

500 g pkg. **1.99**
 whole frozen New Zealand
lamb legs
 5.05 **2.29**

Sweet Russian Mustard
In A Free Clamp-Top
English Preserving Jar
Worth \$2.99

Specialty food stores sell branded Prepared Sweet Russian Style Mustard for as much as \$4.50 for a 250 mL jar. However, Loblaw's sells 250 mL of No Name™ Russian Prepared Mustard for only \$2.49. No wonder it's a runaway seller. Use it as a meat glaze, barbecue sauce, or merely as a condiment; it spices up any dish. And now it's even a better buy because now we have 500 mL for only \$4.99 and it's packed in a clamp-top English preserving jar that's worth \$2.99 all by itself.

product of Prince Edward Island Canada no. 1 grade
 pay only **.99** **1/2** price
potatoes 10 lb. bag

Schneiders
Olde Fashioned
hams
 cooked, smoked, boneless
 pay only **6.15** **2.79** /kg lb.

orange juice
 from concentrate
 84 fl. oz. bottle **1.69**

green onions
 product of U.S.A.
 3 bunches **.99**

romaine lettuce
 product of U.S.A.
 each **.88**

1/2 Price Bread *Every Week Until Christmas*
 One day I was reading the gourmet magazine Bon Appétit and I came across an article on my friend Alfons Dimpfleier. I couldn't have been more glowing; the author absolutely gushed about the quality of Alfons' bread. "Some of the best German rye I've ever eaten came not from Germany but from Toronto, Canada... The bread is baked in much the same way it was done almost 300 years ago... Special ovens equipped with stone plates inside, were imported from Germany to produce genuine stone-baked breads. Most of the operation is still accomplished by hand, with the exception of a few machine processes such as mixing, slicing and packaging... Loaves are said to have shelf life of ten days, but I can tell you from experience that some hold for two full weeks, and others for three weeks or longer." However, the ultimate accolade for Alfons came from a German I met at the ANUGA Food Fair in Cologne. He said "You know because of Dimpfleier you now have better bread in Ontario than we have in Germany." Every week until Christmas we're going to feature an Alfons Dimpfleier masterpiece at 1/2 price so that you can become thoroughly acquainted with a company that all Canadians have every right to be proud of. Not available at No Frills. This week we are featuring Münchner Stadtbrot (Munich city bread).

red delicious apples
 product of Ontario Canada fancy grade
 3 lb. bag **1.49**

product of Morocco
clementines
 /kg **2.18** lb. **.99**

product of U.S.A. Canada #1 grade
red grapes
 /kg **2.16** lb. **.98**



Dole
 Brand
pineapple
 product of Honduras
 pay only **.99** **1/2** price

1/2 price

ice cream
 spumoni
 Devon 1 L tub **2.29**

Loblaws donuts
 plain or sugar
 12's pkg. **.99**

Canada Dry ginger ale
 750 mL bottle **.49**

Nellson candy bars
 4's cello pkg. **1.49**

product of Ontario:
 6" pot
polisettias **4.99**
 product of Holland
 bunch of 10
fresh cut freesia **2.99**

product of U.S.A.
papaya **1.49**
 product of Israel
sharon fruit 2 for **1.00**

1/2 enlargements
 or posters
 reg. half price
 5" x 7" enlargement 3⁴⁹ 1⁷⁴
 8" x 10" enlargement 6⁴⁹ 3²⁴
 18" x 20" poster 16⁹⁹ 8⁹⁹
 20" x 24" poster 19⁹⁹ 9⁹⁹
 offer effective Wed. Dec. 7 until
 Wed. Dec. 20, 1983.

onions
 product of Ontario
 Canada no. 1 grade
 2 lb. bag
1/2 price
 pay only **.49**

Minute
 FROZEN CONCENTRATED
ORANGE JUICE

minute
maid
 (frozen, concentrated, more pulp or unsweetened)
orange juice
 355 mL tin
 pay only **.89** **1/3** price

Canadian Balderson
2 year old
White Cheddar
Cheese
 /kg **13.21**
 lb. **6.99**

Lay's
 or Ruffles
potato chips
 assorted varieties
 200 g bag
 pay only **.79** **1/2** price

Weston's
Stoned
Wheat Thins
 600 g pack **1.49**

from our instore bakery
apple pie
 fresh baked 625 g
 pay only **1.24** **1/2** price

1/3 price
 pay only **.58**
Purrrrrr
 gourmet platter, beef wellington, stew supreme, or super seal food
cat food 397g

buy in bulk and save
 bulk is not available in all stores.
 in limited quantities - shop early
 Christmas trees /100 g **.29**
 bulk A.B. gums **1.29**
 special bulk english mints /100 g **.33**
 peppermint parties bulk party mints **3.99**
 bulk satin mix /100 g **.35**
 Santa Claus balls or balls bulk solid chocolates /100 g **.77**
3.49

kitchen salad green or wax beans (10 L or 1 of fancy salad whole kernel corn, 7 L, oz. tin)
Green Giant vegetables **.59**
 rich or milk 500 g jar
Camaron hot chocolate **2.79**
 in tomato sauce, alpha-petti, zoodles or spaghetti with cheese, 14 fl. oz. tin
Libby's pasta **.69**
 macaroni & cheese, noodles romanol or spinach souffle, 340 g box
Stouffer's frozen entrees **1.59**

strawberry, raspberry, blueberry or peach, 175 g cup
Nellson fruitplus yogurt **.49**
 small curd, 500 g tub
Nellson creamed cottage cheese **1.79**
 Nellson 250 g tub
smooth'n saucy onion dip **.99**
 Malted Milk, Burnt Almond, Jersey Milk, Crispy Crunch Canadian or Sweet Marie, (8 s)
Nellson Novelites 12's box **2.59**

prairie gold, white or 60% whole wheat sliced, 875 g loaf
Dietrich protein bread **.85**
 216's, 24 oz. box
Tetley tea bags **5.89**
 Nellson, butter walnut, toasted almond or peanuts & honey, 12's, 9 oz. box
Country Crisp granola bars **1.79**
 8 1/4 oz. pour carton
Club House \$1.00 off **3.39**
 black pepper

all soft drink brands
 new everyday low price until Dec. 31, 1983.
 750 mL returnable bottles (1 + 30c dep) **.59**
 case of 24 280 mL tins **6.99**
 selected brands may be featured at lower prices

with this coupon pay P.L.U. 891
 1/2 the regular price on the purchase of one 355 ml tin of
Minute Maid frozen grapefruit juice
 1.39 without coupon
 1.19 with coupon pay only **.69**
 Unsweetened concentrated
 Limit one coupon per family purchase. Coupon valid only at Loblaw's. Coupon valid until Tues. Dec. 13, 1983.

Loblaws weekly specials are not available at superstore food warehouse.
Prices effective to Tues. Dec. 13, 1983 except meat, produce & bakery effective to Sat. Dec. 10, 1983.
 Stores reserve the right to limit quantities.
Loblaws

dole worth \$1. with every \$10. order at these stores; Thrifty's, Big Steel Man, Braemar, Suzy Shier, Rubys Shoes, L.A. Express, Tip Top, B.H. Emporium, Fairweather