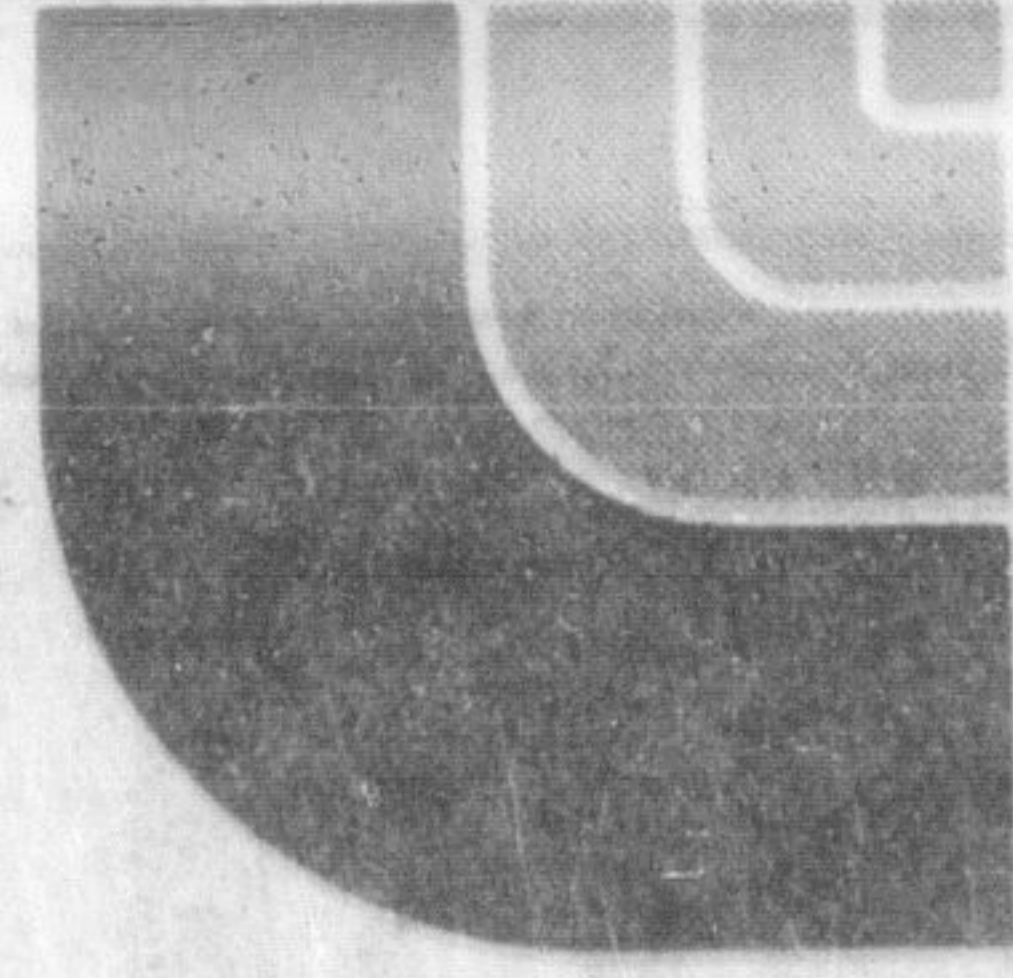


Loblaws



slash your

more meat values

- back attached fresh chicken breasts lb. ~~was 1.95~~ **1.39**
- frozen beef Schneiders steakettes 500 g pkg. ~~was 2.65~~ **2.28**
- frozen Schneiders country sausage 500 g pkg. ~~was 2.78~~ **2.48**
- frozen beef or steak Schneiders meat pies 14 oz. pkg. ~~was 2.28~~ **1.98**
- previously frozen, cut from Canada grade "A" beef, ideal for braising bone in short ribs lb. ~~was 1.58~~ **1.48**
- frozen New Zealand shoulder lamb chops lb. ~~was 1.88~~ **1.58**
- previously frozen sliced beef liver lb. ~~was 1.28~~ **.88**
- Maple Leaf Brand vac pac corned beef brisket lb. ~~was 2.88~~ **2.48**
- frozen Maple Leaf Brand pork golden fry sausage 500 g pkg. ~~was 2.78~~ **1.98**
- Maple Leaf brand english style back bacon 175 g pkg. ~~was 1.98~~ **1.78**
- frozen tenderized boneless strip loin or rib eye sold by 12 steaks 5 oz. the doz. ~~was 16.68~~ **14.99**
- calorie reduce Weight Watchers frankfurters 227 g pkg. ~~was 1.38~~ **1.28**
- calorie reduced 3 varieties Weight Watchers sliced meats 175 g pkg. ~~was 1.28~~ **1.18**
- Z & W Foods store packaged smoked pork sausage lb. ~~was 2.38~~ **1.98**
- ziggys - 9 specified varieties cooked meat chubs 250 g each ~~was 1.89~~ **1.68**
- Loblaws - regular or thick sliced bologna 375 g pkg. ~~was 1.78~~ **1.58**
- Loblaws 3 specified varieties cooked meat chubs 500 g pkg. ~~was 2.98~~ **2.58**
- 1.00 off frozen Highliner Brand peeled and deveined shrimp 12 oz. pkg. ~~was 7.68~~ **6.68**
- 1.00 off Seafresh Brand store packaged frozen sole filets lb. ~~was 2.99~~ **1.99**

more grocery values

- regular or buttermilk Aunt Jemima pancake mix 1 kg box ~~was 1.59~~ **1.39**
- all colours, (2 ply) Viva paper towels 2 roll pkg. ~~was 1.59~~ **1.39**
- Delsey - all colours 2 ply bathroom tissue 4 roll pkg. ~~was 1.77~~ **1.67**
- Glad - plastic (26" x 36") garbage bags 20's pkg. ~~was 3.29~~ **2.79**
- Kikkoman Half Price! soy sauce 5.2 fl. oz. btl. ~~was .65~~ **.32**
- Bye the Sea - in water solid light tuna 7 oz. tin ~~was 1.49~~ **1.39**
- Hunt's tomato paste 5 1/2 fl. oz. tin ~~was .49~~ **.39**
- strawberry or red raspberry Laura Secord pure jam 24 fl. oz. jar ~~was 2.77~~ **2.29**
- Bright's, vegetable cocktail juice 1/3 off! 19 fl. oz. tin ~~was .63~~ **.42**
- Encore, with chicory instant coffee 8 oz. jar ~~was 5.45~~ **5.15**
- instant soup mixes - all varieties Lipton Cup-a-Soup 44 g box ~~was .87~~ **.69**
- Bravo vegetable oil 3 litre tin ~~was 4.69~~ **3.99**
- McNair popping corn 1/3 off! 32 oz. cello bag ~~was 1.35~~ **.90**
- with fluoride Listermint mouthwash 1/3 off! 500 mL bottle ~~was 2.55~~ **1.70**
- Vaseline intensive care lotion 1/3 off! 400 mL plastic bottle ~~was 2.79~~ **1.86**



Maple Leaf sliced **side bacon**
500 g pkg.
Limit 2 pkgs. Maple Leaf side bacon per family

~~2.58~~ **1.29**
slashed slashed slashed
1/2 price



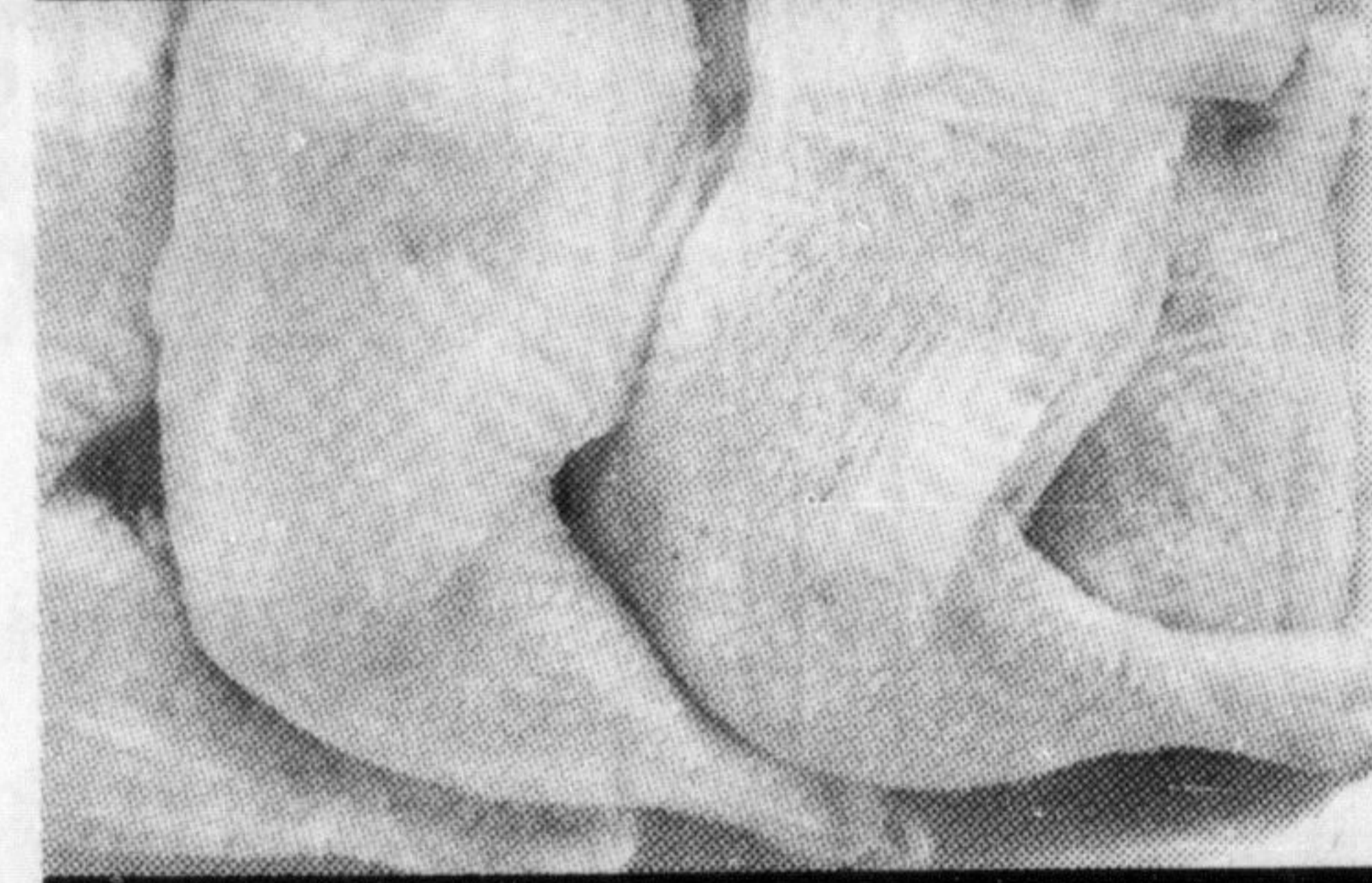
Maple Leaf sliced **cooked ham**
175 g pkg.
Limit 2 pkgs. Maple Leaf cooked ham per family

~~1.98~~ **.99**
slashed slashed slashed
1/2 price



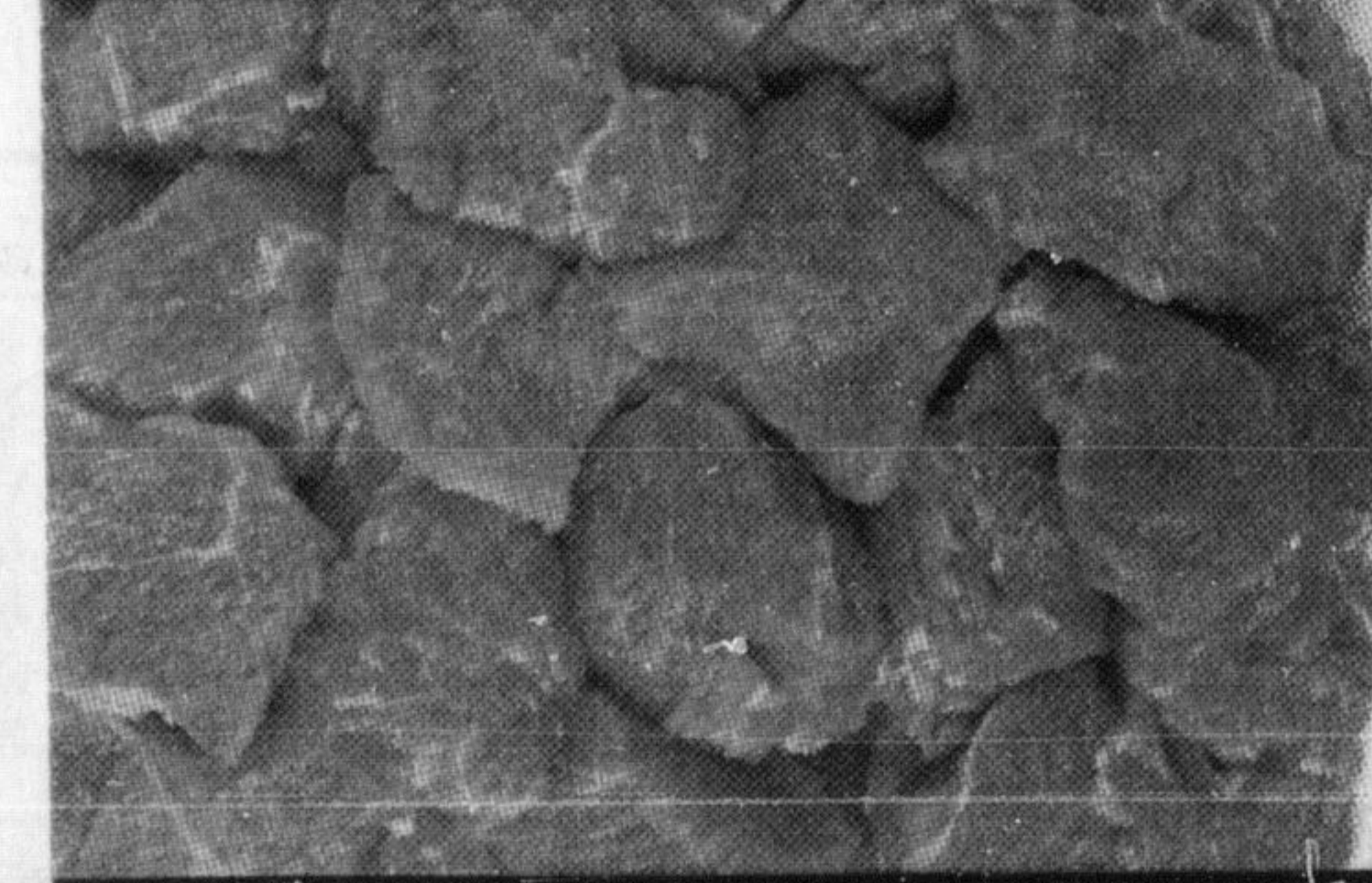
1 lb. pkg. **Maple Leaf wieners**
Limit 2 pkgs. Maple Leaf wieners per family

~~2.38~~ **1.19**
slashed slashed slashed
1/2 price



fresh country cut **chicken parts**
contains:
3 hindquarters with whole back,
3 frontquarters with whole back and neck - 3 wings - 2 giblets

~~1.36~~ **.88**
slashed slashed slashed
Loblaws special price



cut from Canada grade "A" beef **boneless stew beef**

~~2.58~~ **1.98**
slashed slashed slashed
Loblaws special price



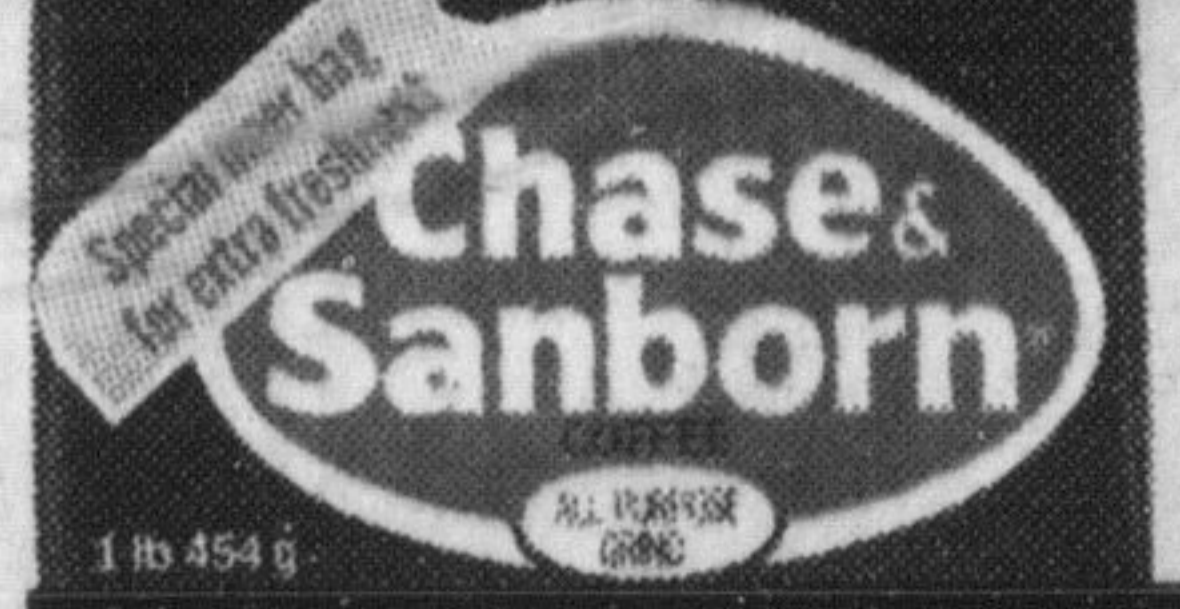
frozen Blue Water Brand Boston Bluefish cooked **fish fries**
was 1.32 8 oz. pkg. **.69**



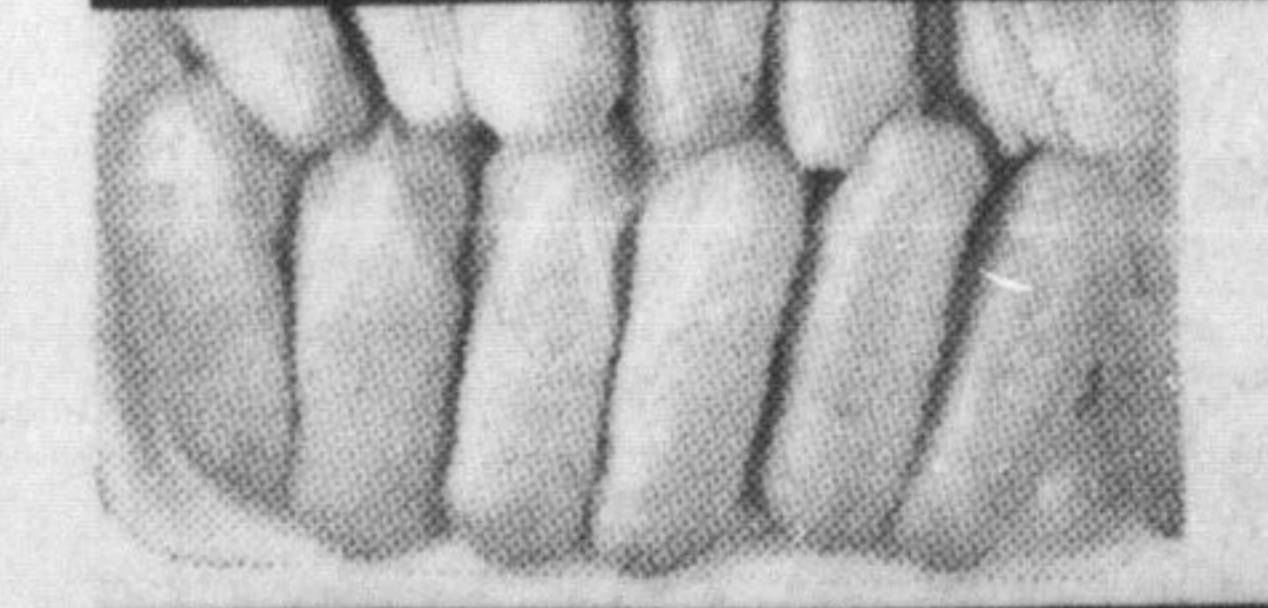
deep browned in tomato sauce, with pork or vegetarian **Libby's beans**
was .93 19 fl. oz. tin **.59**



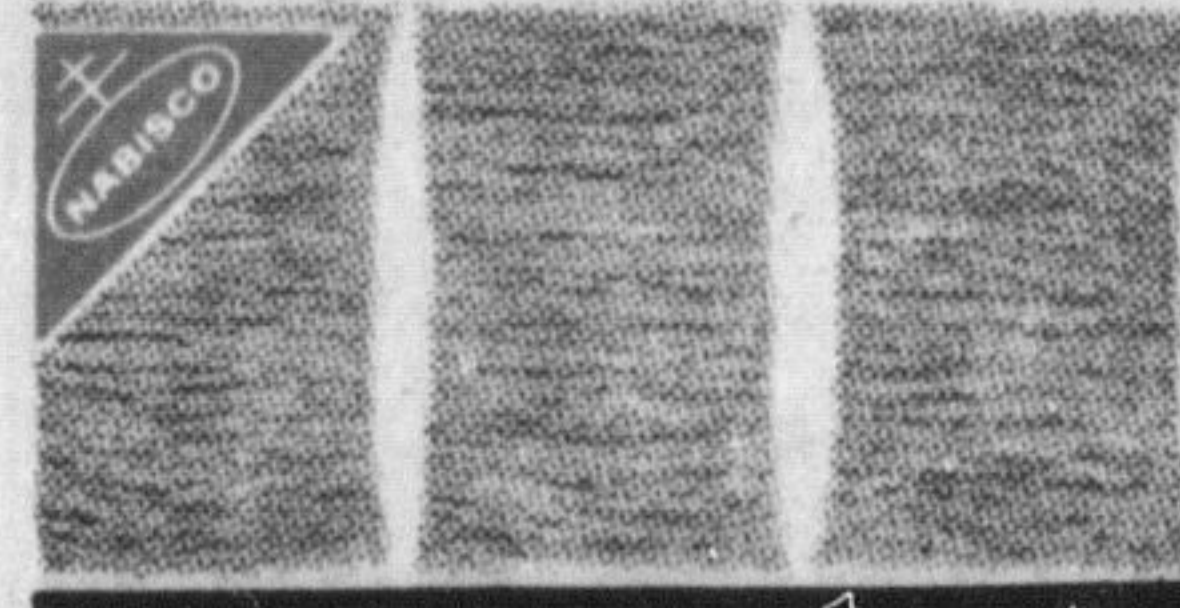
frozen New Zealand **whole lamb legs**
was 2.18 lb. **1.98**



Chase & Sanborn **ground coffee**
was 3.69 1 lb. bag **2.46**



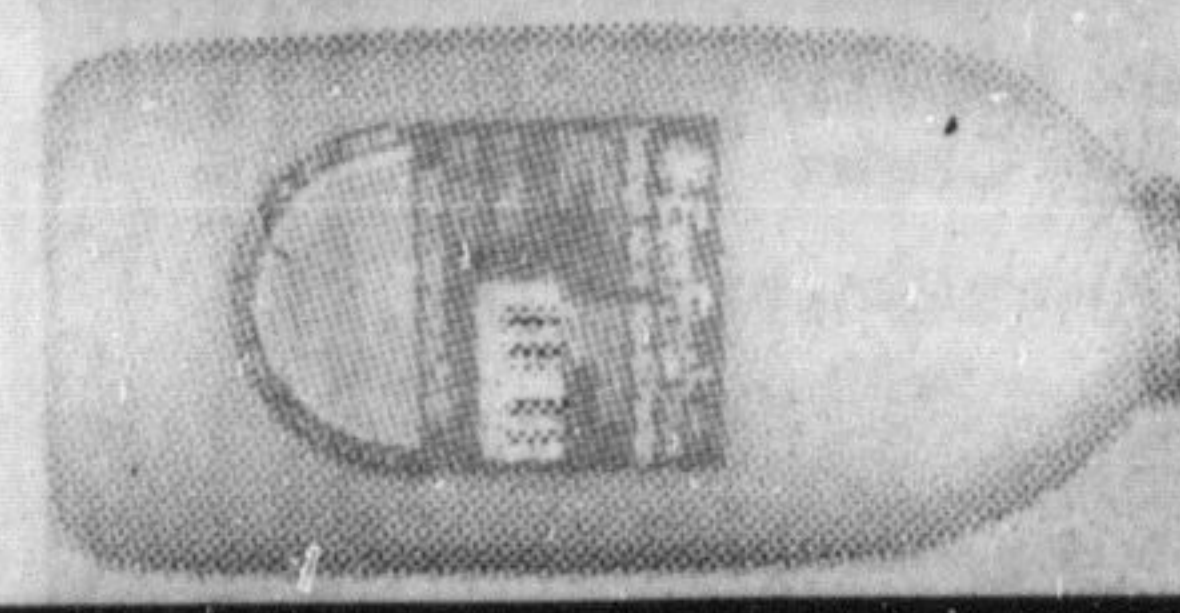
fresh **chicken wings**
was 1.18 lb. **1.00**



Nabisco **shredded wheat**
was 1.15 450 g box **.79**



back attached **fresh chicken legs**
was 1.95 lb. **1.39**



Everfresh - from concentrate **pure orange juice or grapefruit juice**
was 1.65 2 litre plas. btl. **1.10**