

# Loblaws


## more meat values

|  |             |          |             |
|--|-------------|----------|-------------|
| freshly ground medium ground beef  | lb.         | was 2.38 | <b>1.98</b> |
| Canada grade A over 20 lb. size frozen Swifts butterball or Maple Leaf miracle taste turkeys | lb.         | was 1.48 | <b>1.28</b> |
| frozen pre-dressed, all sizes in stock Canada grade B young turkeys                          | lb.         | was 1.35 | <b>.98</b>  |
| frozen pre-dressed, over 20 lb. size Canada grade A young turkeys                            | lb.         | was 1.38 | <b>1.08</b> |
| Loblaws or Swifts sugar plum semi-boneless cooked halves smoked ham                          | lb.         | was 2.58 | <b>2.28</b> |
| frozen Loblaws sausage meat  | 1 lb. roll  | was 1.38 | <b>.99</b>  |
| sweet pickled, by the piece end cuts back bacon  | lb.         | was 1.98 | <b>1.78</b> |
| Swifts sugar plum sliced side bacon  | 1 lb. pkg.  | was 1.68 | <b>1.28</b> |
| ziggys, 9 specified varieties cooked meat chubs  | 8 oz. ea.   | was 1.49 | <b>1.25</b> |
| Loblaws or Swifts sugar plum, cooked smoked dinner hams                                      | lb.         | was 2.85 | <b>2.48</b> |
| frozen Highliner Brand shrimp peeled and deveined  | 16 oz. pkg. | was 8.88 | <b>7.98</b> |




**prime rib roast** cut from Canada grade 'A' beef  
1st 5 ribs

was 3.18 lb. **save 1.00** **2.18** lb.



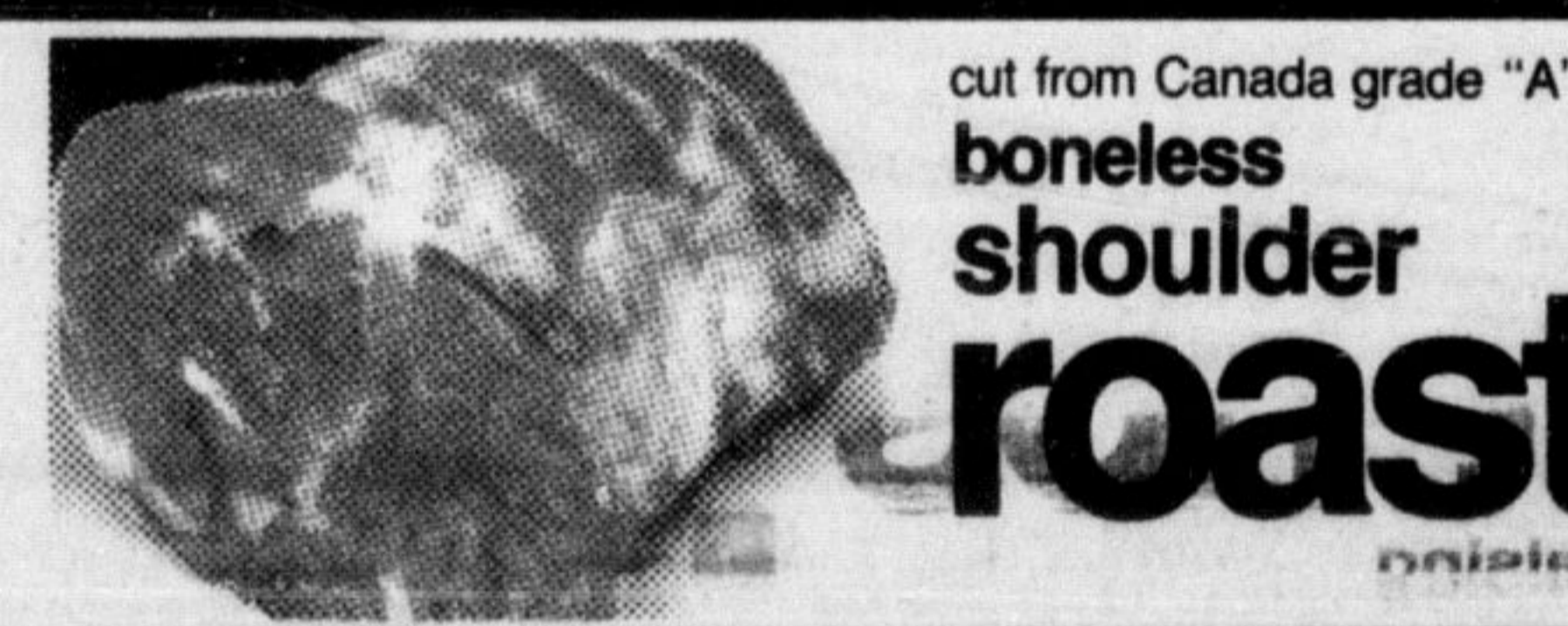
**cross rib roasts** cut from Canada grade 'A' beef

was 2.38 lb. **save .80** **1.58** lb.



**boneless cross rib steaks** cut from Canada grade 'A' beef

was 2.68 lb. **save .70** **1.98** lb.



**boneless shoulder roasts** cut from Canada grade 'A' beef

was 2.28 lb. **save .60** **1.68** lb.

## more grocery values

|   |                      |             |             |
|---|----------------------|-------------|-------------|
| Shirriff scalloped potatoes                         | 350 g box            | was 1.49    | <b>1.39</b> |
| Loblaws stewed tomatoes                             | 2 14 fl. oz. tins    | was .51 ea. | <b>.79</b>  |
| Stokely Van Camp New Orleans style red kidney beans | 19 fl. oz. tin       | was .63     | <b>.56</b>  |
| (plus 25c deposit) Canada Dry ginger ale            | 750 mL ret. btl.     | was .55     | <b>.49</b>  |
| Johnson's baby powder                               | 14 oz. plas. btle.   | was 2.25    | <b>1.99</b> |
| (3's) all flavours Hawaiian Punch crystals          | 213 g pouch          | was .81     | <b>.75</b>  |
| Quaker cereal - all varieties Harvest Crunch        | 800 g box            | was 2.25    | <b>2.09</b> |
| Catelli lasagna                                     | 500 g box            | was .97     | <b>.85</b>  |
| Hunt's tomato sauce                                 | 28 fl. oz. tin       | was .87     | <b>.79</b>  |
| Unico tomato paste                                  | 2 5 1/2 fl. oz. tins | was .37 ea. | <b>.69</b>  |
| Gaines dog meal                                     | 4 kg bag             | was 3.29    | <b>3.09</b> |
| Gaines Gravy Train dog food                         | 8 kg bag             | was 7.59    | <b>7.19</b> |
| Gaines beef burgers                                 | 2 kg box             | was 3.49    | <b>3.29</b> |
| all varieties Miss Mew cat food                     | 3 6 oz. tins         | was .33     | <b>.89</b>  |
| Sunlight powder laundry detergent                   | 6 L box              | was 3.45    | <b>3.15</b> |
| super absorbent - toddler Babyscott diapers         | 24's box             | was 2.89    | <b>2.39</b> |
| Intensive Care vaseline lotion                      | 400 mL pl. btle.     | was 2.25    | <b>1.75</b> |
| double deodorant Irish Spring toilet soap           | 2 95 g. reg. bars    | was .47 ea. | <b>.83</b>  |
| Black Diamond mozzarella cheese                     | 12 oz. pkg.          | was 2.06    | <b>1.99</b> |
| coloured or white Sweetheart cheese curds           | 14 oz. pkg.          | was 2.09    | <b>1.99</b> |
| Schneiders colby cheese                             | 12 oz. pkg.          | was 1.92    | <b>1.79</b> |
| ready-to-serve dill or onion Kraft dip              | 8 oz. tub            | was .89     | <b>.83</b>  |
| Gay Lea sour cream                                  | 250 mL tub           | was .75     | <b>.65</b>  |



**E.D. Smith garden cocktail**

was .88 **save .39** **.49** 28 fl. oz. btle.



**Heinz condensed tomato soup**

was .32 **save .13** **.19** 10 fl. oz. tin



**Sunlight liquid detergent**

was 1.52 **save .43** **1.09** 32 fl. oz. pl. btle.

**save on McCain products**

|  |                |          |             |                      |
|--|----------------|----------|-------------|----------------------|
| all varieties McCain french fries            | 2 lb. poly bag | was 95   | <b>.69</b>  | <b>save .26</b>      |
| Deep 'n Delicious McCain cakes               | 18 oz. box     | was 1.92 | <b>1.69</b> | <b>save .23</b>      |
| McCain fancy frozen green peas               | 2 lb. poly bag | was 1.05 | <b>.89</b>  | <b>save .16</b>      |
| McCain fancy frozen chopped broccoli         | 3 10 oz. boxes | was .41  | <b>1.00</b> | <b>save on 3 .23</b> |
| frozen Deluxe Deep 'n Delicious McCain Pizza | 22 oz. box     | was 2.88 | <b>2.29</b> | <b>save .59</b>      |

**save on Kraft products**

|   |                 |          |             |                 |
|---|-----------------|----------|-------------|-----------------|
| Kraft mayonnaise                                      | 500 mL jar      | was 1.35 | <b>1.09</b> | <b>save .26</b> |
| old coloured Kraft cracker barrel cheddar cheese stix | 12 oz. pkg.     | was 2.06 | <b>1.89</b> | <b>save .17</b> |
| (2-3 oz.) Kraft process Single cheese food slices     | 8 oz. pkg.      | was 1.09 | <b>1.04</b> | <b>save .05</b> |
| Kraft cheese pizza mix                                | 15 1/2 oz. pkg. | was 1.07 | <b>.99</b>  | <b>save .08</b> |
| Kraft smooth or crunchy peanut butter                 | 375 g jar       | was 1.09 | <b>1.03</b> | <b>save .06</b> |