

Loblaws

Free steak dinner

with every \$50. order


senior citizens \$25. order details in store no accumulation of cash tapes

4.09 value at Ponderosa or free 3.90 value Frank Vetere's spaghetti & meatballs.



whole or shank portion
fresh pork leg


was 1.48 lb.
98



family pack, by the package
fresh loin pork chops

3 rib portions - 3 centre portions 3 tenderloin portions

was 1.88 lb.
1.28 lb.



freshly ground
medium ground beef

was 2.48 lb.
1.58 lb.



Nescafe 10 oz. jar
instant coffee

was 6.69
you pay only 4.69
2.00 off



Heinz keg'o
ketchup

32 fl. oz. btl.

was 2.09
1.29

more meat values

- Loblaws sweet pickled vac pac corned beef brisket lb. **2.28** was 2.78
- fresh pork leg butt portion lb. **1.18** was 1.38
- fresh pork loin chops centre cut lb. **1.78** was 2.48
- frozen Schneiders beef steakettes 500 g pkg. **2.28** was 2.65
- previously frozen sliced calves liver lb. **1.98** was 2.58
- Buddig thin sliced meats 5 varieties 71 g pkg. **.68** was .78
- sliced ziggys cooked ham 175 g pkg. **1.38** was 1.68
- regular or thick Loblaws sliced bologna 375 g pkg. **1.48** was 1.78
- salami or summer sausage Loblaws chubs 500 g pkg. **2.48** was 2.98
- store packaged frozen halibut steaks lb. **3.68** was 4.38
- Highliner Brand frozen cod filets 1 lb. pkg. **1.98** was 2.32

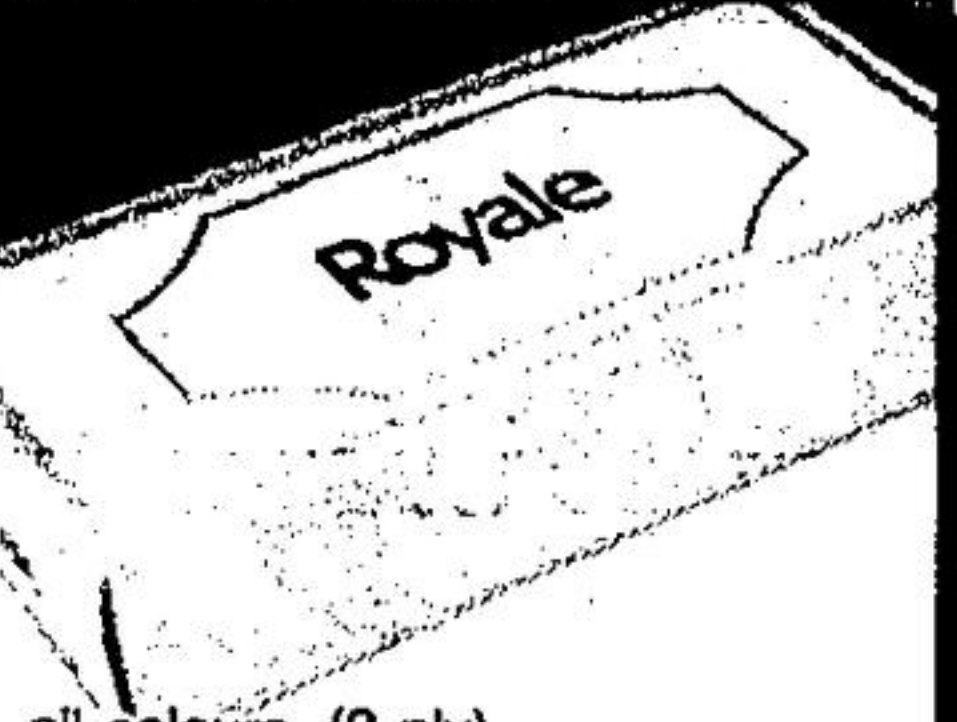
more grocery values

- Campfire marshmallows 250 g plas. bag **.69** was .79
- Kellogg's raisin bran 800 g box **2.47** was 2.57
- Quench, all flavours drink crystals 613 g tin **2.85** was 2.99
- White Swan, all colours, (2 ply) paper towels 2 roll pkg. **1.53** was 1.63
- JB Brand, frozen apple cider 12 1/2 fl. oz. tin **.77** was .97
- Arctic Gardens, frozen vegetable mix for soup 2 lb. poly bag **1.29** was 1.39
- Swanson, frozen, beef T.V. dinner 11 1/2 oz. box **1.82** was 1.95
- Grandma Martins cherry or apple frozen crepes 225 g box **1.79** was 1.99




Habitant, all varieties
ready-to-serve soup 8 fl. oz. tin

was .35
you pay only .17
1/2 price



all colours, (3 ply)
Royale, 60's box
facial tissue

was .62
you pay only .31
1/2 price



from the tropics
large size bananas

was .49
.28 lb.

more grocery values

- lucky charms or coco puffs 375 g box **1.86** was 1.97
- General Mills cereal all varieties 24 fl. oz. tin **1.77** was 1.97
- Clark stews Betty Crocker, creamy deluxe all flavours ready-to-serve 16.5 oz. tin **1.79** was 1.88
- sweet mixed or bread'n butter frosting 32 fl. oz. jar **1.49** was 1.65
- Javax liquid bleach 1.8 L plas. jug **.89** was .99
- for unbleachables Javax bleach 1.2 kg box **3.49** was 3.69
- Gulf, 10W30 motor oil 1 L tin **1.19** was 1.35
- Export medium cigarette tobacco 200 g tin **3.69** was 4.19
- Gentle Touch, white or pink toilet soap 140 g bar 2 for **1.29** was .75 ea.
- Now Freedom maxi pads 30's box **3.19** was 3.53
- Agree, reg., oily or protein and henna shampoo 350 mL plas. btl. **2.79** was 3.09
- Blue Bonnet, (2 x 8 oz. tubs) soft margarine 1 lb. sleeve **1.08** was 1.15
- Strubs pickled sweet pimentos 24 fl. oz. jar **1.53** was 1.69
- Neilson, creamed small curd cottage cheese 750 g tub **1.99** was 2.19

- frozen pre-dressed utility grade 2 to 4 lb. size roasting chickens lb. **.88** was 1.08
- cut from the leg, thin sliced, fresh pork schnitzel 1.00 lb. off **2.48** was 3.48
- Loblaws sliced regular or thick side bacon 500 g pkg. **1.68** was 2.18
- Loblaws sliced 5 specified varieties cold cuts 175 g pkg. **.75** was .82
- Loblaws wieners 1 lb. pkg. **1.58** was 1.98
- frozen store packaged ocean perch filets lb. **1.48** was 1.98
- shortcake, fruit shortcake, assorted creme fruit creme or digestive, 400 g bag Peek Freans biscuits **1.39** was 1.89
- Lipton chicken noodle, (4's) 240 g box **1.39** was 1.53
- dry soup mix **1.39** was 1.53

- Bye the Sea, in water, 7 oz. tin solid light tuna **1.45** was 1.59
- McLarens, assorted varieties 32 fl. oz. jar dill pickles **1.29** was 1.45
- Old South, frozen, Florida, unsweetened concentrated, 16 1/2 fl. oz. tin orange juice **1.49** was 1.63
- Nestle, all flavours (4 x 5 oz. tins) sleeve mini puddings **1.49** was 1.65
- Ingersoll process cheese 500 g jar food spread **2.29** was 2.49
- all varieties 900 g cello bag Primo pasta **1.29** was 1.49
- Primo, plain spaghetti sauce 28 fl. oz. tin **1.09** was 1.29
- Mr. Muscle 400 g aerosol tin oven cleaner **1.54** was 1.74

- product of U.S.A. Canada #1 grade cabbage each **.68** was .79 ea.
- product of U.S.A. Canada #1 grade cauliflower each **1.58** was 1.99 ea.
- product of B.C. extra fancy grade red spartan apples 3 lb. bag **1.28**
- product of U.S.A. California navel oranges 4 lb. bag **1.88** was 1.99
- product of U.S.A. California fresh strawberries quart box **1.78** was .99 lb.
- product of Chile, Canada fancy grade Granny Smith apples pound **.88** was 1.69
- Grannys 350 g box chocolate chip cookies **1.55** was 1.69
- Gillette Trac II, dispenser 5's pkg. carded razor blades **1.49** was 1.69

more produce values

- product of U.S.A. Canada #1 grade green sweet peppers pound **1.49**
- product of U.S.A. romaine lettuce each **.68**
- product of U.S.A. lemons 5 for **1.00**
- product of Ontario bean sprouts 2 lbs. **.89**
- product of U.S.A. watercress 2 bunches **1.00**

early week bonus

extra steak dinner voucher free
Mon, Tues, Wed. only with \$50 order

no accumulation of cash tapes
senior citizens every \$25. order

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