

**Loblaws**

with every \$50. order **free** steak dinner

senior citizens \$25. order details in store  
no accumulation of cash tapes

4.09 value at Ponderosa or free 3.90 value Frank Vetere's spaghetti & meatballs.



whole or shank portion  
**fresh pork leg**

was 1.48 lb.  
**.98**



family pack, by the package  
**fresh loin pork chops**

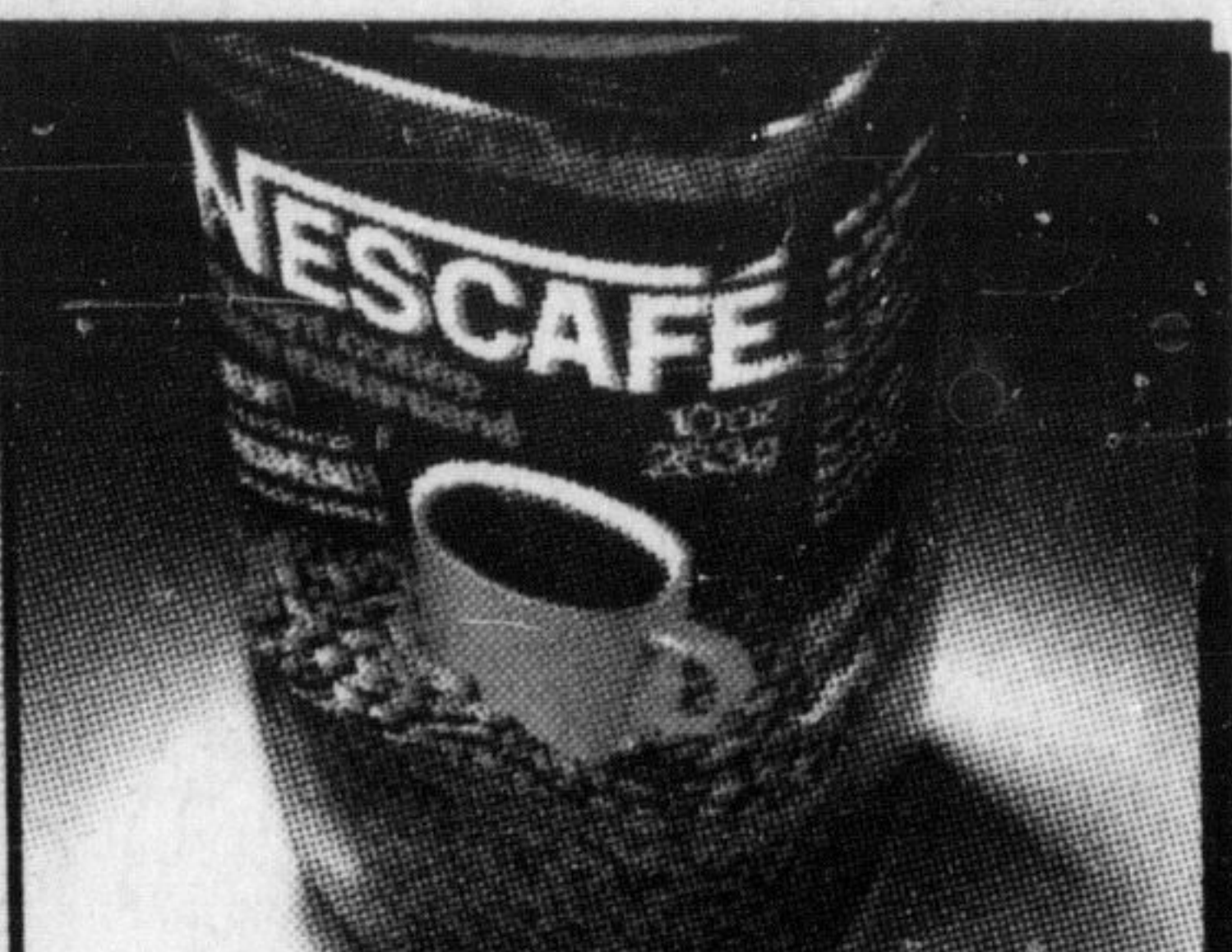
3 rib portions - 3 centre portions 3 tenderloin portions

was 1.88 lb.  
**1.28** lb.



freshly ground  
**medium ground beef**

was 2.48 lb.  
**1.58** lb.



**Nescafe** 10 oz. jar  
**instant coffee**

was 6.69  
you pay only 4.69  
**2.00 off**



**Heinz keg'o ketchup**

32 fl. oz. btl.

was 2.09  
**1.29**

**more meat values**

Loblaws sweet pickled vac pac  
**corned beef brisket** lb. was 2.78 **2.28**

fresh  
**pork leg butt portion** lb. was 1.38 **1.18**

fresh  
**pork loin chops centre cut** lb. was 2.48 **1.78**

frozen  
**Schneiders beef steakettes** 500 g pkg. was 2.65 **2.28**

previously frozen  
**sliced calves liver** lb. was 2.58 **1.98**

Buddig  
**thin sliced meats 5 varieties** 71 g pkg. was .78 **.68**

sliced  
**ziggys cooked ham** 175 g pkg. was 1.68 **1.38**

regular or thick  
**Loblaws sliced bologna** 375 g pkg. was 1.78 **1.48**

salami or  
**summer sausage** 500 g pkg. was 2.98 **2.48**

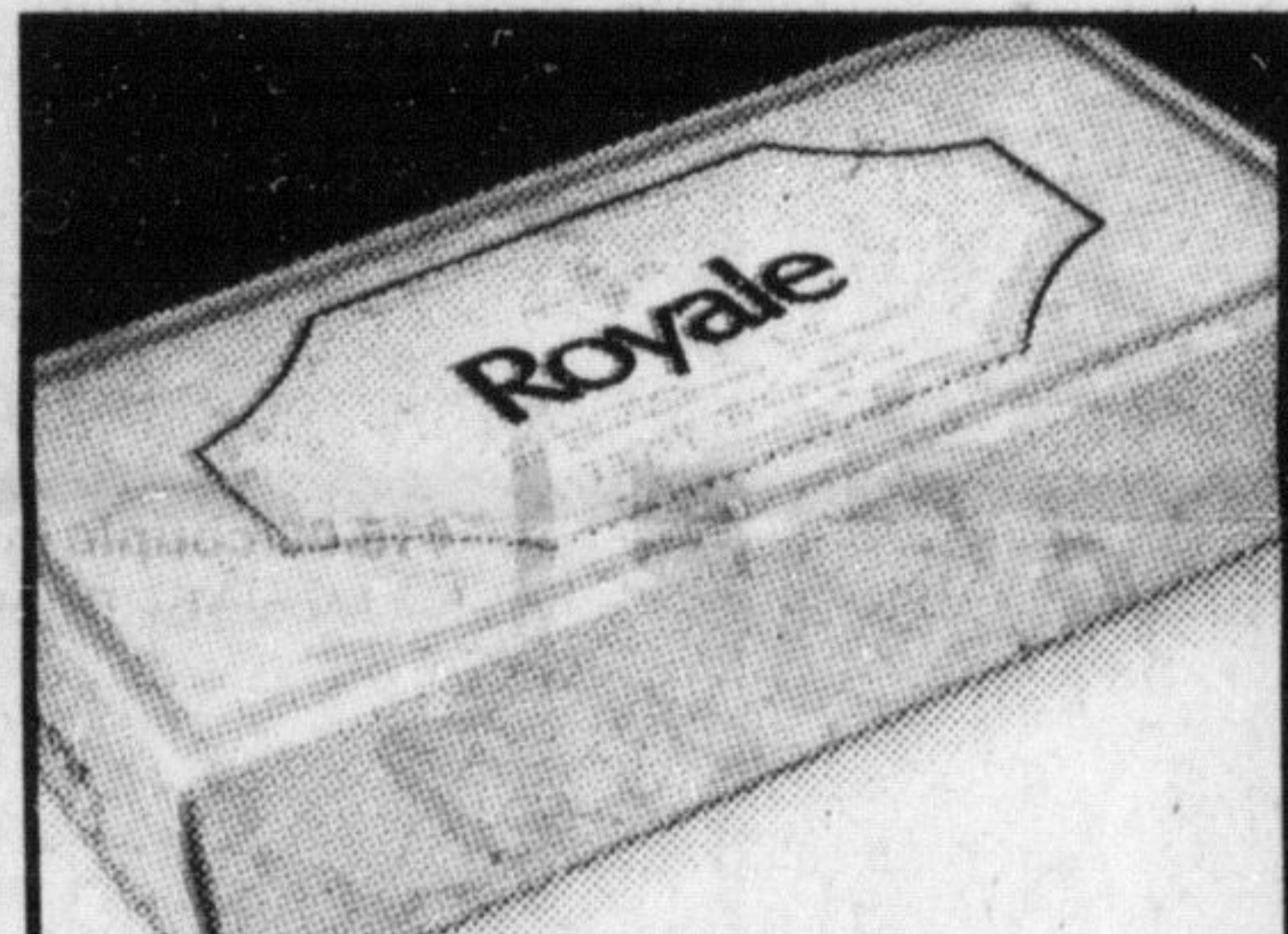
**Loblaws chubs** store packaged frozen  
**halibut steaks** 1 lb. was 2.32 **1.98**

Highliner Brand  
**frozen cod filets** 1 lb. was 2.32 **1.98**



**Habitant**, all varieties  
**ready-to-serve soup** 8 fl. oz. tin

was .35  
you pay only .17  
**1/2 price**



all colours, (3 ply)  
**Royale, 60's box facial tissue**

was .62  
you pay only .31  
**1/2 price**



from the tropics  
**large size bananas**

was .49  
**.28** lb.

**more grocery values**

lucky charms or coco puffs was 1.97  
**General Mills cereal** 375 g box **1.86**

all varieties was 1.97  
**Clark stews** 24 fl. oz. tin **1.77**

Betty Crocker, creamy deluxe  
all flavours ready-to-serve was 1.88  
**frosting** 16.5 oz. tin **1.79**

sweet mixed or bread'n butter was 1.65  
**McLarens pickles** 32 fl. oz. jar **1.49**

Javax was .99  
**liquid bleach** 1.8 L plas. jug **.89**

for unbleachables was 3.69  
**Javax bleach** 1.2 kg box **3.49**

Gulf, 10W30 was 1.35  
**motor oil** 1 L tin **1.19**

Export medium was 4.19  
**cigarette tobacco** 200 g tin **3.69**

Gentle Touch, white or pink was .75 ea.  
**toilet soap** 140 g bar 2 for **1.29**

New Freedom was 3.53  
**maxi pads** 30's box **3.19**

Agree, reg. oil or protein and henna was 3.09  
**shampoo** 350 mL plas. btl. **2.79**

Blue Bonnet, (2 x 8 oz. tubs) was 1.15  
**soft margarine** 1 lb. sleeve **1.08**

Strubs pickled was 1.69  
**sweet pimentos** 24 fl. oz. jar **1.53**

Neilson, creamed small curd was 2.19  
**cottage cheese** 750 g tub **1.99**

**more grocery values**

Campfire was .79  
**marshmallows** 250 g plas. bag **.69**

Kellogg's was 2.57  
**raisin bran** 800 g box **2.47**

Quench, all flavours was 2.99  
**drink crystals** 613 g tin **2.85**

White Swan, all colours, (2 ply) was 1.63  
**paper towels** 2 roll pkg. **1.53**

JB Brand, frozen was .97  
**apple cider** 12 1/2 fl. oz. tin **.77**

Arctic Gardens, frozen was 1.39  
**vegetable mix for soup** 2 lb. poly bag **1.29**

Swanson, frozen, beef was 1.95  
**T.V. dinner** 11 1/2 oz. box **1.82**

Grandma Martins cherry or apple was 1.99  
**frozen crepes** 225 g box **1.79**

frozen pre-dressed utility grade was 1.08 lb.  
**roasting chickens** 2 to 4 lb. size lb. **.88**

cut from the leg, thin sliced was 3.48 lb.  
fresh 1.00 lb. off  
**pork schnitzel** lb. **2.48**

Loblaws sliced regular or thick was 2.18  
500 g pkg. **side bacon** **1.68**

Loblaws sliced 5 specified varieties was .82  
175 g pkg. **cold cuts** **.75**

Loblaws was 1.98  
**wieners** 1 lb. pkg. **1.58**

frozen store packaged was 1.98 lb.  
**ocean perch filets** lb. **1.48**

shortcake, fruit shortcake, assorted creme was 1.89  
fruit creme or digestive, 400 g bag  
**Peek Freans biscuits** **1.39**

Lipton chicken noodle, (4's) was 1.53  
240 g box **dry soup mix** **1.39**

Bye the Sea, in water, 7 oz. tin was 1.59  
32 fl. oz. jar **solid light tuna** **1.45**

McLarens, assorted varieties was 1.45  
32 fl. oz. jar **dill pickles** **1.29**

Old South, frozen, Florida, unsweetened was 1.63  
concentrated, 16 1/2 fl. oz. tin **orange juice** **1.49**

Nestle, all flavours was 1.65  
(4 x 5 oz. tins) sleeve **mini puddings** **1.49**

Ingersoll process was 2.49  
**cheese** 500 g jar **2.29**

all varieties was 1.49  
900 g cello bag **Primo pasta** **1.29**

Primo, plain was 1.29  
**spaghetti sauce** 28 fl. oz. tin **1.09**

Mr. Muscle was 1.74  
400 g aerosol tin **oven cleaner** **1.54**

product of U.S.A. Canada #1 grade was .79 ea.  
**cabbage** each **.68**

product of U.S.A. Canada #1 grade was 1.99 ea.  
**cauliflower** each **1.58**

product of B.C. extra fancy grade  
**red spartan apples** 3 lb. bag **1.28**

product of U.S.A. California was 1.99  
**navel oranges** 4 lb. bag **1.88**

product of U.S.A. California  
**fresh strawberries** quart box **1.78**

product of Chile, Canada fancy grade was .99 lb.  
**Granny Smith apples** pound **.88**

Grannys 350 g box was 1.69  
**chocolate chip cookies** **1.55**

Gillette Trac II, dispenser was 1.69  
5's pkg. carded **razor blades** **1.49**

**more produce values**

product of U.S.A. Canada #1 grade green sweet  
**peppers** pound **1.49**

product of U.S.A.  
**romaine lettuce** each **.68**

product of U.S.A.  
**lemons** 5 for **1.00**

product of Ontario  
**bean sprouts** 2 pounds **.89**

product of U.S.A.  
**watercress** 2 bunches **1.00**

**early week bonus**

**extra steak dinner voucher free**  
Mon. Tues. Wed. only with \$50 order

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senior citizens every \$25. order

**Loblaws**