


# 1/2 price

## more meal values

frozen New Zealand - shoulder <b>lamb chops</b>	lb.	<del>was 1.68</del> <b>1.48</b>
frozen New Zealand - boneless <b>lamb legs</b>	lb.	<del>was 3.18</del> <b>2.98</b>
previously frozen - pork back <b>spare ribs</b>	lb.	<del>was 2.85</del> <b>2.49</b>
fresh boneless, centre cut <b>pork loin chops</b>	lb.	<del>was 2.98</del> <b>2.58</b>
previously frozen, sliced <b>pork liver</b>	lb.	<del>was .48</del> <b>.39</b>
Loblaws frozen family pac <b>pork sausage</b>	lb.	<del>was 1.78</del> <b>1.58</b>
Ziggys <b>frankfurters</b>	1 lb. pkg.	<del>was 1.78</del> <b>1.58</b>
Loblaws 6 specified varieties, sliced <b>cooked meats</b>	6 oz. pkg.	<del>was .82</del> <b>.68</b>
S&M Brand (2 - 11 oz.) <b>pepperoni pizza</b>	22 oz. pkg.	<del>was 3.29</del> <b>2.89</b>
Siena Brand <b>mortadella chubs</b>	lb.	<del>was 1.89</del> <b>1.69</b>
Ziggys, sliced, European <b>bologna</b>	1 lb. pkg.	<del>was 2.08</del> <b>1.78</b>
frozen Bluewater Brand - batter fried <b>cod portions</b>	12 oz. pkg.	<del>was 1.75</del> <b>1.49</b>
frozen Highliner Brand - Boston <b>bluefish fillets</b>	1 lb. pkg.	<del>was 1.58</del> <b>1.38</b>

## more grocery values

Stokely fancy honey pod <b>sugar peas</b>	3 10 fl. oz. tins	<del>was .37 ea.</del> <b>1.00</b>
Stokely fancy <b>cream style corn</b>	3 10 fl. oz. tins	<del>was .41 ea.</del> <b>1.00</b>
Treesweet unsweetened from concentrate white or pink <b>grapefruit juice</b>	6 x 6 fl. oz. tins sleeve	<del>was 1.47</del> <b>1.35</b>
Treesweet unsweetened from concentrate <b>orange juice</b>	6 x 6 fl. oz. tins sleeve	<del>was 1.59</del> <b>1.47</b>
Uncle Ben's <b>converted rice</b>	5 lb. bag	<del>was 3.49</del> <b>3.35</b>
Mazola 100% pure <b>corn oil</b>	3 litre bottle	<del>was 6.69</del> <b>6.16</b>
Royal powder, banana cream, vanilla chocolate or butterscotch <b>instant pudding</b>	2 3 1/2 oz. boxes	<del>was .39 ea.</del> <b>.69</b>
Billy Bee Beehive <b>liquid honey</b>	16 oz. squeeze btl.	<del>was 1.36</del> <b>1.26</b>
Valuplus choice whole <b>kemel corn</b>	2 12 fl. oz. tins	<del>was .41 ea.</del> <b>.69</b>
Van Camp's in tomato sauce <b>beans with pork</b>	2 10 fl. oz. tins	<del>was .41 ea.</del> <b>.69</b>
Bright's fancy <b>tomato juice</b>	48 fl. oz. tin	<del>was .94</del> <b>.79</b>
Welch's unsweetened <b>prune nectar</b>	40 fl. oz. btl.	<del>was 1.59</del> <b>1.51</b>
cheese sticks or crunchits <b>Hostess snacks</b>	225 g bag	<del>was .99</del> <b>.89</b>
taco or cheese <b>Hostess tortillas</b>	250 g bag	<del>was .99</del> <b>.89</b>
Laura Secord, family size, all flavours <b>pudding</b>	15 oz. tin	<del>was .79</del> <b>.69</b>
(plus 25¢ deposit) <b>Canada Dry wink</b>	750 mL btl.	<del>was .49</del> <b>.37</b>
(plus 25¢ deposit) orange drink <b>Canada Dry C plus</b>	750 mL btl.	<del>was .49</del> <b>.37</b>
Downy concentrated liquid <b>fabric softener</b>	1 litre plus btl.	<del>was 1.39</del> <b>1.29</b>



Johnson's baby powder  
14 oz. plastic btl.

~~was 1.99~~

**1/2 price**

**.99**

**save 1.00**



Tropical Blend  
**Coppertone**  
suntan lotion, oil or butter  
220 mL plastic btl. 200 g tin

~~was 3.09~~

**1/2 price**

**1.54**

**save 1.55**



NEW ENRICHED FORMULA  
WORKS INSTANTLY  
**Vaseline**  
INTENSIVE CARE  
LOTION

Vaseline lotion  
**Intensive Care**  
200 mL plastic btl.

~~was 1.29~~

**1/2 price**

**.64**

**save .65**

# free

**choose health & with \$10. or more**

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name flouride 150 mL tube**  
value .99  
**free**  
with coupon on right

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name regular 720 g box (8's)**  
value 1.35  
**bar soap free**  
with coupon on right

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name 30's box**  
value 1.59  
**mini pads free**  
with coupon on right

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name regular, 100's pkg.**  
value 1.17  
**bandage strips free**  
with coupon on right

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name 300's pkg. regular cotton puffs**  
value .99  
**free**  
with coupon on right

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name 454 g jar**  
value 1.25  
**petroleum jelly free**  
with coupon on right

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name 3's, 85 g box**  
value .63  
**with lanolin baby soap free**  
with coupon on right

with coupon and minimum \$10. Loblaws purchase you may choose as your **one free** item  
**no name 500 mL pl. btl.**  
value .99  
**bubble bath free**  
with coupon on right