

Loblaws

frozen **chicken legs** lb. ~~was 1.72~~ **.99** lb.

product of U.S.A. Florida **red grapefruit** (or white) ~~was .25~~ **7/100** ea.

cut from Canada grade "A" beef **1st 5 ribs prime rib roasts** ~~was 3.28~~ **2.58** lb.
 Limit - 2 prime rib roasts per family

all flavours, **Del Monte pudding cups** ~~was 1.55~~ **.99** (4 x 5 oz. tins) sleeve

cut from Canada grade "A" beef **rib steaks** ~~was 3.98~~ **2.68** lb.
 Limit - 8 rib steaks per family

liquid **Sunlight dish detergent** ~~was 1.15~~ **.69** 500 mL plastic btle.

more meat values

- previously frozen **pork hocks** lb. ~~was .54~~ **.48**
- frozen tray pack cut up **stewing hens** lb. ~~was .88~~ **.68**
- previously frozen **sliced beef liver** lb. ~~was 1.18~~ **.88**
- sliced **ziggys cooked ham** 175 g pkg. ~~was 1.88~~ **1.68**
- ziggys 9 specified varieties **cooked meat chubs** 250 g pkg. ~~was 1.89~~ **1.69**
- Valuplus wieners** 1 lb. pkg. ~~was 1.58~~ **1.38**
- frozen Bluewater Brand **Boston bluefish fries** 8 oz. pkg. ~~was 1.15~~ **.88**

cut from Canada grade A beef ideal for braising **short ribs** bone in lb. ~~was 1.78~~ **1.38**

Mary Miles Brand side bacon sliced 500 g pkg. ~~was 2.08~~ **1.58**

frozen store packaged **Boston Bluefish fillets** lb. ~~was 1.59~~ **1.19**

product of U.S.A. **California Calavo brand avocado** ~~was 5/100~~ **1.48**

product of U.S.A. sweet juicy **Florida oranges** 5 lb. bag ~~was 1.88~~ **1.48**

product of U.S.A. **romaine variety lettuce** each ~~was .79~~ **.58**

more grocery values

- Carnation instant **skim milk powder** 500 g box ~~was 2.09~~ **1.99**
- York frozen, fancy **asparagus spears** 10 oz. box ~~was 2.15~~ **1.99**
- York frozen, fancy **red raspberries** 9 oz. pkg. ~~was 1.12~~ **.99**
- frozen, turkey, beef or chicken **Stouffer's meat pies** 10 oz. pkg. ~~was 1.59~~ **1.46**
- frozen 5 (4 s) pepperoni & extra cheese **Gusto mini pizza** 13 oz. box ~~was 2.29~~ **1.99**
- regular process slices **Kraft cheese food** 500 g pkg. ~~was 2.61~~ **2.49**
- Kraft coloured** (1 4 lb. squares) ~~was 1.99~~ **1.89**
- Parkay margarine** 2 lb. pkg. ~~was 1.99~~ **1.89**

more grocery values

- Neilson Country Crisp all varieties (12 s) **granola bars** 9 oz. box ~~was 1.49~~ **1.35**
- White Swan (1 ply) all colours **bathroom tissue** 4 roll pkg. ~~was 1.69~~ **1.49**
- Wella Balsam dry or normal **conditioning shampoo** 350 mL plas. btle. ~~was 3.19~~ **1.99**
- regular or extra body **Wella Balsam conditioner** 350 mL plas. btle. ~~was 2.69~~ **1.99**
- butter recipe, deluxe 11 or country recipe - assorted varieties **Duncan Hines cake mixes** 520 g box ~~was 1.35~~ **1.29**

Del Monte choice **whole tomatoes** 14 fl. oz. tin ~~was .69~~ **.49**

Heinz fancy **tomato juice** 48 fl. oz. tin ~~was 1.23~~ **.79**

McCain straight or crinkle cut frozen fancy **superfries** 2 lb. poly bag ~~was 1.19~~ **1.09**

Hunt's **tomato sauce** 14 fl. oz. tin ~~was .67~~ **.53**

Salada orange pekoe **tea bags** 8 oz. box 2 cup (60's) ~~was 2.39~~ **2.19**

all varieties **Kal Kan cat food** 6 oz. tin ~~was .35~~ **.29**

more produce values

- product of U.S.A. **#1 grade cauliflower** each ~~was 1.99~~ **1.29**
- Anne's Gourmet 5 varieties **salad dressing** 500 mL ~~was 1.89~~ **1.59**
- product of U.S.A. **green onions** 3 bunches ~~was .99~~ **.78**
- from Hawaii **papaya** a touch of spring ~~was 3.29~~ **2.49**
- triple **hyacinths** each ~~was 9.95~~ **8.59**
- Ontario grown, beautiful **hanging baskets** 10 pot ~~was 9.95~~ **8.59**

January diet sale effective until Jan. 31, 1981

- Weight Watchers calorie-reduced frankfurters** 227 g pkg. ~~was 1.48~~ **1.38**
- Weight Watchers sliced luncheon meat mock chicken or bologna cooked meat** calorie-reduced 175 g pkg. ea. ~~was 1.38~~ **1.28**
- Weight Watchers calorie-reduced all flavours soft drinks** 750 mL ret. btle. (plus 25c deposit) ~~was .59~~ **.54**
- Weight Watchers frozen, cheese & tomato pizza** 12 oz. box ~~was 2.39~~ **2.19**
- Weight Watchers calorie-reduced tomato ketchup** 11 fl. oz. btle. ~~was .83~~ **.73**
- Weight Watchers calorie reduced process skim milk cheese slices** 250 g pkg. ~~was 1.55~~ **1.39**
- Weight Watchers calorie-reduced (2 x 8 oz. tubs) diet margarine** 1 lb. sleeve ~~was 1.19~~ **1.09**