


Loblaws

more meat values

freshly ground medium ground beef	lb.	was 2.38	1.98
previously frozen, whole imported (sold only as packaged) beef tenderloin	lb.		3.99
previously frozen, whole imported (sold only as packaged) beef rib eyes	lb.		2.99
frozen, whole, cut up Schneiders fried chicken	2 lb. bucket	was 4.29	3.99
Schneiders cooked, smoked, boneless olde fashioned dinner hams	lb.	was 3.88	3.38
regular or all beef sliced Schneiders bologna	1 lb. pkg.	was 1.88	1.68
Valuplus Brand wieners	1 lb. pkg.	was 1.38	.99
Z&W Foods store packaged Polish sausage	lb.	was 1.89	1.59
Ziggys sliced side bacon	1 lb. pkg.	was 1.68	1.36
Ziggys fast fry by the piece back bacon	lb.	was 4.25	3.79
Ziggys fine liver sausage chubs	10 oz. each	was 1.15	.98
Ziggys, 6 specified varieties sliced cooked meat	6 oz. pkg. each	was 1.28	1.15
no-name potato salad or cole slaw	24 oz. pkg.		1.19
F.P. Brand frozen cod fillets	500 g. pkg.	was 2.49	1.99
Treasure Isle Brand frozen shrimp mates	16 oz. pkg.	was 3.18	2.78



case of 24 10 fl. oz. tins
2 case limit per family **save 2.70**

7-up

regular or diet **3.69**

frying or roasting frozen pre-dressed utility grade chickens 2 1/2 - 3 1/2 lb. size limit 3 per family **save .52 lb.**

chickens

1/2 price **.52**

Loblaws **save .50**

charcoal

10 lb. bag briquets **.99**

whole or shank portion, partly skinned - cooked bone in **butt portion .98 lb. save .50 lb.**

smoked ham

.88

more grocery values

Valuplus choice cut green beans	2 19 fl. oz. tins	was .42 ea.	.75
Uncle Ben's converted long grain rice	2 lb. box	was 1.67	1.57
dark red or New Orleans style Stokely kidney beans	2 14 fl. oz. tins	was .54 ea.	.99
all flavours Quench flavours crystals	21.7 oz. tin	was 1.89	1.64
(2's) Tang orange crystals	13 oz. poly bag	was 1.19	1.09
Neilson iced tea	36 oz. economy size tin	was 2.99	2.66
Nescafe instant coffee	6 oz. jar	was 4.15	3.99
Hershey chocolate syrup	10 fl. oz. tin	was .99	.91
Stir 'n Frost - spice, lemon or chocolate Betty Crocker cake mixes	13.4 oz. box	was 1.29	1.19
Duffy Mott's clamato juice	1 litre bottle	was 1.35	1.29
Sunlight powder laundry detergent	6 litre box	was 3.35	3.15
Ivory liquid detergent	1.5 litre pl. bottle	was 2.77	2.52
G.H. Wood air freshener	150 g. pkg.	was .99	.89

Schneiders wieners 1 lb. pkg. save .60	or all beef or Dutch Treat 1.28	cooked meats sliced - 9 specified varieties save .20	Schneiders .78	1/4 pound beef burgers frozen plain, cheese, onion or mushroom save .40	Schneiders 1.98
side bacon sliced - regular or kiss of orange save .52	Schneiders 1.36	mini sizzlers frozen - regular or all beef save .40	Schneiders 1.68	Z & W Foods sliced cooked ham save 1.00	1.98

25% off McCain products



McCain frozen fancy - straight cut or crinkle cut **was .93**

superfries

2 lb. poly bag **.69**

save .24



McCain frozen chocolate or honey - vanilla **was 1.89**

fiesta cake

21 oz. box **1.41**

save .48



McCain frozen raspberry or strawberry **was 2.27**

shortcake

32 oz. box **1.70**

save .57



McCain frozen pepperoni & mushrooms or pepperoni, mushrooms, onion & green peppers **was 2.44**

pizza subs

11 oz. box **1.83**

save .61

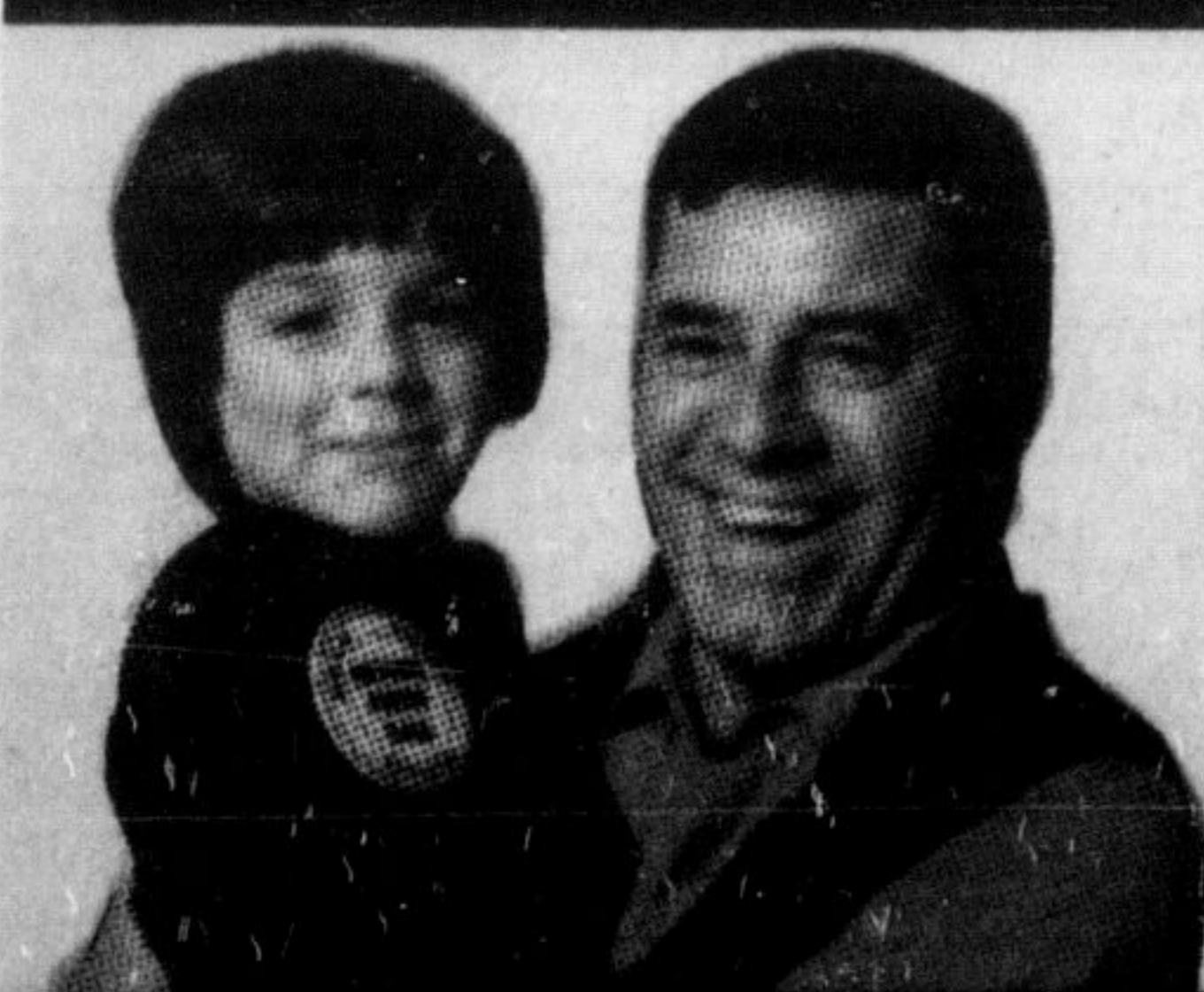


McCain - frozen **was 2.38**

pizza supreme

17 oz. box **1.78**

save .60



Join Loblaws all out effort this summer to raise money for Jerry's kids in Canada

whip muscular dystrophy

4 ways you can help

- 1** buy a no-name product to help Jerry's kids Loblaws will contribute 1¢ for every no-name product you buy between now and the Labour Day Muscular Dystrophy Telethon
- 2** fill our cure penny cannister help Jerry's kids by helping fill the cash cannisters located at all Loblaws cash registers
- 3** fill a 5lb. penny bag with 5 lbs. of pennies or 57.50 cash and you could win one of 25 Sunlight Holidays to Orlando Florida including Walt Disney World Vacation Kingdom, Seaworld, Circus World and Kennedy Space Center. Approximate retail value for family of 4 (2 adults and 2 children) \$2,380.00. Penny Bags and all contest Rules & Regulations available in participating Loblaws stores in Ontario.