

# Loblaws Low Special Prices

Plus... Dave Nichol's insider's report over 190 unique products

**cap off rib steak** /kg **6.59**  
 Limit 6 cut from Canada grade A beef  
 lb **2.99**

**CLOVER LEAF Flaked Light Tuna**  
 Clover Leaf flaked light 6 1/2 oz. tin  
 LIMIT 4  
 pay only **74**  
**tuna 1/2 price**

**shoulder steak** /kg **3.06**  
 fresh, pork butt lb **1.39**

**pure apple juice**  
 Scolian Gold choice "snack pak with straw" 250 mL combibloc no raincheck on this item  
**33**

**cantaloupes**  
 product of U.S.A. Canada #1 grade larger size 18's each  
**69**

**Palmolive** more than  
 liquid dish detergent 1 L. btl.  
 pay only **1.99**  
**1/3 off**

out from Canada grade A beef  
**strip loin steaks** /kg **13.21**  
 lb **5.99**  
 fresh chicken wings /kg **2.62**  
 lb **1.19**

**lamb chops**  
 loin frozen, New Zealand thick cut /kg **6.59**  
 lb **2.99**

**McCain french fries**  
 frozen, beefsteak, crinkle cut, shoestring or straight cut, 1 kg poly bag  
 more than  
 pay only **.99**  
**1/3 off**

**Ramlosa** natural mineral water  
 1/2 price case sale 12 x 680 mL btl. (case)  
 no raincheck on this insider's item  
 ml. btl. **5.88**  
 lb. **.69**

**Kwinters gourmet all beef frankfurters**  
 450 g pkg. **2.99**

fresh boneless chicken breasts /kg **11.00**  
 lb **4.99**

**Country style spareribs**  
 fresh pork loin, rib portion, sliced /kg **4.39**  
 lb **1.99**

fresh cut from the leg  
**veal scallopini** /kg **11.00**  
 lb **4.99**  
 Loblaws cooked smoked boneless country style hams /kg **8.80**  
 lb **3.99**

**romaine lettuce**  
 product of U.S.A. or Ontario each  
**.59**

**Kleenex tissue** more than  
 yellow, white or mocha 2-ply, 200's box  
 pay only **.85**  
**1/3 off**

beef, fish, meat ball or turkey-chicken, 680 g tin  
**Puritan stews** 1.99  
 red raspberry or strawberry 500 mL jar  
**Laura Secord pure jam** 2.99

**bulk Sultana raisins** 1/2 price  
 no raincheck on this insider's item /kg **1.26**  
 lb **.57**

**mangoes**  
 product of Mexico each **.99**

product of U.S.A. Canada #1 grade  
**red or black plums** /kg **2.18**  
 lb **.99**  
 product of U.S.A. Florida grown  
**fresh limes** doz. **.88**

**Anne's gourmet salad dressings**  
 product of Ontario 500 ml jar **1.99**  
**Maxwell House instant coffee** 6.99  
 white or almond 2 pk, 4 roll pkg.  
**April Soft bathroom tissue** 1.59

**ham steaks** smoked, partly skinned cooked /kg **3.95**  
 lb **1.79**

product of U.S.A. Canada #1 grade  
**cucumbers** 2/ **1.00**

**Bick's relish** sweet, cu-bits 1 L jar  
 pay only **1.79**  
**1/3 off**

**Romi egg noodles** fine, medium, broad or extra broad, 375 g pkg.  
 pay only **.59**  
**1/2 off**

750 mL btl. **Pepsi** Pepsi Free (regular or sugar free) or Pepsi-Cola (regular or diet) plus .30 deposit **.49**

**yogurt drinks** McCain peach, strawberry or raspberry 3 x 200 mL tetra pak  
 pay only **1.29**  
**1/3 off**

**raspberry beverage base** Westvale frozen, concentrated 250 mL tin  
 pay only **.89**  
**1/3 off**

**Beatrice ice cream** Olde Fashioned Recipe chocolate or vanilla 1 L tub  
 pay only **1.44**  
**1/2 off**

**chocolate chip cookies** no raincheck on this insider's item  
 Famous Amos with pecans, macadamia or regular 200 g pkg. **2.49**

conditioning-also vera, conditioning-herbs or balsam, 450 mL btl.  
**Lady Patricia shampoo** 1.89  
 frozen, boronine, parisienne or normande, 1 kg poly bag  
**McCain fancy vegetables** 2.39  
 strawberry, raspberry, maple walnut peach or boysenberry, 175 g cup  
**Beatrice fruit bottom yogourt** .59

**whipped salad dressing** no name™ 1 litre jar **1.99**

Blue Bonnet, 2 lb. bowl  
**soft margarine** 1/3 off 1.99  
 salt and vinegar, barbecue, regular, sour cream and onion, regular or old fashioned, 200 g bag  
**Humpty Dumpty potato chips** 1.39  
 whole, sliced, stone milled 100% whole wheat, seven grain or prairie bran, 675 g loaf  
**Country Harvest bread** .89

frozen highliner brand 350 g pkg.  
**boston bluefish in batter** 1.99  
 also dutch treat wieners 450 g pkg.  
**Schniders red hots** 1.99  
 frozen regular or all beef 500 g pkg.  
**Schniders mini sizzlers** 2.49  
 sliced regular or country maple 500 g pkg.  
**Schniders side bacon** 2.99  
 5 specified varieties: thuringer, old, salami, beef salami summer sausage or sliced ham roll, 175 g pkg.  
**Schniders cooked meats** 1.59  
 sliced, 175 g pkg.  
**Schniders cooked ham** 1.99

product of U.S.A. Canada #1 grade  
**cannonball peaches** /kg **2.18**  
 lb **.99**  
 product of South Africa Canada fancy grade  
**Granny Smith apples** /kg **1.74**  
 lb **.79**  
 product of Ontario new crop  
**bunch radish** 2/ **1.00**  
 product of Ontario new crop  
**green onions** 3 bunches **1.00**  
 product of U.S.A.  
**sweet eating honeydew** oz. **.99**  
 product of U.S.A.  
**fresh strawberries** quart box **1.99**

14 fl. oz. tin  
**York fancy peas** .79  
 fruit punch, grape, orange or raspberry, 560 g tin  
**Wyiers light drink crystals** 2.95  
 cranberry cocktail or cranapple 40 fl. oz. btl.  
**Ocean Spray drinks** 2.59  
 fancy, 28 fl. oz. tin  
**Fortune peach slices** 1.49  
 Nabisco, 575 g box  
**100% bran cereal** 1.99  
 rice crunch, old fashioned chocolate chip or original oatmeal, 225 g box  
**Dad's cookies** .99

in tomato sauce; beefaroni macaroni with beef, beef ravioli, mini loaves, robot coasters or mini ravioli with beef, 15 oz. tin  
**Chef Boy-Ar-Dee pasta** 1.09  
 beef flavour or beef 'n cheese flavour 2 kg pkg.  
**Top Choice dog food** 4.49  
 Village 1 lb print (fold wrap)  
**vegetable oil margarine** .79  
 Neilson, 250 g tub  
**smooth 'n saucy onion dip** .99  
 624 g box  
**Loblaws apple pie** 1.59  
 no salt added, assorted varieties 12 fl. oz. tin  
**Del Monte fancy vegetables** .87

Riviera, 19 fl. oz. tin  
**choice whole carrots** .99  
 reconstituted, 48 fl. oz. tin  
**Martins apple nectar** 1.19  
 V-8 cocktail, 48 fl. oz. tin  
**vegetable juice** 1.39  
 cherry, lemon, orange, lime, strawberry or raspberry, 85 g box  
**Royal jelly powders** 3/ **1.00**  
 ingersoll, 500 g jar  
**process spread** 3.39  
 beef flavour, 600 g box  
**Milk-Bone butcher bones** 2.59

29 cm x 30 m roll box  
**Saran wrap** 2.29  
 frozen, concentrated, white or pink, 12 1/2 fl. oz. tin  
**McCain lemonade** .79  
 McCain frozen, 24 oz. poly bag  
**superpaties or supercrisps** 1.19

Loblaws specials are not available at superstore warehouse. Prices effective until Sat. June 16, 1984. Stores reserve the right to limit quantities.  
**Loblaws**

with this coupon, PLU 937  
 50¢ off the special price of one 9 oz. box of  
**Neilson Country Crisp granola bars**  
 special price 1.89 with coupon pay only **1.39**  
**50¢ off**  
 Limit one coupon per family. Coupon valid only at Loblaws. Coupon valid until June 16, 1984.