more meat values

frozen predressed, grade A rock cornish chickens	1b. 1	was 1.68 .48
halves or quarters Loblaws smoked hams	1b. 1	was 2.28 .75
farmstyle sausage cut from Canada grade A beef inside	lb.	was 1.28 .98 was 3.78
tenderized cube steaks frozen ponderosa steak house	lb. 2	.98 was 3.78
all beef burgers frozen New Zealand	2 lb. 3	was 1.28
lamb shanks previously frozen turkey drumsticks	lb.	.50 was .98
Shopsy's cooked vac pac boneless smoked deli lean ham	1b. 2	was 3.48 2.88 was 1.35
6 specified varieties Shopsy's salads Shopsy's Old Vienna	500 g each	15 was 2.98
salami chubs sliced Loblaws	500 g pkg.	2.48 was 1.38 1.18
9 specified varieties ziggys cooked meat chubs	pkg. 250 g each	was 1.64 .49
z & W Foods Polish sausage frozen	lb.	was 1.98 1.78 was 1.98
no name mackerel fillets	2 lb. pkg.	1 48

Glad sandwich bags in own juice, sliced, crushed or chunks Dole pineapple in own juice, sliced, crushed or chunks Dole pineapple in oz. tin ywas .85 regular or diet Seven-Up all flavours Dr. Ballard's dog food luxuy, all varieties Kal Kan cat food Sunlight liquid detergent tancy Libby's tomato juice all varieties harvest crunch Quaker cereal Unico vegetable oil Black Flag house & garden spray regular or mint Crest toothpaste coloured, (1/4's) Blue Bonnet margarine Electrasol, automatic, powder dishwasher detergent all purpose towels, assorted colours Johnson's J-Cloths in-tank, automatic, regular or blue spruce Sani Flush bowl cleaner Del Monte stewed tomatoes New England clam or down east seafood Tidewater chowder broken Club House salad olives Page 19 fl. oz. tin ywas 1.69 48 fl. oz. tin ywas 1.69 48 fl. oz. tin ywas 1.99 2 19 was 2.39 ywas 2.39 ywas 4.99 2 19 was 1.99 2 49 was 1.83 2 lb. 1 69 box 3 69 box 3 69 arrosol tin ywas 1.83 2 lb. 1 69 box 3 69 box 3 69 arrosol tin ywas 1.99 12 fl. oz. tin ywas 1.13 2 fl. oz. tin ywas 1.13 12 fl. oz. tin ywas 1.14 ywas 1.15 ywas 2.99	more grafu	es	as 2.49
Pole pineapple regular or diet Seven-Up all flavours Dr. Ballard's dog food luxury, all varieties Kal Kan cat food Sunlight liquid detergent fancy Libby's tomato juice all varieties harvest crunch Quaker cereal Unico vegetable oil Black Flag house & garden spray regular or mint Crest toothpaste coloured, (1/4's) Blue Bonnet margarine Electrasol, automatic, powder dishwasher detergent all purpose towels, assorted colours Johnson's J-Cloths in-tank, automatic, regular or blue spruce Sani Flush bowl cleaner Del Monte stewed tomatoes Sani Flush bowl cleaner Del Monte salad olives Heinz sweet mixed pickles orange pekoe, (100's) Flowerdale 19 fl. oz. tin fl. 28 was 1.59 32 fl. oz. 1 47 12 fl. oz. 1 03 32 fl. oz. 1 1 49 48 fl. oz. 1 49 48 fl. oz. 1 49 49 das 1.69 48 fl. oz. 1 49 49 das 1.69 49 das 1.69 49 das 1.69 49 das 1.69 40 das 1.69 40 das 1.69 40 das 1.69 40 das 1.69 41 dz. 47 47 dromas 5.89 48 fl. oz. 1 49 49 das 1.69 48 fl. oz. 1 49 49 das 1.69 49 das 1.69 49 das 1.69 49 das 1.69 40	Glad sandwich bags	200's 2	
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Dr. Ballard's dog food luxury, all varieties Kal Kan cat food Sunlight liquid detergent fancy Libby's tomato juice all varieties harvest crunch Quaker cereal Unico vegetable oil Black Flag house & garden spray regular or mint Crest toothpaste coloured. (1.4's) Blue Bonnet margarine Electrasol, automatic, powder dishwasher detergent all purpose towels, assorted colours Johnson's J-Cloths in-tank, automatic, regular or blue spruce Sani Flush bowl cleaner Del Monte spruce Sani Flush bowl cleaner Del Monte stewed tomatoes New England clam or down east seafood Tidewater chowder down east seafood Tidewater chowder broken Club House salad olives Heinz Sweet mixed pickles orange pekoe, (100's) Flowerdale 14 oz tin .47 was .59 ea. 2 13 oz. 1 .49 was 1.69 bag 2 .19 was 2.39 aerosol tin 4 .59 was 2.39 aerosol tin 100 mL tube 1 .29 tube 1 .29 twas 1.83 2 lb. 1.69 box 3 .69 box 3	(1) 1 (1) [1] [1] [1] [1] [1] [1] [1] [1] [1] [1]	4 x 10 fl. ns), case 5.	
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liquid detergent fancy Libby's tomato juice all varieties harvest crunch Quaker cereal Unico vegetable oil Black Flag house & garden spray regular or mint Crest toothpaste coloured. (1/4's) Blue Bonnet margarine Electrasol, automatic, powder dishwasher detergent all purpose towels, assorted colours Johnson's J-Cloths in-tank, automatic, regular or blue spruce Sani Flush bowl cleaner Del Monte stewed tomatoes New England clam or down east seafood Tidewater chowder Droken Club House salad olives Flowerdale Jag fl. oz. 1.49 was 1.05 48 fl92 was 2.39 800 g 2.19 was 4.99 100 mL 1.29 tube 1.29 tube 1.29 tube 1.69 was 1.49 2 lb. 1.69 box 3.69 box 3.	Kal Kan cat food	2 13 oz.	.99
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harvest crunch Quaker cereal Unico vegetable oil Black Flag house & garden spray regular or mint Crest toothpaste coloured, (1/4's) Blue Bonnet margarine Electrasol, automatic, powder dishwasher detergent all purpose towels, assorted colours Johnson's J-Cloths in-tank, automatic, regular or blue spruce Sani Flush bowl cleaner Del Monte stewed tomatoes New England clam or down east seafood Tidewater chowder Droken Club House salad olives Heinz sweet mixed pickles Orange pekoe, (100's) Flowerdale 800 g 2.19 was 4.99 4.59 100 mL 1.29 was 1.49 100 mL 1.29 was 1.83 2 lb. 1.69 box 3.69 box 3.69 2 kg 3.69 box 3.69 box 3.99 2 kg 3.69 box 3.99 Tide yellowerdale 12 fl. oz. 1.03 was 1.13 12 fl. oz. 1.03 was 1.15 12 fl. 02. tin yas 1.59 32 fl. 1.47 oz. jar 1.47 vas 2.99 Flowerdale	Libby's tomato juice		.92
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dishwasher detergent all purpose towels, assorted colours Johnson's J-Cloths in-tank, automatic, regular or blue spruce Sani Flush bowl cleaner Del Monte stewed tomatoes New England clam or down east seafood Tidewater chowder broken Club House salad olives Heinz sweet mixed pickles orange pekoe, (100's) Flowerdale 2 kg box 3.69 was 2.75 20's pkg. 20's pkg. 2149 was 1.13 12 fl. oz. 1 .03 was 1.13 12 fl. oz. 1 .03 was 1.13 12 fl. oz. 1 .03 was 1.15 12 fl. oz. tin yas 1.07 15 fl. oz. tin 32 fl. 1 .09 was 1.59 yas 2.99 Flowerdale	Blue Bonnet margarine	box •	.69
Johnson's J-Cloths in-tank, automatic, regular or blue spruce Sani Flush bowl cleaner Del Monte stewed tomatoes New England clam or down east seafood Tidewater chowder broken Club House salad olives Heinz sweet mixed pickles orange pekoe, (100's) Flowerdale 20's pkg. 2.49 was 1.13 Was 1.13 12 fl. oz. 1 .03 was .77 19 fl. oz. tin Was 1.07 15 fl. oz. tin 99 was 1.15 20's pkg. 2.49 2.49	dishwasher detergent	2 kg box 3	3.69
Sani Flush bowl cleaner 12 fl. oz. 1 03 was 1.13 Del Monte stewed tomatoes 19 fl. oz. tin New England clam or down east seafood 7 Tidewater 15 fl. oz. tin was 1.07 Tidewater 0z. tin 0z. jar 1.09 broken 0z. jar 1.09 was 1.15 Club House 12 fl. 1.09 was 1.15 Sweet 0z. jar 1.47 mixed pickles 0z. jar 1.47 oz. jar 1.47 was 2.99 Flowerdale 250 g 2 60	Johnson's	20's	
Del Monte stewed tomatoes oz. tin New England clam or down east seafood Tidewater chowder oz. tin broken	or blue spruce Sani Flush	12 fl. oz. plas. btle.	
New England clam or down east seafood Tidewater	Del Monte stewed tomatoes	19 fl.	
Club House salad olives Heinz was 1.59 sweet mixed pickles orange pekoe, (100's) Flowerdale 12 fl. 1.09 oz. jar 1.47 oz. jar 1.47 oz. jar 1.47 oz. jar 2.99 prange pekoe, (100's) Flowerdale 250 g 260	New England clam or down ear Tidewater	st seafood 15 fl.	was 1.07 .99
Sweet sweet mixed pickles oz. jar 1.47 oz. j	Club House	12 fl. oz. jar	1.09
orange pekoe, (100's) Flowerdale 250 g was 2.99 GQ	Heinz sweet		was 1.59
	orange pekoe, (100's) Flowerdale		was 2.99



our everyday 328 lb.

cut from Canada grade 'A' beef ideal for barbecuing

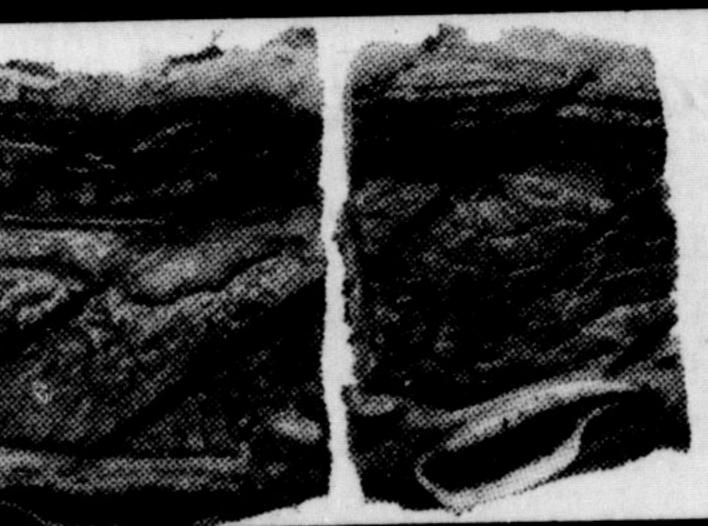


no. 1 grade produce of U.S.A.

fresh peaches



our everyday 113 low price choice Mitchell's unsweetened, vitaminized Ulce 48 fl. oz.



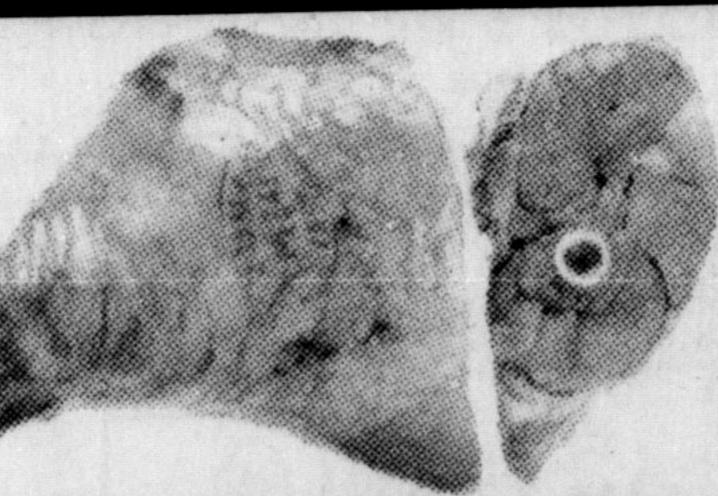
our everyday 1.68 lb. cut from

Canada grade 'A'beef (ideal for braising or barbecuing) bone in beef short ribs



each

our everyday 113 low price fancy Mitchell's apple



our everyday 2.08 lb.

frozen New Zealand whole lamb legs



our everyday 75 low price 75 Lakeland soft margarine 100%

28 fl.oz.jar

vegetable 1 lb. tub



regular Loblaws wieners 1 lb. pkg.



Bravo 5 1/2 fl. oz. tin tomato

our everyday 40 low price



our everyday 2.39 low price liquid laundry detergent

1 L plastic bottle

Loblaws

our everyday 1.78 low price 1.78 Loblaws sliced side bacon

500 g pkg.