

was 1.48 lb.
save
lb. **.49**

fresh or previously frozen
chicken legs

was 1.66 **save .67**

Loblaws wieners

1 lb. pkg. **.99** lb. **.99**

was 1.59 lb.
save
lb. **.60**

frozen store packaged
Boston bluefish fillets

was 1.28 lb. **save lb. .29**

previously frozen store packaged
farm style sausage

lb. **.99** lb. **.99**

was .59
save
.20

Savarin frozen - turkey, beef or chicken
meat pies

was .54 ea. **save .19 on 2**

Stokely New Orleans, red or dark red
kidney beans

2 8 oz. box **.89**

14 fl. oz. tins **.89**

was .94
save
.35

Loblaws long grain rice
riz long grains
2 lb 9079

was 1.09 **save .14**

Bravo - plain
spaghetti sauce

2 lb. bag **.59**

28 fl. oz. tin **.95**

plus hundreds of special

more meat values

Maple Leaf Brand headcheese chunks lb. **1.98** was 2.28

save .20

Maple Leaf Brand 5 varieties pepperoni, salami, smokies, garlic sausage, all beef salami 10 oz. pkg. **1.78** was 1.98

cooked meat sticks **1.78**

Maple Leaf Brand sliced bologna 1 lb. pkg. **1.78** was 1.98

Ziggys 9 varieties cooked meat chubs 8 oz. pkg. each **1.29** was 1.49

Ziggys fine liver sausage chubs 10 oz. each **.98** was 1.15

haddock - frozen Bluewater Brand fish sticks 14 oz. pkg. **2.18** was 2.48

more grocery values

Border's, instant, with marshmallows or regular hot chocolate 500 g tin **2.45** was 2.59

Betty Crocker, Stir 'N Frost, spice, lemon, or chocolate cake mix 13.4 oz. box **1.14** was 1.29

Monarch pastry flour 2.5 kg bag **1.39** was 1.93

save .50

Monarch all purpose flour 2.5 kg bag **1.39** was 1.89

General Mills Golden Grahams cereal 425 g box **1.29** was 1.39

Kraft, smooth or crunchy peanut butter 500 g jar **1.39** was 1.49

Nestle Quik chocolate drink 2 lb. tin **2.39** was 2.69

Swans Down, (1 ply), all colours bathroom tissue 4 roll pkg. **1.37** was 1.47

save .17

Royal, 2 ply, white or yellow paper towels 2 roll pkg. **1.32** was 1.49

Hostess, regular or dip potato chips 300 g bag **1.29** was 1.47

Salada Rise 'N Shine, (4's) orange crystals 13 oz. pouch **.99** was 1.14

Nescafe instant coffee 10 oz. jar **6.49** was 6.99

Tide powder, laundry detergent 6 litre box **3.59** was 3.79

Babyscott, super absorbent, toddler diapers 24 s pkg. **2.29** was 3.19

Kolex, regular or super feminine napkins 12 s box **1.09** was 1.25

Neilson, all flavours Fruitplus yogourt 175 g cup **.44** was .53

Weston, sesame, sliced crusty bread 24 oz. loaf **.71** was .77

Weston dinner rolls 12 s pkg. **.59** was .67

Heinz, strained, (all meatless) infant foods & juices 4 1.2 fl. oz. jar **.27** was .29

save .17 on 2

with pork, brown sugar or in tomato sauce
Van Camp's beans 2 14 fl. oz. tins **.85** was .52 ea.

Del Monte fancy peas 2 14 fl. oz. tins **.89** was .51 ea.

Aylmer cream of celery soup 2 10 fl. oz. tins **.69** was .38 ea.