

Spanish or blanched

McNair peanuts

\$1.

large 16 oz. cello bag

everyday low price **1.45**



Loblaws **Dutch gouda cheese**

\$2. lb.

random weight pkg.

everyday low price **3.17** lb.

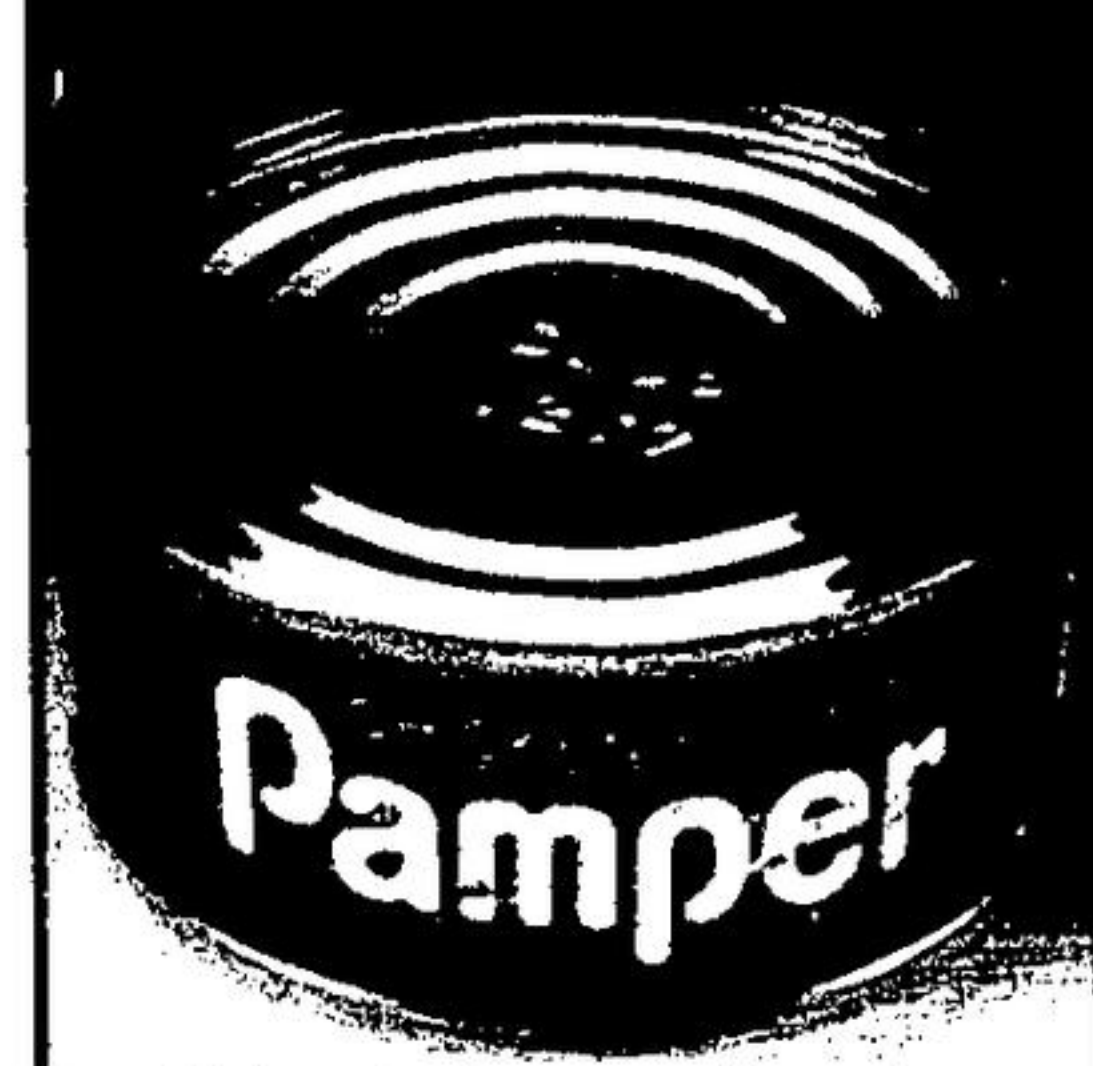


kitkat, Aero or Coffee Crisp **Rowntree candy bars**

\$1.4 pack

contains 4 reg. bars

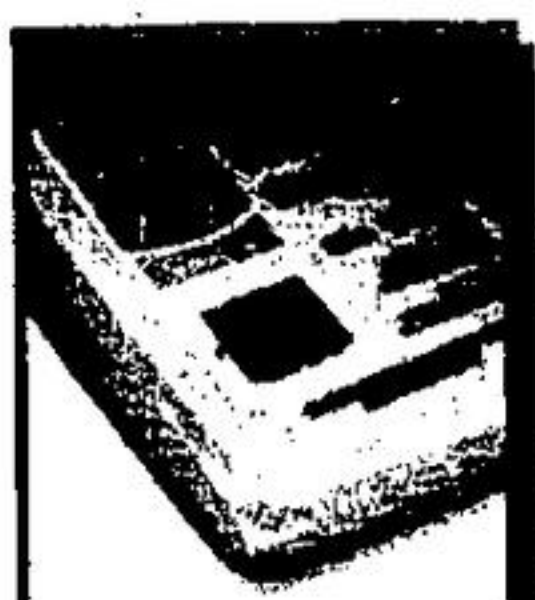
everyday low price **1.29**



all varieties **Pamper cat food**

\$1.4 6 oz. tins

everyday low price **.36** ea.



Baden XXX **colby cheese**

\$2.

12 oz. pkg. was 2.25



Baden XXX 7 oz. pkg. **limburger cheese**

1.35

was 1.45



Schneider's 8 oz. pkg. **old smoothy cheese**

1.45

was 1.53



Loblaws process 2 lb. jar **cheese spread**

3.59

was 3.79



Monarch Added touch all flavours 18 1/2 oz. box **cake mix**

1.12

was 1.26



Quaker, oatmeal or bran 900 g bag **muffin mix**

1.50

was 1.79



Kitty Treat, tuna or tuna and egg **cat food**

.63

12 oz. tin was .69



Puss-n' Boots all varieties 1 kg box **special menu**

1.39

was 1.59



Sweetheart shredded 250 g poly bag **pizza cheese**

1.65

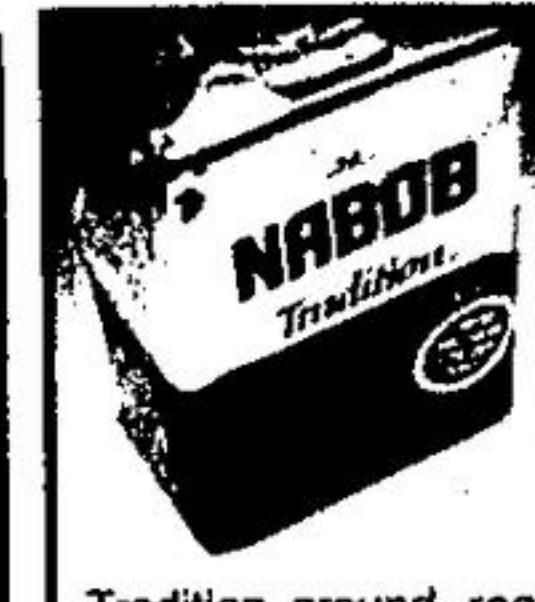
was 1.75



Mother Parker's economy (100's), 275 g bag **tea bags**

1.69

was 1.89



Tradition, ground, reg. filter or extra fine 1 lb. bag **Nabob coffee**

3.69

was 4.09



Taster's Choice freeze dried 8 oz. jar **instant coffee**

6.44

was 6.79



Butcher Brand beef or liver **dog treats**

.64

1 oz. pkg. was .69



Dr. Ballard's all varieties **dog food**

.47

14 oz. tin was .50



Ken-L Ration T-Bone 900 g box **dog biscuits**

1.50

was 1.59



Ken-L Ration **burgers**

\$2.

1 kg box was 2.19

no-name products

mineral water 1 Litre glass bottle **.59**

liquid clover honey 2 lb. glass jar pure **2.69**

pure creamed honey 2 lb. tub **2.49**

peanut butter 1 kg tub smooth or crunchy **2.25**

mozzarella cheese 16 oz. pkg. **2.45**

corn oil margarine 1 lb. plastic bag **.99**

orange juice frozen unsweetened 125 fl. oz. tin **.59**

juice sticks 660 ml. box (packed 12) frozen grape, orange or apple **1.19**

sour cream 500 mL tub **.99**

plain yogurt swiss style 500 g tub **.83**

cottage cheese 500 g tub creamed **1.09**

stoned milled whole wheat bread 100% 16 oz. loaf **.53**

sensible solution to rising prices