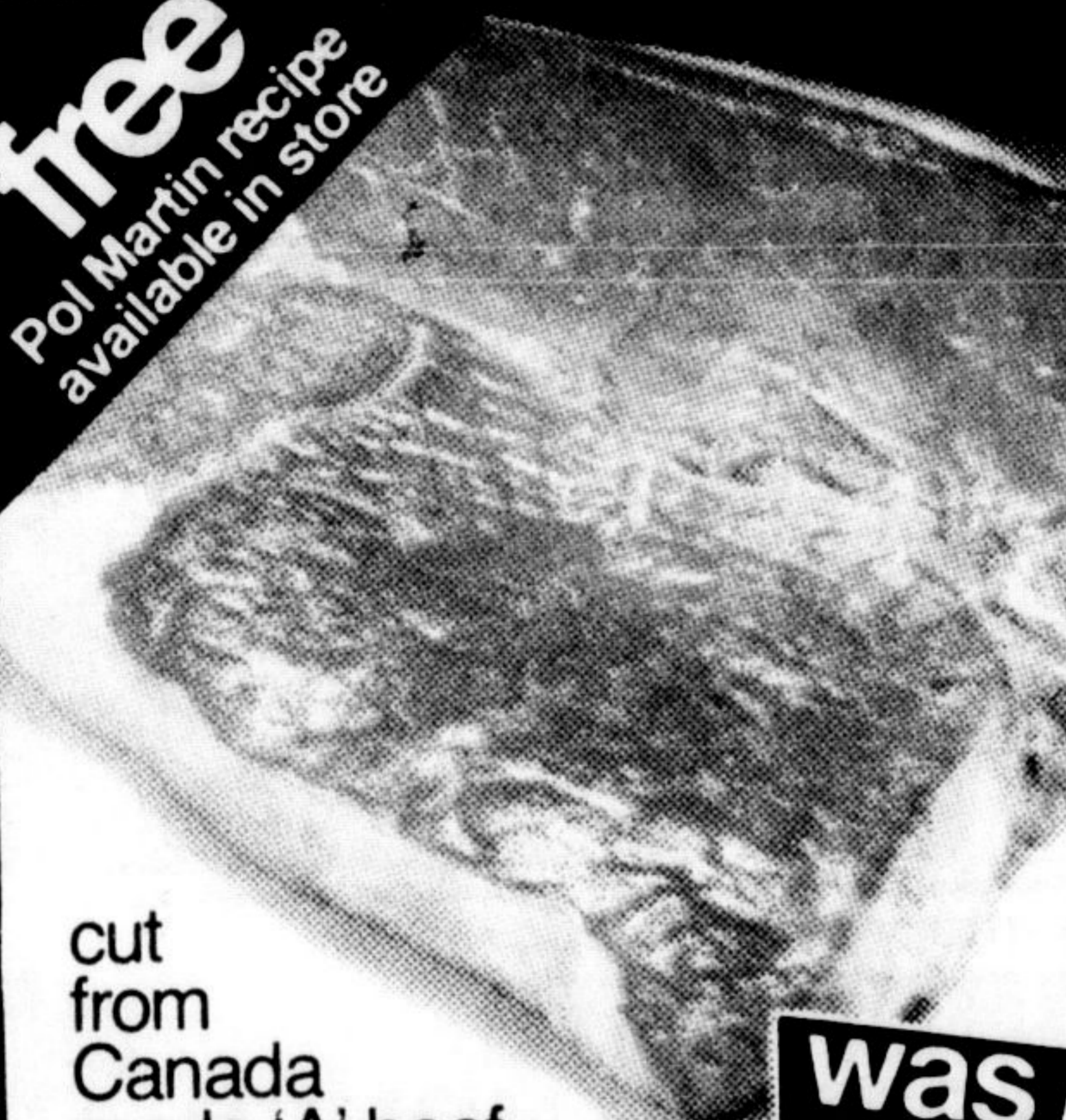


# Loblaws

**save .60 lb.**

**free** Pol Martin recipe available in store

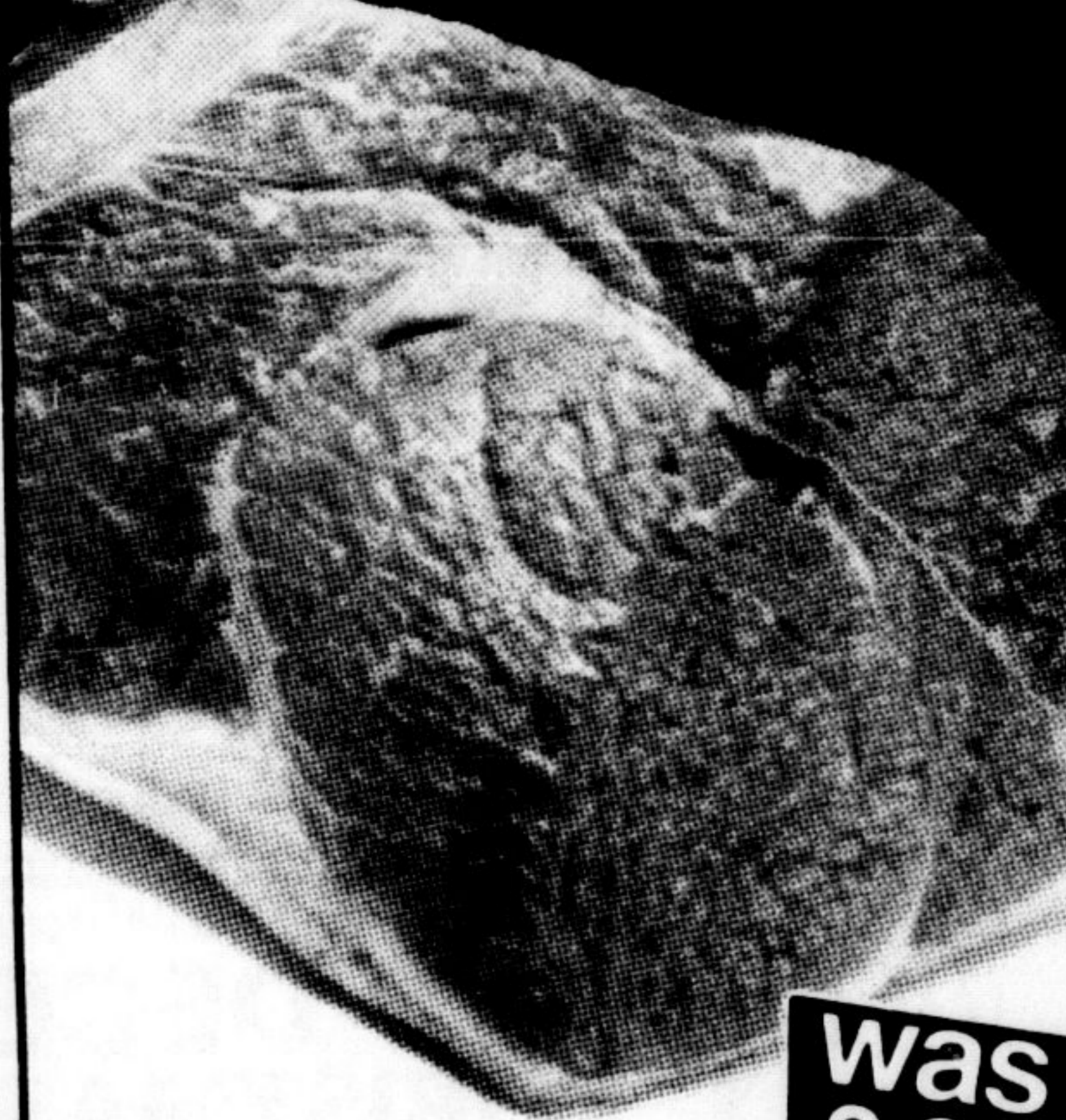


cut from Canada grade 'A' beef **was 2.38**

**boneless round steak**  
full slice

**1.78** lb.

**save .50 lb.**



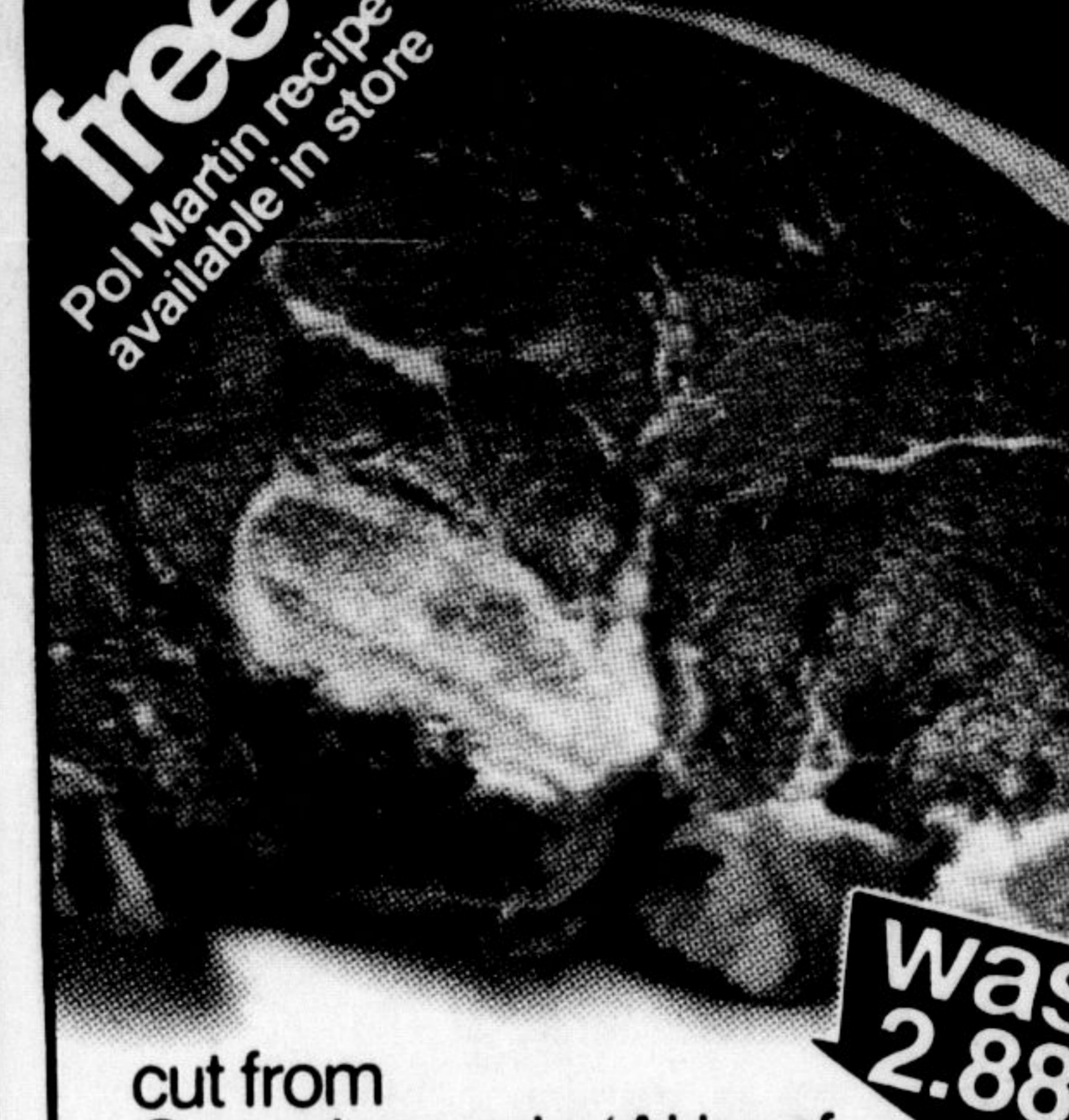
cut from Canada grade 'A' beef **was 2.28**

**rump roast**  
round end - bone in

**1.78** lb.

**save .70 lb.**

**free** Pol Martin recipe available in store



cut from Canada grade 'A' beef **was 2.88**

**sirloin steak**

**2.18** lb.

**save .50 lb.**



FOODLAND ONTARIO

"the finishing touch" Ontario grown mushrooms **was 1.49**

**.99** lb.

**free** recipe of the week available in all stores *by Pol Martin*

**roast duck lyonnaise**


On cold wintry nights delight your family with this delicious dish of succulent roast duck with chestnuts accompanied with a thick rich sauce.



**save .10 lb.**

frozen pre-dressed **young ducks** **1.28** lb. Canada grade 'A' **was 1.38**

**save .26 lb.**



frozen Swiffs deep basted pre-dressed young Canada grade 'A' **butterball turkeys** **1.18** lb. **was 1.44**

**save .20 lb.**



frozen pre-dressed **cornish hens** **1.48** lb. **was 1.68**

**save .31 lb.**



boneless cooked smoked **Loblaw's dinner hams** **2.58** lb. **was 2.89**

**save .40**



sliced regular or thick **Loblaw's side bacon** **1.58** 1 lb. pkg. **was 1.98**

**save .38**



V-8 Cocktail **vegetable juice** **.59** 48 fl. oz. tin **was .97**

**save .26**



**Nabisco shreddies** **.59** 500 g box **was .85**

cut from Canada grade 'A' beef **2.28** lb. **was 2.58**

**sirloin tip roast boneless**

cut from Canada grade 'A' beef **1.78** lb. **was 2.28**

**outside round, eye removed steaks or roasts**

cut from Canada grade 'A' beef **1.98** lb. **was 2.38**

**boneless rump roasts**

freshly ground, lean **1.78** lb. **was 1.98**

**ground beef**

cut from Canada grade 'A' beef **2.48** lb. **was 2.88**

**sirloin tip steaks tenderized**

frozen pre-dressed Canada grade 'A' **geese** **1.68** lb. **was 1.89**

Loblaw's or Maple Leaf **1.38** lb. **was 1.58**

**cooked smoked pork picnic shoulders**

Loblaw's semi boneless cooked **2.58** lb. **was 2.85**

**smoked ham quarters**

sweet pickled, by the piece **1.98** lb. **was 2.38**

**back bacon end cuts**

Loblaw's frozen **1.09** 1 lb. roll **was 1.29**

**sausage meat**

frozen Highliner Brand **1.59** 8 oz. pkg. **was 1.89**

**cooked shrimp**

frozen Bluewater Brand **1.19** 8 oz. pkg. **was 1.39**

**fish fries**

11 3/8" x 100' roll box **1.15** **was 1.21**

**Saran Wrap**

fancy, seasoned, french cut, green or wax **.33** 14 fl. oz. tin **was .46**

**Del Monte beans**

Del Monte, fancy **.39** 14 fl. oz. tin **was .53**

**cream style corn**

Swans Down, all colours, 1 ply **1.13** 4 roll pkg. **was 1.19**

**bathroom tissue**

Bick's, garlic, plain or polskie ogorki **1.39** 48 fl. oz. jar **was 1.53**

**dill pickles**

Ragu, plain, meat or mushroom **.69** 14 fl. oz. jar **was .75**

**spaghetti sauce**

**gifts for under \$10.00**

**photo album** holds 150 prints **4.99** each

**Time Life foods of the world** **8.95** each

**great dinners from life** **7.95** each

**photo flip** holds 24 photos **8.99** each

**frame II** holds 3 1/2 x 3 1/2 and 3 1/2 x 5 photos, displays 11 photos in 3 dimension **9.99** each

**save up to 50%** on your CP airfares with Loblaw's \$5 travel vouchers **this offer continues until Dec. 30, 1978**

Loblaw's cash tapes dated March 18 to Dec. 30, 1978 will be redeemed for \$5 travel vouchers until March 30, 1979. \$5 travel vouchers valid on CP airfares until Dec. 30, 1979.