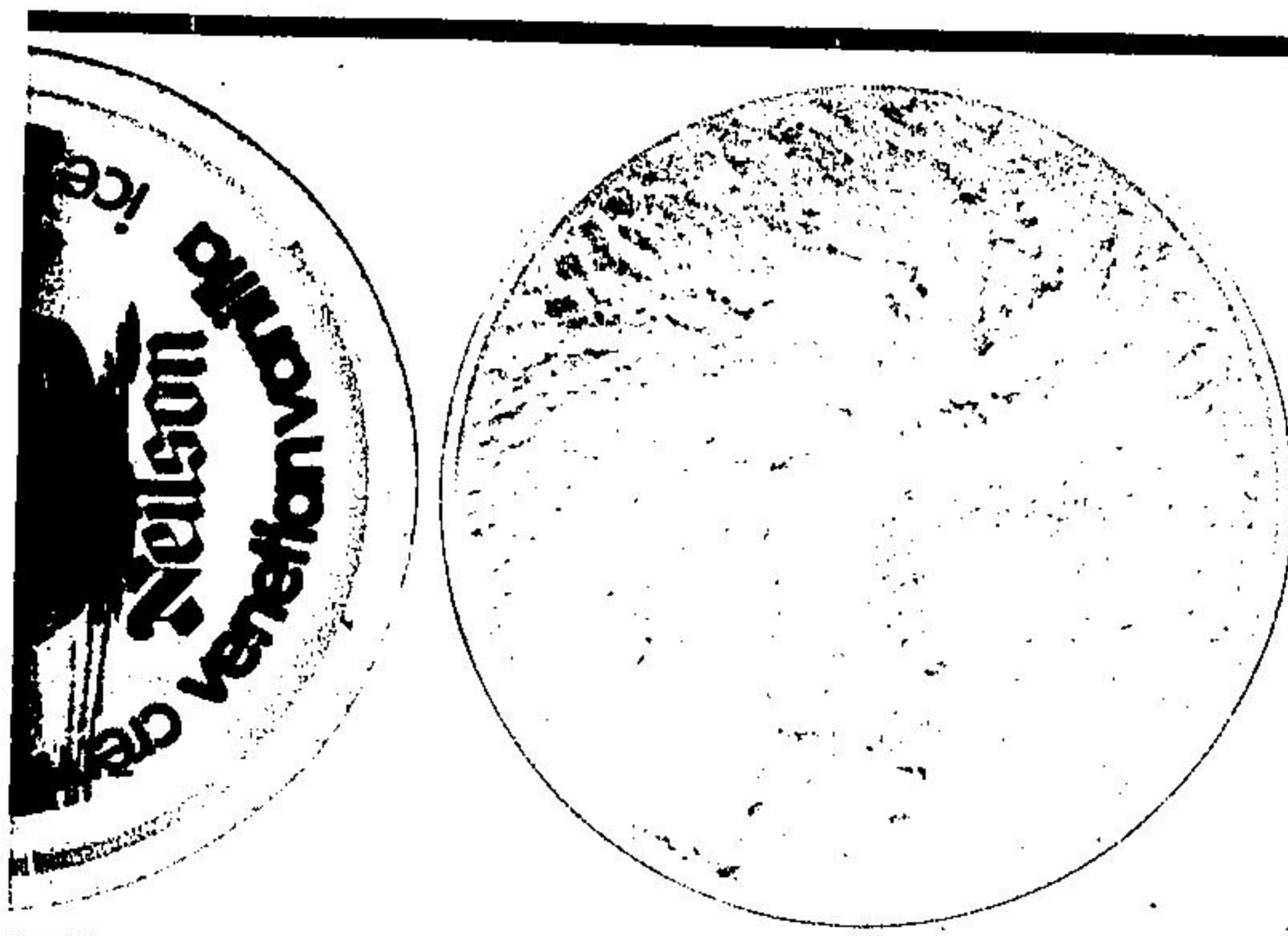


more meat values

boneless cooked smoked	was 2.48
Loblaws dinner hams	2.28
ziggys by the piece	was 3.98
fast fry back bacon	3.78
ziggys	was 1.78
sliced side bacon	1.58
Loblaws sliced	was 1.38
cooked ham	1.18
all meat	was 1.98
ziggys frankfurters	1.78
ziggys	was 2.38
sliced salami	2.18
kolbassa, salami, all beef or half	was 1.58
ziggys 4 varieties half rings	1.48
Z & W Foods store packaged	was 1.98
polish sausage	1.78
6 specified varieties	was 1.35
Shopsys salads	1.09
sliced regular or all beef	was 2.38
Schneiders bologna	1.98
partly skinned, butt portion	was 1.28
cooked smoked ham	.98
frozen no-name	was 1.98
mackerel fillets	1.28

more grocery values

traditional or nacho cheese	was .89
Frito Lay tostitos	.79
all varieties	was .67
Old London melba toast	.62
Chock Full O'Nuts	was 4.89
98% decaffeinated coffee	4.74
Gay Lea	was 1.16
sour cream	.99
all varieties (4's)	was .79
Lipton Cup-A-Soup soup mix	.69
Primo, plain	was 1.25
spaghetti sauce	1.09
Hellmann's	was 1.99
mayonnaise	1.83
General Mills	was 1.44
Cheerios	1.37
Johnson and Johnson	was 2.69
Stayfree mini-pads	2.29
liquid	was 1.69
Mr. Bubble bubble bath	1.49
Spray, (3 regular bars banded)	was 1.23
deodorant soap	1.09
Palmolive mixed or green	was 1.37
toilet soap	1.19
(plus 25c deposit)	was .59
Sprite	.39
process cheese	was 2.53
Kraft Velveeta	2.39
Blue Bonnet	was 1.03
soft margarine	.95
Vachon (6's)	was 1.19
apple strudel	1.09
Loblaws	was .65
hamburg buns or hot dog rolls	.59
Love My Carpet	was 1.69
rug & room deodorizer	1.49
Twice as Fresh all scents	was 1.49
air freshener	1.39



Neilson - 1 L tub
Venetian Vanilla

ice cream

99

our everyday low price ~~1.75~~



chunk light - 6 1/2 oz. tin

Starkist tuna

our everyday low price ~~1.35~~

1.09



250 mL btle.
all varieties - low calorie

Weight Watchers salad dressing

our everyday low price ~~1.29~~

.99

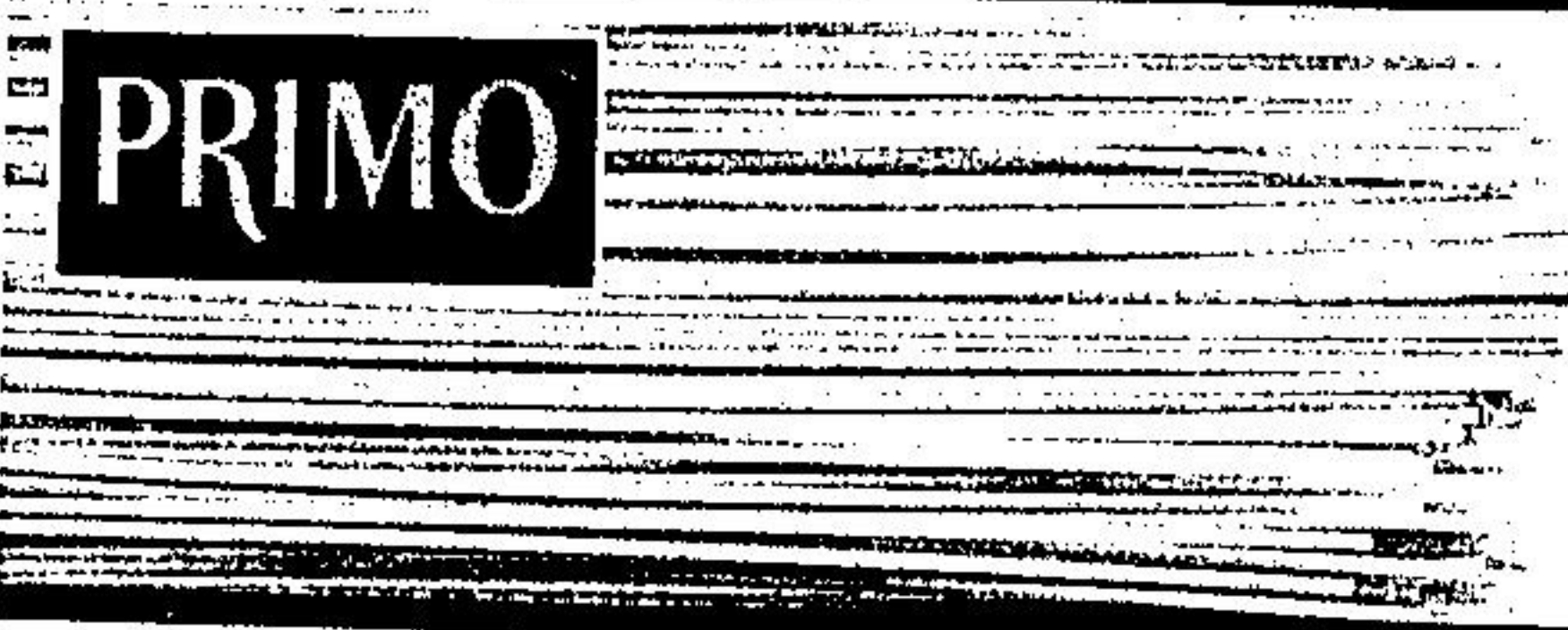


decaffeinated - 8 oz. jar

Sanka instant coffee

our everyday low price ~~6.69~~

6.29



all varieties - 900 g cello pkg.

Primo pasta

our everyday low price ~~1.27~~

.99



powder - 6 litre box
with lemon charged borax

Fab laundry detergent

our everyday low price ~~3.83~~

3.29



normal or oily - 450 mL pl. btle.

Flex shampoo or Flex conditioner

you pay only ~~2.39~~

1.00 off



reg. or winterfresh - 100 mL tube

Colgate toothpaste

our everyday low price ~~1.55~~

.99