

# Loblaws **lean** freshly ground ground beef

kg **3.51**  
lb **1.59**

**Ziggys Sandwich Honey Ham**  
1.99 lb.

Our Ziggys cooked Honey Sandwich Ham is made from fresh, selected, Canadian hams. Our exclusive curing process with honey and sugar produces a deliciously unique flavour. The Ziggys cooked Honey Sandwich Ham is perfect for salad, hors d'oeuvres, sandwiches or as a glazed dinner roast. Sold only in one kg packages (2.2 lbs.) for 4.39/kg or 1.99 lb. Available at all stores including No Frills.

cut from Canada grade 'A' beef, bone-in  
**blade steak**

kg **3.06**  
lb **1.39**

boneless cut from Canada grade 'A' beef chuck  
**beef roasts**  
/kg **4.39** lb **1.99**

frozen processed grade A all sizes  
**young geese**  
/kg **3.51** lb **1.59**

country style extra meaty pork loin rib portion piece or sliced  
**spare ribs**  
/kg **3.73** lb **1.69**

partly skinned butt or 3/4 lb portion  
**cooked smoked hams**  
/kg **2.62** lb **1.19**

Z & W Foods hot or sweet fresh  
**Italian sausage** /kg **5.05** lb **2.29**

Loblaws cooked picnic  
**smoked pork shoulder** /kg **3.28** lb **1.49**

frozen Highliner Brand  
**sole in batter** /kg **2.59**

175 g pkg sliced  
**ziggys cooked ham** /kg **1.59**

no name™  
**Gourmet Pure Jam**  
strawberry, raspberry, apricot or orange marmalade  
**2.99** / 375 mL jar



Lean Cuisine \$1.00 off  
**frozen entrees**  
/kg **2.19**

**vegetables**  
McCain fancy frozen, florentine, parisienne or normandie  
1 kg poly bag **1/3 off**

**frozen dinners**  
Savann, peel, fried chicken, Salisbury steak or turkey  
11 oz. box **1.39**

with this coupon pay 1/2 Loblaws regular price on the purchase of Loblaws, Canada grade A, dozen carton  
**large eggs** /dozen **1.12**

Limit one carton per coupon. Limit two coupons per family. Coupon expires Sat., Dec. 10, 1983. Coupon valid only at Loblaws.

Butterball  
29 cm x 30 m roll box  
**Saran Wrap** /roll **1.99**

12 1/2 fl. oz. tin  
**sweet apple cider** /tin **.79**

frozen, cheese or sour cream flavour, 4 1/2, 19 oz. box  
**Penobscot potatoes** /box **1.35**

frozen microwave or cheese dog, 4 1/2, 400 g box  
**Ajoro pizza** /box **2.69**

frozen, all butter, 4 1/2, 170 g box  
**Sara Lee croissants** /box **1.79**

**Butterball turkey**  
frozen Swifts deep basted Canada grade 'A' all sizes  
kg **2.84**  
lb **1.29**

frozen, cherry or strawberry, 20 oz. box  
**Sara Lee cheese cake** /box **2.99**

1 L tub  
**Cool Whip** /tub **1.85**

500 g pkg.  
**3 Little Pigs sausage** frozen pure pork or farm style  
**1/2 price**  
pay only **1.49**

**1/2 price eggs**  
Loblaws large size Canada grade 'A' dozen carton

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**large eggs** /dozen **1.12**

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Westons, 8's poly bag  
**english muffins**

store cut  
**Canadian mozzarella cheese**  
/kg **4.39**

save over 1/2 price from our ziggys dell  
**1.99** lb.

**.79**

100% Durum Semolina  
**De Cecco Pasta or Spaghetti**  
imported from Italy fusilli, spaghetti, spaghetti, penne or linguini  
500 g pkg. **.69**

**Peek Freans biscuits**  
600 g bag  
kg **6.59**  
lb **2.99**

tomato paste  
**Hunts**  
5.5 fl. oz. tin  
**1/2 price**  
pay only **.36**

digestive pay only **1.59**  
fruit creme or family assorted pay only **1.74**

**1/2 price**

with every \$10. Loblaws order **free** upon request **Christmas**