

Loblaws



was 1.98 lb.
save
lb. **.60**

cut from Canada grade 'A' beef
blade roasts
blade bone removed

1.38
lb.



was 2.28 lb.
save
lb. **.60**

cut from Canada grade 'A' beef
cross rib roasts

1.68
lb.



was 1.98 lb.
save
lb. **.60**

cut from Canada grade 'A' beef chuck
short rib roasts

1.38
lb.



was 1.44
save
.55

Skippy creamy
peanut butter

.89
500 g jar



was 1.19
save
.40

Nabisco spoon size
shredded wheat

.79
675 g box



was 1.52
save
.53

Sunlight
liquid detergent

.99
32 fl. oz. pl. btle.

plus hundreds of special

more meat values

Swifts Premium oven roasting corned beef brisket **was 2.58** **2.28** lb.

save **.30**

frozen Highliner Brand cod fillets **was 1.88** **1.58** 1 lb. pkg.

frozen Shoppy's beef or chicken meat pies **was 1.18** **1.08** 250 g pkg.

store packaged frozen beef steakettes **was 1.59** **1.39** lb.

regular or thick Loblaws sliced bologna **was 1.58** **1.38** 1 lb. pkg.

more grocery values

Green Giant, fancy niblets **was .36 ea.** **.65** 2 7 fl. oz. tins

Green Giant fancy, kitchen sliced, green or wax beans **was .41 ea.** **.73** 2 10 fl. oz. tins

tender flaked Burns' ham **was 1.43** **1.29** 6 3/4 oz. tin

save **.20**

St. Lawrence corn oil **was 2.29** **2.09** 1 L plastic btl.

Libby's unsweetened, from concentrate, white or pink grapefruit juice **was 1.78** **1.66** (6 x 6 fl. oz. tin), sleeve

Libby's unsweetened, from concentrate, white or pink grapefruit juice **was 1.69** **1.59** (6 x 6 fl. oz. tin) sleeve

save **.24**

beef or Irish Puritan stews **was 1.83** **1.59** 24 oz. tin

Chock Full O' Nuts, all purpose grind coffee **was 4.99** **4.75** 16 oz. tin

Colgate, regular or winterfresh toothpaste **was 1.94** **1.39** 150 mL tube

Dial, deodorant, (3 bath bars, banded), gold, white or pink toilet soap **was 1.65** **1.39** 390 g

Pabulum, mixed or rice infant cereal **was 1.65** **1.49** 454 g box

J & J Stayfree maxi pads **was 3.19** **2.49** 30's box

Cepacol mouthwash **was 2.09** **1.79** 500 mL plas. btle.

Kraft Cracker Barrel, old, coloured cheddar cheese stix **was 2.06** **1.89** 12 oz.

Weston, enriched, sliced white bread **was .71** **.65** 24 oz. loaf

save **.16**

Nestle, (4's), all varieties mini puddings **was 1.35** **1.19** 5 oz. tin sleeve

Dietrich scone rolls **was .81** **.75** 12's pkg.

Weston lemon filled buns **was .85** **.79** 6's pkg.

save **.30**

roll-on, regular Arrid deodorant **was 2.09** **1.79** 75 mL btle.

Loblaws stewed tomatoes **was .51 ea.** **.79** 2 14 fl. oz. tins

Swift's Premium canned ham **was 4.20** **3.99** 1 1/2 lb. tin

Swift's Prom luncheon meat **was 1.51** **1.41** 12 oz. tin

Puritan variety pack, (4 x 3 oz. tin) meat spreads **was 2.19** **1.99** 12 oz. sleeve