

LOBLAWS BEEF

B8 The Canadian Champion, Wed., November 26, 1975

boneless chuck stewing beef 119 lb.

BEEF boneless chuck roasts 117 lb.

BEEF boneless short rib roasts 117 lb.

BEEF boneless shoulder roasts 117 lb.

BEEF chuck steaks 124 lb.

BEEF chuck steaks 99 lb.

CHUCK
ROASTS - pot roast STEAKS - braise
STEW MEAT - braise, cook in liquid

BEEF prime rib club steaks 168 lb.

BEEF braising ribs 99 lb.

BEEF prime rib roasts 138 lb.

boneless braising beef 119 lb.

RIB
ROASTS - oven roast STEAKS - broil, pan fry, pan broil
BRAISING BEEF - braise

BEEF porterhouse steaks 179 lb.

BEEF sirloin steaks 173 lb.

BEEF boneless New York strip loin steaks 298 lb.

BEEF wing steaks 179 lb.

LOIN
STEAKS - broil, pan fry, pan broil

BEEF boneless oven roasts 172 lb.

BEEF round end rump roasts 167 lb.

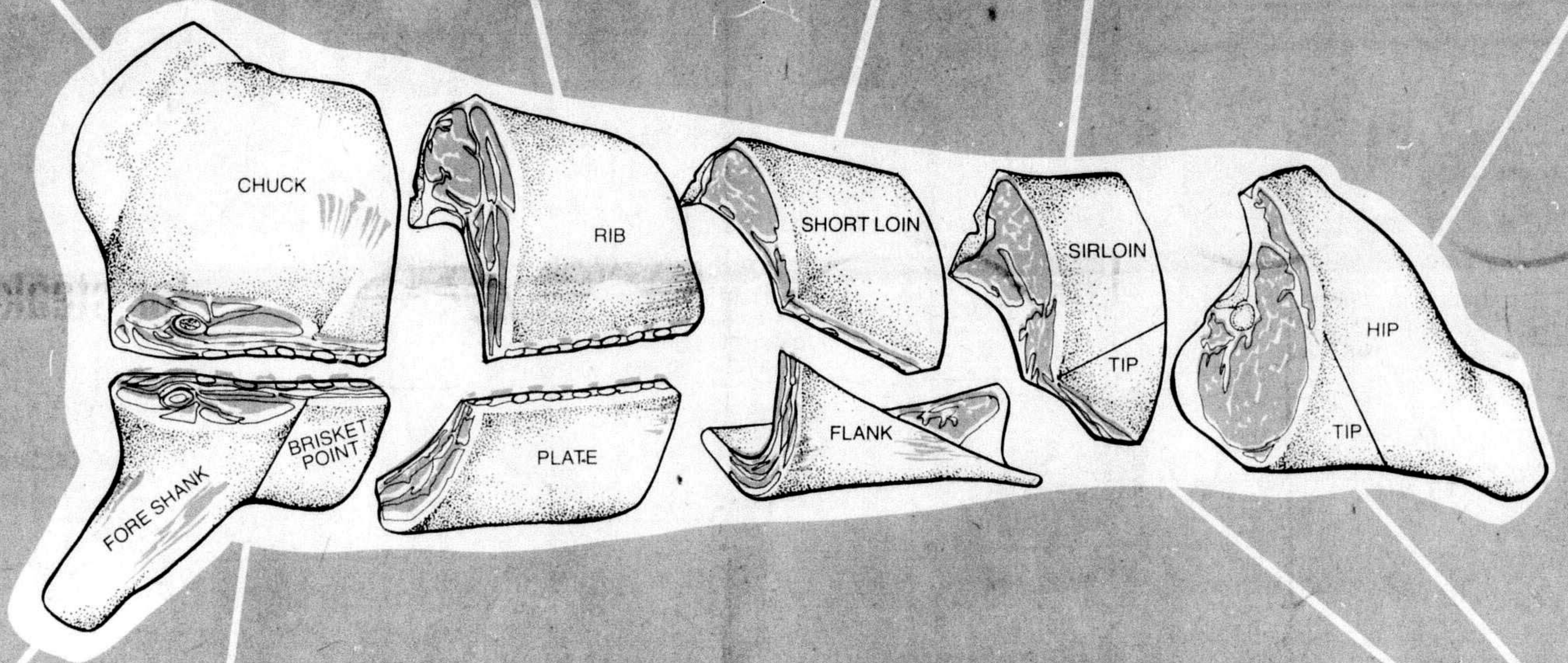
LOBLAWS BEEF AND PORK breakfast sausage 123 lb. pkg.

SHOPSYS pure beef sausage 108 lb. pkg.

SCHNEIDERS beef patties 198 2 lb. pkg.

COMBINATION PKGS. OF hamburger and ground pork 103 lb.

SAUSAGE - braise, broil, pan fry PATTIES - pan fry, pan broil COMBINATION - pan fry, roast



knuckle bones for soup 31 lb.

BEEF centre cut shank 93 lb.

SWIFT'S PREMIUM OVEN ROASTING corned beef brisket 177 lb.

BEEF brisket plate 55 lb.

PLATE, BRISKET POINT, FORE SHANK
CORNED BEEF - cook in liquid, oven roast OTHER CUTS - cook in liquid

27% FRESHLY GROUND hamburger 71 lb.

20% FRESHLY GROUND ground beef 88 lb.

15% FRESHLY GROUND LEAN ground beef 139 lb.

broil, pan fry, pan broil, roast

BEEF cube steaks 198 lb.

BEEF: THE CANADIAN FAVOURITE

Beef is truly Canada's all-around favourite meat choice. At your Loblaw's store over 40 different beef cuts are available for your selection and enjoyment. While these cuts vary in taste characteristics, all beef cuts are delicious, tender and juicy when prepared properly. For greatest eating satisfaction, buy quality beef and familiarize yourself with the wide variety of beef cuts available.

KNOW THE CUTS

Select beef cuts according to your intended use. Since beef cuts vary considerably in their natural tenderness, be sure to match the cut to the proper cooking method. Use dry cooking methods (oven roasting, broiling, pan frying, pan

broiling) to prepare tender cuts and moist cooking methods (pot roasting, braising, cooking in liquid) to prepare less-tender cuts. See our Beef Chart for specific cooking recommendations.

No matter which cut you select, beef is both a delicious and a nutritious addition to your menu. Beef is an excellent source of high quality protein and a good source of the vitamin niacin and the minerals, iron and phosphorus.

BUY QUALITY BEEF

Loblaws makes it easy to buy high quality beef. Loblaws offers only the finest, assuring you of excellent flavour, tenderness and juiciness.

FRESH "COUNTRY CUT" (3 HINDQUARTERS WITH BACK) (3 FRONTQUARTERS WITH BACK) (3 WINGS, 2 GIGLETS) **76^c** LB.

fryer parts 1 LB. PKG. EACH **127**

SCHNEIDERS REGULAR or ALL BEEF mini sizzlers sausage 1 LB. PKG. **168**

SCHNEIDERS or COUNTRY MAPLE sliced side bacon 1 LB. PKG. **119**

SCHNEIDERS beef meat pies 13 OZ. EACH **218**

FROZEN RUPERT BRAND FLIP N' FRY sole fillets 16 OZ. PKG. **99^c**

FROZEN CLOUSTON BRAND rainbow trout 10 OZ. PKG. **99^c**

FROZEN PRESSED CANADA GRADE A young turkeys 10 TO 16 LB. **84^c** LB.

LUCAS ARTHURS BRAND SHANK QUARTER VAC PAC cooked smoked hams LB. **158**

LOBLAWS COOKED SALAMI or SUMMER SAUSAGE meat chunks LB. **139**

LOBLAWS MACARONI & CHEESE LUNCHEON MEAT MOCK CHICKEN LOAF or BOLONA SLICED cooked meats 6 OZ. PKG. EACH **48^c**

SHOPSYS smoked beef 2 3 OZ. PKGS. **118**

SCHNEIDERS WITH DRESSING roast picnic 6 OZ. PKG. EACH **89^c**

PRICES EFFECTIVE NOV. 26 TO DEC. 2 EXCEPT PRODUCE & BAKERY PRICES EFFECTIVE NOV. 26 TO NOV. 29. MILTON ONLY

Loblaws... MORE than the price