



Loblaws

1st big week of Dave Nichol's holiday stock-up Insiders Report, *pick up* your copy at all Loblaws stores.

from Dave Nichol's insiders report
freshly ground
lean ground beef
or ground veal
4.17 /kg **1.89** lb.
no rainchecks on this item

bacon side sliced
ziggys
pay only **1.89** of **1.12** price

cut from Canada grade 'A' beef
beef pot roast /kg **5.71**
brisket point lb. **2.59**

from Dave Nichol's insiders report
Perfect as glaze for meat loaf
gourmet barbecue sauce
no name™ 750 mL btl. **1.99**
no raincheck on this item

from Dave Nichol's insiders report
Gold-Medal Flavour
fully cooked smoked boneless
Black Forest ham steak
6.59 /kg **2.99** lb.
no rainchecks on this item

roasts - cut from Canada grade 'A' beef
prime rib 1st 6 ribs
pay only **6.59** /kg **2.99** lb.

veal - cut from the leg
scallopini fresh
delft blue /kg **15.41**
provimi lb. **6.99**

from Dave Nichol's insiders report
It was a sellout
Mrs. H.S. Ball's chutney
original home recipe - hot, mild or peach
375 mL btl. **1.99**
no raincheck on this item

from Dave Nichol's insiders report
It won the world chili championship
Truitt's meat & sauce or meat, beans and sauce
Championship Chili
500 g pkg. **3.99**
no rainchecks on this item

product of Prince Edward Island
potatoes Canada #1 grade
pay only **10 lb. bag** of **1.12** price **.99**

product of Ontario - Canada #1 grade
onions small
pay only **10 lb. bag** of **1.12** price **.79**

from Dave Nichol's insiders report
1/2 the price of National Brands
pure olive oil no name™
3 L jug **4.99**
no raincheck on this item

from Dave Nichol's insiders report
fresh fillets
sole **8.80** /kg **3.99** lb.
cod **6.59** /kg **2.99** lb.
no rainchecks on this item

* with a minimum \$10.00 order excluding this item - 48 fl. oz. tin
Bright's apple juice pure choice
pay only **1.87** of **1.12** price
special price with no minimum order **1.29**

from Dave Nichol's insiders report
1/2 price no raincheck on this item
Astro yogurt
peach, blueberry, raspberry, strawberry, cappuccino or natural balkan style
175 g cup **.44**

from Dave Nichol's insiders report
1/2 price
Florida Citrus Punch no raincheck on this item
Sunny Delight 1.89 L jug **1.24**

from Dave Nichol's insiders report
fresh squeezed sweet apple cider pure natural
product of Ontario 1.8 L btl. **1.99**
no rainchecks on this item

fancy niblet whole kernel or cream style
corn Green Giant
pay only **19 fl. oz. tin** of **1.12** price **.57**

Cavendish Farms - frozen - 300 g box
Canadian wild blueberries
pay only **1.94** of **1.12** price

with this coupon pay 1/2 the reg. price on the purchase of one 4 roll of 1 ply - 300 sheets
Cottonelle bathroom tissue
reg. price 2.39
with coupon pay only **1.19**
Coupon valid only at Loblaws. Limit one coupon per family. Valid until Sat. Nov. 3, 1984.

from Dave Nichol's insiders report
red seedless grapes product of Sicily
Canada no. 1 grade
3.28 /kg **1.49** lb.
no rainchecks on this item

Heinz Soup ready-to-serve * ass't varieties (24 x 8 fl. oz. tins of any one variety) special single tin price .33
8 fl. oz. tin pay only **5.99** of **1.12** price
by the case pay only **5.99** * **1.12** reg. price

In tomato sauce, with pork, with pork and molasses or vegetarian
Libby's beans deep-browned
14 fl. oz. tin pay only **1.54** of **1.12** price

with this coupon pay 1/2 the reg. price on the purchase of one 220 g box of 100's
Lipton orange pekoe tea bags
reg. price 4.29
with coupon pay only **2.14**
special price without coupon 3.44
Coupon valid only at Loblaws. Limit one coupon per family. Valid until Sat. Nov. 3, 1984.

from Dave Nichol's insiders report
Don't get stuck, you should have a bag in your car trunk
cat litter feline favorite
10 kg bag **1.99**
no rainchecks on this item

Cottonelle bathroom tissue assorted colours - 4 roll pkg., 1 ply
special price without coupon - 1.79
with coupon pay only **1.19** of **1.12** price

from Dave Nichol's insiders report
lowest price in the last two years
pure Robertson marmalade
orange (golden shred, Scotch, thick cut) silver shred, lemon or ginger
250 mL jar pay only **1.49** no raincheck on this item

with this coupon 50c off the special price of one 450 g jar of
Planters Dry Roasted peanuts
special price **2.49**
with coupon pay only **1.99**
50c off
Coupon valid only at Loblaws. Limit one coupon per family. Valid until Sat. Nov. 3, 1984.

from Dave Nichol's insiders report
1/2 price
red maraschino cherries Reinhart
Canada fancy 375 mL jar
no rainchecks on this item

all purpose or unbleached - 2.5 kg bag
flour Five Roses more than
pay only **1.99** of **1.13** price

Libby's fancy - 48 fl. oz. tin
tomato juice
pay only **1.19** of **1.13** price

with this coupon 50c off the special price of one 3.6 L jug of concentrated ...
Old Dutch liquid Bleach
special price **1.49**
with coupon pay only **1.99**
50c off
Coupon valid only at Loblaws. Limit one coupon per family. Valid until Sat. Nov. 3, 1984.

from Dave Nichol's insiders report
Protect your furniture "NOW" from holiday spills
fabric protector Scotch Gard™
454 g aerosol tin **3.99**
no rainchecks on this item

normal to dry - 350 mL btl.
Halo conditioning shampoo
pay only **1.54** of **1.12** price

assorted varieties - 200 g bag
Humpty Dumpty potato chips more than
pay only **1.99** of **1.13** price

special macaroni, ricebuds, slowcooks or coconut buds
bulk chocolate candy 100 g **.66**
special bulk sultana raisins 100 g **.17**
raisins **.79**

cut from Canada grade 'A' beef sirloin tip
boneless cube steaks Tasty King Brand sweet pickled
corned beef brisket cut from Canada grade 'A' beef bone in
beef short ribs
frozen vac pac New Zealand
loin lamb chops
frozen? Calfate Bakes
beef or chicken meat pies 567 g pkg.
frozen Bkewater Brand
bluefish in light batter

product of Japan, Canada #1 grade
Japanese pears
product of Ontario, Canada fancy grade
Red Delicious apples 10 lb bag
product of Spain, Canada #1 grade
Vine-Ripe tomatoes
product of U.S.A. - assorted variety
5 1/2-5 3/4" tall - 10 inch pot
floor plants each
product of Ontario, no name™
10 lb bag
gourmet wild bird food
product of Holland
Amaryllis bulbs each

process cheese food single slices, 16 x 100g/3.5oz or 24 x 50g/1.75oz pkg
Schneiders cheese slices
cut green beans, mixed vegetables, french style green beans, whole kernel corn or mixed peas, 1 kg poly bag
Green Giant frozen vegetables
frozen, country cut, shoestring, straight cut or crinkle cut, 1 kg poly bag
Cavendish Farms french fries
Tolino's frozen, deluxe, cheese, or pepperoni, 4's, 360 g box
crispy crust pizza
Old South, frozen, concentrated, unsweetened 10-2/3" x 14" x 1/2" thick
100% Florida orange juice all flavour
1 L lb, supreme
Neilson ice cream

Pepsi-Cola (regular or diet) or Pepsi-Free (regular or diet) 750 mL btl. (plus 30c deposit)
Pepsi-Cola
Weston 1802, stone milled whole wheat flour
100% whole wheat bread
smoothly or crunchily
York peanut butter 500 g jar
with meatballs, in tomato sauce, 14 fl. oz. tin
Libby's zoodles or alpha-getti
12" x 50" roll box
Reynolds aluminum foil apple or apple crumb 700 g box
Mrs. Smith's frozen pies

Loblaws specials are not available at superstores. Prices effective to Sat. Nov. 3, 1984. Stores reserve the right to limit quantities. Bulk not available at all stores.

United Way Loblaws