

Loblaws

ground beef
regular
freshly ground /kg **2.16**
lb. **.98**
Limit: 10 lbs. per family

bathroom tissue
Royale
assorted colours
2 ply, 4 roll pkg.
with coupon below pay only **1.17**
special price without coupon **1.99**

pork legs
fresh whole or shank portion /kg **2.16**
lb. **.98**

mozzarella cheese
Schneiders
375 g block
Limit: two blocks per family purchase
pay only **1.86**

red hots
Schneiders dutch treat or all beef wieners
450 g pkg. pay only **1.89**

Heinz beans
tomato sauce
vegetarian, with pork or with pork and molasses
14 fl. oz. tin
pay only **.49**

bananas
large size from the tropics /kg **.42**
lb. **.19**

yogourt
Light & lively
peach, blueberry, raspberry, strawberry or strawberry banana
175 g cup
pay only **.41**

nectarines
product of Chile
pay only **1/2 price**
/kg **2.18**
lb. **.99**

ice cream
Neilson assorted flavours
2 L carton
pay only **2.66**

fresh boneless pork loin roasts or chops
centre cut
/kg **6.37**
lb. **2.89**

fresh country style pork spare ribs
loin rib portion sliced or unsliced
/kg **4.39**
lb. **1.99**

green sweet peppers
product of Mexico Ontario no. 1 grade
/kg **2.18**
lb. **.99**

Lipton cup-a-soup
assorted varieties, 4's
40 g box **.99**

Nabob Tradition ground coffee
extra-fine, fine drip or regular grind
369 g vacuum pack **3.29**

Pepsi-Cola
Pepsi-Cola, Diet Pepsi or Pepsi-Free (reg. or sugar-free)
750 mL bottle (+ 30¢ deposit) **.59**

Lay's or Ruffles potato chips
Lay's regular, simulated vinegar, sour cream & onion, bar-b-q, ruffles-regular
200 g bag **1.39**

liced fresh beef liver /kg **1.52**
b. **.69**
Loblaws cooked smoked boneless country style ham /kg **8.80**
b. **3.99**
Loblaws cooked smoked pork picnic shoulders /kg **3.73**
b. **1.69**
Loblaws sliced smoked ham steaks /kg **1.99**
sliced 500 g pkg. Valuplus side bacon /kg **1.99**
frozen store packaged Boston bluefish fillets /kg **2.62**
b. **1.19**
Z & W Foods previously frozen breakfast sausage store packaged lb. **1.79**
sliced botarga, mock chicken, luncheon meat or mazzoni & cheddar loaf, 175 g pkg.
Loblaws cold cuts /kg **.95**
sliced 175 g pkg. Ziggys cooked ham /kg **1.69**
sliced 375 g pkg. summer sausage /kg **2.69**
capparoni, salami, summer sausage 250 g pkg.
Loblaws cooked meat sticks **1.79**

product of U.S.A. brussel sprouts /kg **2.18**
b. **.99**
product of Ontario Canada fancy grade McIntosh apples 3 lb. bag **1.59**
product of U.S.A. California grown large size seedless navel oranges 5 / **1.99**
Hawaiian grown product of U.S.A. papaya **1.49**
product of U.S.A. fresh broccoli bch. **.99**
product of U.S.A. Canada #1 grade red grapes /kg **2.18**
b. **.99**
product of U.S.A. Canada #1 grade anjou pears /kg **1.72**
b. **.78**
product of Ontario Beautiful Flowering 6" pot cyclamen **5.99**
frozen, assorted sizes 1 kg poly bag York fancy peas **2.29**
liquid 1 L. bde. Ivory dish detergent **3.09**
grape, apple or orange 1 L. bde. Tang fruit drinks 1/2 price **.59**

Pepsi-Cola, Diet Pepsi, Pepsi-Free (regular or sugar-free) or Mountain Dew 24 x 250 mL Btl. Cases **6.99**
automatic dishwasher detergent /kg **3.99**
1.4 kg box all white, old white, Schneiders cheddar cheese **3.59**
chocolate chip, chocolate fudge, cinnamon Danish (450 g) or coconut cream Dare cookies 400 g bag **1.79**
Seakrest, plain 500 g tub creamed cottage cheese **1.85**
Neilson 250 g tub smooth 'n saucy onion dip **.99**
28" x 36" 20's pkg Glad garbage bags 1/2 price 100 mL tube Pepsodent dental cream **.99**
sliced 675 g loaf Weston sesame crusty bread **.89**
1.4 kg box Uncle Ben's converted rice **3.39**
Bily Bee 800 g square bde. white liquid honey **1.99**

283 g pkg Weston family chocolate roll **.99**
Carnation 350 g pkg instant mashed potatoes **1.55**
Brown Cow 400 mL bde. instant chocolate syrup **1.65**
General Mills Pac Man cereal 375 g box **2.29**
400 g box Westablx cereal quick cooking, minute or large flake, 1.35 kg bag **1.85**
Old Mill rolled oats **1.35**

dark bran, honey'd bran or deluxe instant bran, 340 g pkg Monarch muffin mix **.99**
1 L. bde. Crisco vegetable oil **2.99**
Monarch, barbecue, honey garlic or sweet and sour, 105 g pkg. Chicken Magic coating mix **.79**
200's pkg. Glad sandwich bags **2.49**
Cavendish Farms frozen, 750 g pkg hash brown potatoes **.79**
Arctic Gardens frozen, 1 kg poly bag mixed vegetables **2.19**

Highliner, frozen 454 g pkg. cod fish and chips **1.99**
frozen 283 g box Lean Cuisine meatball stew **2.75**
chicken a la king, escapaloo chicken and noodles or turkey lasagna, 269 g box Stouffer's frozen entrees **2.49**
frozen, apple, blueberry or cherry 27 x 225 g box Grandma Martins little pies **.99**
whole kernel (14 fl. oz.) or cream (12 fl. oz. tin) V. V. York fancy corn **.85**
concord or white 1 L. bde. Welch's grape juice **1.99**

Note: Loblaws specials not available at Loblaws superstore warehouse. Prices effective to Sat. January 21, 1984. Stores reserve the right to limit quantities.

with this coupon pay only 1/2 the regular price on the purchase of one 4 roll pkg. of Royale bathroom tissue 2 ply, assorted colours with coupon you pay **1.17**
regular price **2.35**
Limit: one pkg. per coupon
Limit: 2 coupons per family
Coupon expires Sat. Jan. 21, 1984
Coupon valid only at Loblaws

with this coupon pay only 1/2 the regular price on the purchase of one 4 roll pkg. of Royale bathroom tissue 2 ply, assorted colours with coupon you pay **1.17**
regular price **2.35**
Limit: one pkg. per coupon
Limit: 2 coupons per family
Coupon expires Sat. Jan. 21, 1984
Coupon valid only at Loblaws

with this coupon pay only 1/2 the regular price on the purchase of one 4 roll pkg. of Royale bathroom tissue 2 ply, assorted colours with coupon you pay **1.17**
regular price **2.35**
Limit: one pkg. per coupon
Limit: 2 coupons per family
Coupon expires Sat. Jan. 21, 1984
Coupon valid only at Loblaws

with this coupon pay only 1/2 the regular price on the purchase of one 4 roll pkg. of Royale bathroom tissue 2 ply, assorted colours with coupon you pay **1.17**
regular price **2.35**
Limit: one pkg. per coupon
Limit: 2 coupons per family
Coupon expires Sat. Jan. 21, 1984
Coupon valid only at Loblaws

with this coupon pay only 1/2 the regular price on the purchase of one 4 roll pkg. of Royale bathroom tissue 2 ply, assorted colours with coupon you pay **1.17**
regular price **2.35**
Limit: one pkg. per coupon
Limit: 2 coupons per family
Coupon expires Sat. Jan. 21, 1984
Coupon valid only at Loblaws

with this coupon pay only 1/2 the regular price on the purchase of one 4 roll pkg. of Royale bathroom tissue 2 ply, assorted colours with coupon you pay **1.17**
regular price **2.35**
Limit: one pkg. per coupon
Limit: 2 coupons per family
Coupon expires Sat. Jan. 21, 1984
Coupon valid only at Loblaws

with this coupon pay only 1/2 the regular price on the purchase of one 4 roll pkg. of Royale bathroom tissue 2 ply, assorted colours with coupon you pay **1.17**
regular price **2.35**
Limit: one pkg. per coupon
Limit: 2 coupons per family
Coupon expires Sat. Jan. 21, 1984
Coupon valid only at Loblaws

