78	1.48
sweet pickled, by the piece end cuts back bacon	lb.	was 2.18	1.98
Valuplus Brand sliced side bacon	1 lb. pkg.	was 1.39	.99
No-Name potato salad	24 oz. pkg.		1.19
No-Name cole slaw	24 oz. pkg.		1.19
Loblaws all beef wieners	1 lb. pkg.	was 1.75	1.55
regular or thick Loblaws bologna	1 lb. pkg.	was 1.58	1.38
frozen Bluewater Brand batter fried bluefish portions	12 oz. pkg.	was 1.45	1.19
frozen Bluewater Brand thrift pack fish fries	32 oz. pkg.	was 3.38	2.78

grocery values

Loblaws stewed tomatoes	3 10 fl. oz. tins	was .35 ea.	.89
Bye the Sea chunk light tuna	9 1/4 oz. tin	was 1.51	1.44
beef or irish Armour stews	24 oz. tin	was 1.34	1.24
sweet mixed McLarens pickles	32 fl. oz. jar	was 1.29	1.21
Heinz prepared mustard	16 oz. jar	was .65	.59
Ragu plain, meat or mushroom spaghetti sauce	28 fl. oz. jar	was 1.45	1.34
Oxydol powdered laundry detergent	6 litre box	was 3.58	3.43
Downy concentrated fabric softener	3 litre plas. jug	was 3.62	3.37
Javex liquid bleach	128 fl. o. plas. jug	was 1.29	1.09
for the unbleachables Javex bleach	44 oz. box	was 2.95	2.80
orange, grape or lemon (Bonus Pack) Wyler's crystals	748 g tin	was 1.89	1.81

Kraft salad dressing (limit one jar per family) save .50

miracle whip

1 litre jar **1.19**

Sealtest creamed, plain 500 g tub save .30

cottage cheese

.89

produce of U.S.A. - no. 1 grade save .50

tomatoes

2 lb. tray **1.29**

Ontario grown - no. 1 grade - snow white head save .50

cauliflower

ea. **.79**

Ontario grown - no. 1 grade - new crop save .43

cucumbers

3 for **.89**

Maple Leaf canned cooked was 4.69 you pay only 3.69

ham

1 1/2 lb. tin **\$1.00 off**

Gay Lea swiss style save .30

yogurt

strawberry, blueberry or orange 500 g tub **.79**

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