



dollar sale

buy one-get one with every 50. order coupon
free steak dinner

up to 3.87 value
total value up to 8.76

PONDEROSA New York striploin steak dinner up to 4.89 value



bacon
 Swift's side sliced Sugar Plum
 500 g pkg.
1.00
 with coupons below
 limit: 2 coupons per family purchase
 only with a minimum \$15. in purchases excluding cigarettes and this item.

eggs large
 Loblaws Canada grade 'A'
1.00
 dozen carton
 limit: 2 cartons per family



ground lean beef
 freshly ground
1.00
 lb.
 pay only 3.73/kg
 1.69 lb.

sugar
 Westcane white granulated
1.00
 2 kg bag
 limit: 2 bags per family

sugar
 Westcane
 extra fine
1.00
 Aunt Jemima jumbo waffles
 10 oz. box

pork sausage
 frozen Canadian Queen Brand
 /kg 2.20
 lb. 1.00

oranges
 large size seedless navel
 product of U.S.A. California grown
1.00
 5 for 1.00

bread
 Country Harvest
 sliced, seven grain stone milled 100% whole wheat or prairie bran
 675 g loaf
1.00
 limit: 2 loaves per family

flour all purpose
 Monarch
 25 kg bag
2.00

pork chops
 fresh shoulder butt
 pay only /kg 2.84
 lb. 1.29
1.00
 lb. off

hams
 Loblaws semi-boneless ham
 cooked smoked
 pay only /kg 5.40
 lb. 2.45
1.00
 lb. off

McCain drinks
 Reconstituted Apple Juice, Revive Citrus Beverage, Reconstituted Orange Juice, Take 5 Fruit Punch, Lemonade or Grape Nectar, 3 x 250 mL tetra-pak
1.29
 buy a case (9 servings - 3 x 250 mL) of any one variety and save \$4.00 off the regular price
 pay only 9.95
4.00
 off

biscuits
 Peek Freans
 Nice, Shortcake or Digestive
 400 g bag
 pay only 1.29
1.00
 off

pork roast
 boneless fresh shoulder butt
 /kg 4.41
 lb. 2.00

tomatoes
 product of U.S.A. Canada #1 grade
 sliced 4 varieties
 175 g pkg.
1.00

broccoli
 fresh bunch
 product of U.S.A.
1.00

Lipton tea bags
 orange pekoe, 100's
 220 g box
3.00

frank-furters
 ziggys
 450 g pkg.
 pay only 1.69
1.00
 off

broccoli
 fresh bunch
 product of U.S.A.
1.00

fresh mushrooms
 product of Ontario
 12 oz. pkg.
1.99

laundry detergent
 All powder concentrated
 3 L box
4.00

lamb legs
 frozen New Zealand whole
 /kg 4.41
 lb. 2.00

seedless grapes
 product of Chile Canada #1 grade green
 1 1/2 lb. tray
 pay only /kg 4.39
 lb. 1.99
1.00
 off

fresh lemons
 product of U.S.A.
 6 / **1.00**

laundry detergent
 Wisk, liquid
 1 L bottle
2.00

turkey breasts
 frozen semi-boneless
 /kg 6.61
 lb. 3.00

rainbow trout
 fresh
 /kg 6.61
 lb. 3.00

facial tissue
 White Swan
 beige, white, or yellow
 2 ply / 200's box
1.00

instant coffee
 Nescafe, 10 oz. jar
 pay only 6.19
1.00
 off

cornish wafers
 Peek Freans
 150 g pkg.
1.00

Airwick air freshener
 solid, natural, spring meadow, rose or lemon
 142 g pkg.
1.00

dish detergent
 Palmolive
 liquid 1 L bottle
3.00

Sugar Plum bacon
 with this coupon & minimum \$15. purchase (excluding cigarettes & this item) pay only 1.00 on the purchase of one 500 g pkg. of Swift's side sliced Sugar Plum bacon
 limit: 2 coupons per family
1.00
 P.L.U. 938
 Coupons expire Sat. Feb. 11, 1984. Coupons valid only at Loblaws.

fresh picnic pork shoulder roast /kg 2.20 lb. 1.00
Highliner Brand frozen Boston bluefish fishsticks 300 g pkg. 2.19
cooked ham 175 g pkg. 1.59
liver sausage Braunschweiler, 300 g pkg. 1.49
meat chunks ZAW Foods Bologna, mac. & cheese or most chicken 175 g pkg. 3.06 1.39
cooked meats Ziggys 175 g pkg. 1.59

tomatoes choice 2 1/2 oz. tin Aylmer 1.19
corn flakes cereal Kellogg's 675 g box 1.99
creamy deluxe frosting Betty Crocker, ready-to-spread, chocolate, vanilla or milk chocolate, 450 g plastic tub 1.69
super moist cake mix Betty Crocker, white, devil's food or german chocolate, 510 g box 1.59
Miracle Whip salad dressing 1 L jar Kraft 3.25
Scott family napkins decorated 180's pkg. 2.25

Danish havarti cheese Dole Doline 200 g pkg. 1.79
McCain drinks frozen, concentrated, unsweetened apple juice or Revive citrus beverage 12.5 fl. oz. tin 1.19
strawberry shortcake McCain, frozen 25 oz. box 2.99
cottage cheese Light n' Lively 600 g tub 1.89
crumpets 6's, 300 g pkg. Granny's 0.99
chili seasoning mix Club House 1/2 oz. envelope chill 0.75

apple pie filling Stafford 19 fl. oz. tin 1.65
dishwasher All automatic dishwasher detergent 1.8 kg box 5.29
bathroom tissue White Swan 12 oz. box 1.89
boston fish n chips Bluewater, frozen 750 g box 2.79
cabbage rolls Holiday Farms, frozen 16 oz. box 2.49
meat pies frozen, beef, chicken, steak and kidney or turkey, 227 g box Savarin .85

Loblaws specials are not available at Superstore food warehouse. Stores reserve the right to limit quantities. Prices effective until Sat. February 11, 1984.

