

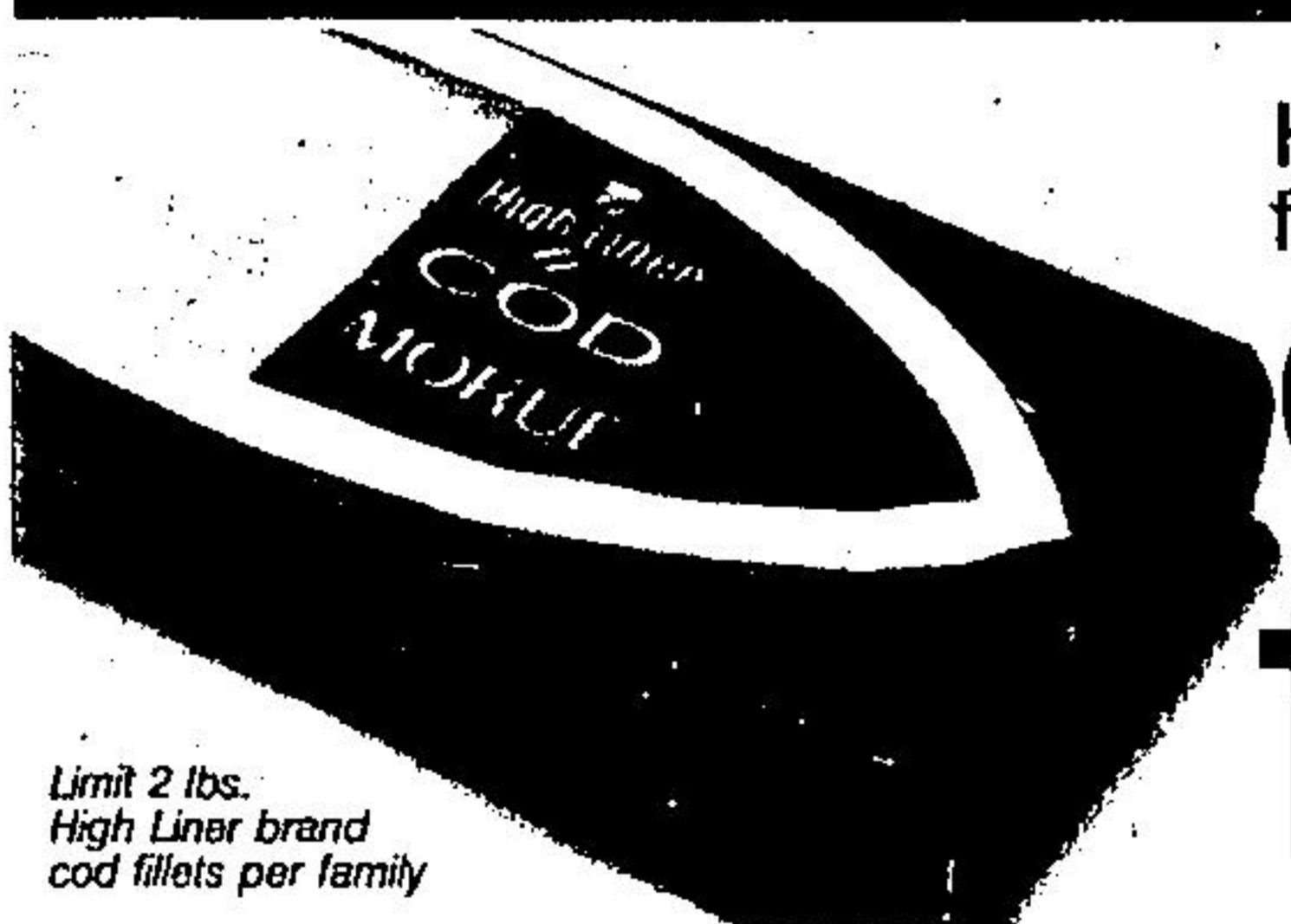


partly skinned
whole or
shank portion

was 1.28 lb.
save .40 lb.

**smoked
ham** cooked
bone
in lb.

888



High Liner brand
frozen

was 1.88
save .89

**cod
fillets**

1 lb.
pkg.

999

Limit 2 lbs.
High Liner brand
cod fillets per family

**more meat
values**

frozen New Zealand
**shoulder
lamb chops** lb. **1.38** was 1.68
no name previously frozen
**beef strip loin
or rib eye steaks** 5 oz. **.99** was 1.29
Loblaws
**sliced
side bacon** 1 lb. **1.38** was 1.78
**ziggys
frankfurters** 1 lb. **1.48** was 1.84

**more grocery
values**

with pork & tomato sauce
**Clark
beans** 2 14 fl. **.99** was .56 ea.
oz. tins
unsweetened
**Welch's
prune nectar** 40 fl. oz. **1.59** was 1.75
btle.
orange pekoe - 2 cup (60's)
**Red Rose
tea bags** 8 oz. **1.89** was 2.05
box
ready to serve - all varieties - (10's)
**Quaker
oatmeal** 9 oz. **.89** was .96
box

wine flavoured
**Libby's
sauerkraut** 32 fl. **.87** was .95
oz. jar
Bright's fancy
**tomato
juice** 48 fl. **.89** was .99
oz. tin
Carnation instant - all varieties
**hot
chocolate** 500 g **2.44** was 2.59
jar
regular (+ 25c deposit)
**Canada Dry
ginger ale** 750 mL **.45**
rel. btle.
concentrate
**Welch's
grape juice** 40 fl. **1.39** was 1.55
oz. btle.
White Swan - all colours - 2 ply
**paper
towels** 2 roll **1.29** was 1.41
pkg.

deodorant - regular or super
**Playtex
tampons** 30's **2.99** was 3.19
box
Tang (2's)
**orange
crystals** 13 oz. **1.09** was 1.19
pouch
Laura Secord multi-pack - all flavours
**chocolate
bars** 4 bar **.99** was 1.07
cello pkg.
McNair
**blanched
peanuts** 32 oz. **2.39** was 2.69
cello bag
Jet Dry Solid for automatic (3's)
**dishwasher
detergent** 5.4 oz. **1.11** was 1.19
pkg.
newborn
**Pampers
diapers** 30's **2.75** was 2.89
box

store packaged
frozen
High Liner brand
**boston
bluefish fillets** lb. **.99** was 1.59 lb.
save .60 lb.

frozen
High Liner brand
cod fish sticks 14 oz. pkg. **1.79** was 2.15
save .36

frozen
High Liner brand
cod in batter 14 oz. pkg. **1.75** was 1.95
save .20

frozen
High Liner brand
ocean perch fillets 1 lb. pkg. **1.69** was 2.04
save .35

frozen
High Liner brand
**battercrisp
fish fries** 14 oz. **1.59** was 1.79
save .20

frozen
High Liner brand
**turbot in batter
or turbot fish sticks** 14 oz. **1.88** was 2.18
save .30