

# Loblaws

## plus...save & fly travel coupons

<p><b>Valuplus side bacon</b> 2.69</p> <p><b>cooked smoked boneless dinner hams</b> 7.25 / 3.29</p> <p><b>roasted lamb liver</b> 2.18 / .99</p> <p><b>previously frozen whole pork tenderloin</b> 7.69 / 3.49</p> <p><b>cooked smoked ham slices</b> 4.17 / 1.89</p> <p><b>ziggys mini chubs</b> 2.19</p> <p><b>ziggys cooked ham</b> 1.99</p> <p><b>Loblaws variety pack</b> 1.89</p> <p><b>all beef bologna</b> 1.89</p> <p><b>Valuplus wieners</b> .99</p> <p><b>frozen sole filets</b> 3.99</p> <p><b>red delicious apples</b> 1.88</p> <p><b>romaine lettuce</b> .79</p> <p><b>California grown avocado</b> 2/99</p> <p><b>new crop nectarines</b> 2.18 / .99</p> <p><b>Canada #1 grade green seedless grapes</b> 4.39 / 1.99</p> <p><b>green onions</b> 3/99</p> <p><b>#1 grade cauliflower</b> 1.69</p> <p><b>green plants</b> 1.29</p> <p><b>potting soil</b> .99</p> <p><b>whole mushrooms</b> .89</p> <p><b>Mother Parker's instant coffee</b> 4.99</p> <p><b>chocolate or natural flavour Ovaltine</b> 2.89</p> <p><b>gourmet dog dinner</b> 5.29</p>	<p><b>fresh chicken quarters</b> 1.96 / .89</p> <p><b>prime rib roasts</b> 5.71 / 2.59</p> <p><b>cooked, smoked hams</b> 3.06 / 1.39</p> <p><b>fresh product of U.S.A. broccoli</b> .58</p> <p><b>red delicious apples</b> .99</p> <p><b>celery stalks</b> .69</p>	<p><b>Bye the Sea flaked light tuna</b> .89</p> <p><b>keg o'ketchup</b> 1.00 off</p> <p><b>orange juice</b> .49</p> <p><b>Liberty vegetable oil</b> 2.99</p> <p><b>Monarch flour</b> 1.69</p> <p><b>facial tissue</b> .69</p>	<p><b>dishwasher detergent</b> 4.35</p> <p><b>Bounce fabric softener sheets</b> 5.39</p> <p><b>Confidets maxi pads</b> 4.19</p> <p><b>ice cream novelties</b> 1.99</p> <p><b>Canadiana bread</b> .85</p> <p><b>Heinz beans</b> .89</p> <p><b>Realemon lemon juice</b> 1.43</p> <p><b>ground coffee</b> 3.69</p> <p><b>olde style hot chocolate</b> 1.99</p> <p><b>Red Rose tea bags</b> 2.15</p> <p><b>cheerios cereal</b> 1.57</p> <p><b>Granny Smith apple juice</b> 1.19</p> <p><b>dip-a-chip</b> .83</p> <p><b>Diet Imperial margarine</b> 1.15</p> <p><b>Imperial margarine</b> 2.99</p> <p><b>Granny Smith apple juice</b> 1.34</p> <p><b>Chun King dinners</b> 1.99</p> <p><b>Stouffer's meat pies</b> 1.99</p> <p><b>chips</b> 1.99</p> <p><b>McCormick's biscuits</b> 1.79</p>
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<b>rib steaks</b> cut from Canada grade 'A' beef kg 6.59 lb. 2.99	<b>red or golden delicious apples</b> product of B.C. or U.S.A. Canada extra fancy grade kg 1.30 lb. .59	<b>Primo pasta</b> assorted varieties 500 g cello bag .99	<b>Primo spaghetti sauce</b> plain 28 fl. oz. tin .99	<b>fruit bottom yogourt</b> Beatrice assorted flavours 175 g cup 2/99
<b>corned beef brisket</b> Tasty King Brand kg 5.27 lb. 2.39	<b>anjou pears</b> product of U.S.A. Canada fancy grade kg 1.94 lb. .88	<b>100% whole wheat bread</b> Weston, 1882 stone milled sliced, 24 oz. loaf .92	<b>soft spread margarine</b> Imperial, (2 x 8 oz. tubs) 1 lb. sleeve or 1 lb. tub 1.29	<b>bathroom tissue</b> White Swan assorted colours 1 ply, 4 roll pkg. 1.49

### save & fly travel coupons

**30% off the lowest priced holidays**

**save & fly \$5 travel coupons** one free with every \$50. Loblaws order

Save & Fly Holiday Package Pricing Policy Air Canada/Touram Save & Fly Holiday Package price will, subject to government approval, be as low as, or lower than, any comparable holiday package regular price to the same destination from the same point of origin offered by any of its major competitors. \*List of major competitors may be obtained from Air Canada/Touram. See your participating travel agent or Air Canada for details. Prices subject to change without notice. Check with your travel agent for more up to 30% off destinations. \*Holiday packages dependent on availability and time of year.

### low price specials

large moist or deodorant wet soap for shower 2.19	Lady Pinceo hair conditioner or shampoo - same conditioning, good styling (bottle over 100 ml) 1.89
regular or mint toothpaste 1.39	Dyckman long size hair dressing 2.59
1 unit tube Lypsyl for chapped lips .89	product of U.S.A. pressed dates 2.29
mint of menthol or Capico, 100 ml. tube Impulse body spray 2.99	no name™ 10 kg bag product of Ontario super de-icer traction aid 2.69

### more low price specials

**Pepsi-Cola (reg.), Pepsi Free (regular or sugar-free) Diet Pepsi (sugar free) or Mountain Dew** 5.99

**no name™ 227 g box beef steaks or burgers** 7.49

**no name™ 10 kg bag product of Ontario firelogs** 7.99

<b>fresh lemons</b> product of U.S.A. 5/99	<b>pink salmon</b> Clover Leaf 7 3/4 oz. tin 1.65	<b>Wilkinson razor blades</b> super sword edge 5's pkg. 1.19	<b>havarti or mozzarella cheese</b> Baden XXX 227 g stix 1.89	<b>wine sauerkraut</b> Bick's 32 fl. oz. jar 1.49	<b>Coco Puffs or Lucky Charms</b> General Mills cereal 375 g box 2.29
<b>red grapes</b> product of U.S.A. Canada #1 grade kg 2.18 lb. .99	<b>Bold 3 laundry detergent</b> powdered 3 L box 2.99	<b>Neo Citran 'A'</b> (with Vitamin C) 10's box 2.79	<b>Kellogg's eggo waffles</b> frozen, blueberry, raisin in pieces or plain, 11 oz. box 1.31	<b>French's mixes</b> sloppy joe seasoning or spaghetti sauce, 1.5 oz. envelope .64	<b>family size candy bars</b> Nestle, Jersey Milk, Virginia, Supreme, Burnt Almond or Raisinets 85 g bar .89
<b>coleslaw</b> product of Ontario 2/99	<b>soil and stain remover</b> Javex stain away 600 mL. btl. 2.39	<b>Colby or farmers cheese</b> Baden XXX 12 oz. pkg. 2.79	<b>light cottage cheese</b> Nellson, 500 g tub 1.59	<b>chili-o seasoning mix</b> French's 1-3/4 oz. envelope .69	<b>Loblaws</b>