

Finest MEAT Anywhere

Loblaws *Famous* PROTEN BEEF NEW TENDERNESS!

SPECIAL! LOBLAWS PROTEN BEEF
NIAGARA BROIL STEAKS or OVEN ROASTS LB. **65^c**

SPECIAL! LOBLAWS PROTEN BEEF
BOSTON BROIL STEAKS or OVEN ROASTS LB. **69^c**

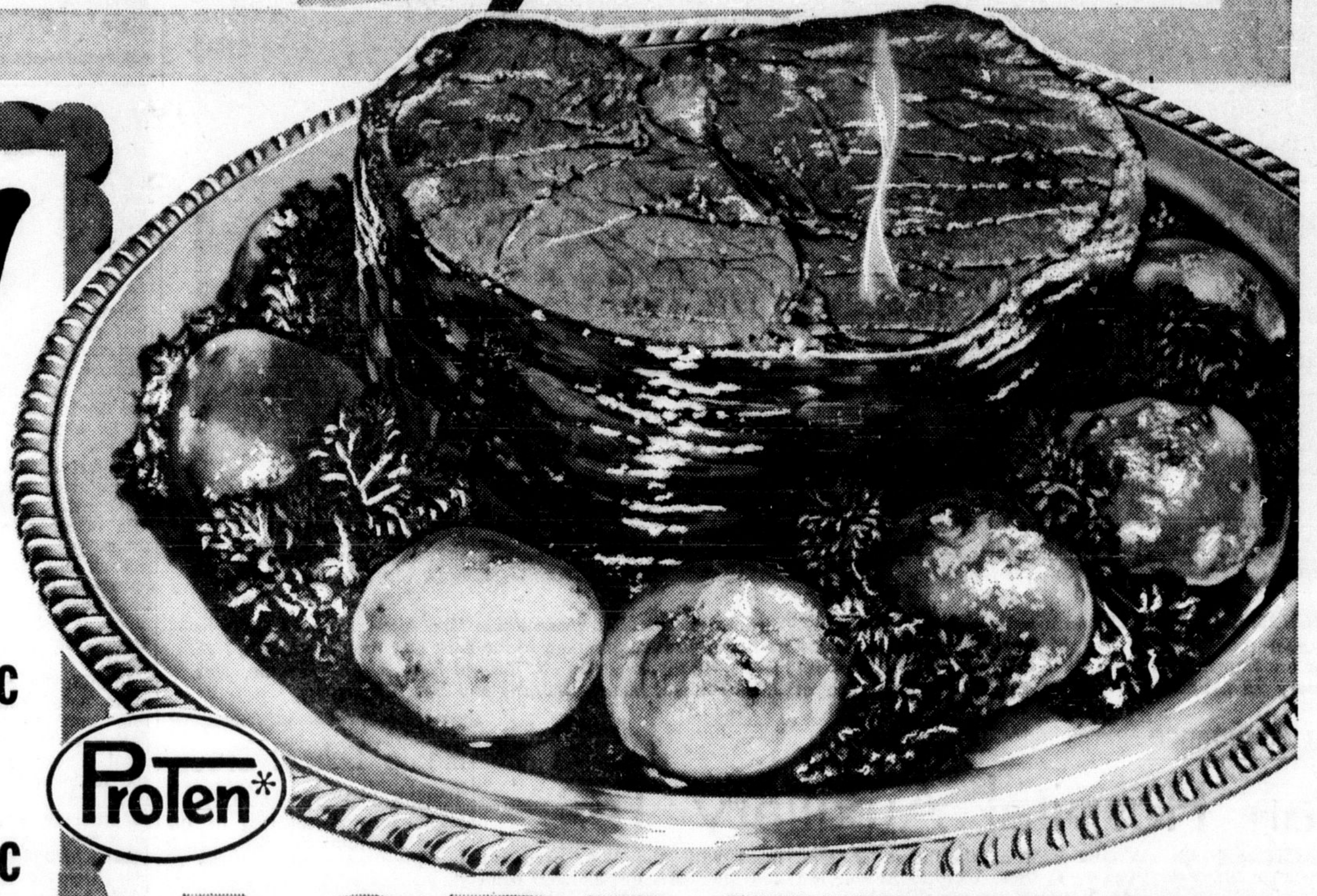
ALSO SEE A FINE SELECTION OF OTHER
LOBLAW PROTEN BEEF
ALL DELICIOUSLY TENDER & FLAVOURFUL
• DENVER • MANHATTAN
• PENTHOUSE • BELMONT
ALL COMPLETELY BONELESS AND
EASY TO CARVE

SPECIAL! LOBLAWS PROTEN BEEF
KEY CLUB STEAKS LB. **79^c**

SPECIAL! LOBLAWS PROTEN BEEF
CANADIAN POT ROASTS LB. **49^c**

* REG'D USER OF T.M.

Enjoy These Tender Cuts!



Proten*

LOBLAWS

SPECIAL! WHITE or COLOURED
WHITE SWAN TOILET TISSUE 2 2-ROLL PKGS. **45^c**

SPECIAL!
HENLEY CHOICE FRUIT COCKTAIL 28-FL. OZ. LGE. TIN **39^c**

SPECIAL!
AYLMER Choice TOMATOES 2 28-FL. OZ. TINS **53^c**

SPECIAL!
LIBBY'S Fancy SAUERKRAUT 2 28-FL. OZ. TINS **39^c**

SPECIAL! ASSORTED SIZES
AYLMER FANCY PEAS 2 15-FL. OZ. TINS **35^c** SPECIAL! INSTANT or QUICK
QUAKER OATS LARGE PKG. **43^c**

SPECIAL! LOBLAWS SMALL LINK
3 LITTLE PIG PORK SAUSAGE LB. **52^c**
SPECIAL! HEAT IN THE BAG—READY IN 3 MINUTES
COORSH SMOKED CORNED BEEF 2 SLICED 2-OZ. PKGS. **49^c**
SPECIAL! ALL BEEF
SHOPSYS' FRANKFURTERS 1-LB. PKG. **49^c**
SPECIAL! AVAILABLE IN MOST MARKETS
RUPERT BRAND RAINBOW TROUT 10-OZ. PKG. **53^c**

FRESH PRODUCE REFRESHES!

FLORIDA'S FINEST! NOW AT THEIR VERY BEST! MARSHSEEDLESS!
WHITE GRAPEFRUIT 10 GOOD SIZE **69^c**
GARDEN FRESH FROM CALIFORNIA! FIRM, GREEN! COLD WEATHER FAVOURITE!
BRUSSELS SPROUTS 2 POUNDS **39^c**
GARDEN FRESH FROM CALIFORNIA! CRISP AND SWEET!
BUNCH CARROTS 2 LARGE BUNCHES **25^c**
ONTARIO GROWN! No. 1 GRADE! MILD AND FLAVOURFUL!
WAXED TURNIPS 1 POUND **06^c**

1500

EXTRA STAMPS

100 EXTRA STAMPS WITH COUPON AND PURCHASE Any One Fair BEAUTY SHEER NYLONS C1 Coupon Expires Jan. 22	75 EXTRA STAMPS WITH COUPON AND PURCHASE One 2lb. Tin INSTANT TODDY C2 Coupon Expires Jan. 22	75 EXTRA STAMPS WITH COUPON AND PURCHASE One 7-oz. Aerosol Tin PALMOLIVE RAPID SHAVE C3 Coupon Expires Jan. 22	75 EXTRA STAMPS WITH COUPON AND PURCHASE One 12-oz. Aerosol Tin FLOAL or SPICE GOOD-AIRE C4 Coupon Expires Jan. 22	75 EXTRA STAMPS WITH COUPON AND PURCHASE Two 2-lb. or 4 Small Poly Bags ANY VARIETY—LIBBY'S Frozen Vegetables C5 Coupon Expires Jan. 22	75 EXTRA STAMPS WITH COUPON AND PURCHASE One Large Pkg. DETERGENT OMO C6 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE Two 15-oz. Tins CHEF BOY-AR-DEE Beefaroni or Ravioli C7 Coupon Expires Jan. 22
50 EXTRA STAMPS WITH COUPON AND PURCHASE One 24-oz. Jar AYLMER—ADDED PECTIN RASPBERRY JAM C8 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE One 1 1/2-lb. Pkg. BOVIL Consomme Sachets C9 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE Two 15-oz. Tins TURKEY—CHICKEN CLARK'S STEW C10 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE One 6-oz. Jar CHASE & SANBORN INSTANT COFFEE C11 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE Two 15-oz. Pkg. BETTY CROCKER BROWNIE MIX C12 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE One Package CURAD Plastic Bandages C13 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE Any Two Pkg. BETTY CROCKER NOODLES RUMANOFF or Italiano C14 Coupon Expires Jan. 22
50 EXTRA STAMPS WITH COUPON AND PURCHASE Any Two Pkg. ALL VARIETIES MONARCH POUCH PAK CAKE MIXES C15 Coupon Expires Jan. 22	50 EXTRA STAMPS WITH COUPON AND PURCHASE Any Two Pkg. BETTY CROCKER MUFFIN MIXES C18 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Two 15-oz. Tins WITH PORK & CHILI SAUCE CLARK'S BEANS C19 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Two 20-oz. Tins AYLMER CHOICE CUTS WAX BEANS C20 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 12-oz. Jar STAFFORD'S MELLO GOLD 3 FRUIT MARMALADE C21 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 8-oz. Pkg. JACOBS CREAM CRACKERS C22 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 2-lb. Pkg. ROMI SPAGHETTI or ELBOW MACARONI C23 Coupon Expires Jan. 22
25 EXTRA STAMPS WITH COUPON AND PURCHASE Two 15-oz. Tins CHEF BOY-AR-DEE Spaghetti & Meat Balls C24 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Two 1-lb. Pkg. SOLO COLOURED MARGARINE C27 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Any Two 28-oz. Tins HABITANT PEA SOUP or VEGETABLE SOUP C28 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 11-oz. Pkg. QUAKER-DINNERS C29 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 34 fl. oz. Bl. FABRIC SOFTENER DOWNY C30 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 15-oz. Tin CHOICE BARTLETT AYLMER PEARS C31 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Two 20-oz. Tins CHOICE SLICED LIBBY'S BEETS C32 Coupon Expires Jan. 22
25 EXTRA STAMPS WITH COUPON AND PURCHASE One 40's Pkg. BLUE RIBBON TEA BAGS C17 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 32 fl. oz. Plastic Bl. PINK LOTION VEL C16 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Two Reg. Tins DUTCH CLEANSER C24 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Any 4 Pkg. HEINZ COUNTRY GOOD SOUP MIXES C25 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One 12-oz. Jar WILD BRAMBLE JELLY C33 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE One Package FRESH PARSNIPS C34 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Any Two Packages FRESH SPINACH C35 Coupon Expires Jan. 22
					25 EXTRA STAMPS WITH COUPON AND PURCHASE One Doz. SEEDLESS HAVEL ORANGES C36 Coupon Expires Jan. 22	25 EXTRA STAMPS WITH COUPON AND PURCHASE Any Six B.C. RED Delicious Apples C37 Coupon Expires Jan. 22