

free steak

\$4.09 value at Ponderosa or free \$3.90 value

more meat values

- sliced side, regular, kiss of orange, country mellow, country maple
Schneiders bacon 500 g pkg. **1.98** was 2.68
- frozen Schneiders, tray pack
English style sausage lb. **1.88**
- Schneiders boneless, cooked, smoked
Olde Fashioned hams lb. **3.98** was 4.58
- Schneiders - frozen, whole, cut up
fried chicken 900 g bucket **4.78** was 5.28
- Loblaws cooked, smoked, boneless
mini dinner hams lb. **2.68** was 2.98
- Loblaws cooked, smoked
pork picnic shoulders lb. **1.38** was 1.58
- no name™ - 6 varieties
smoked sausage 375 g pkg. each **1.68** everyday low price
- frozen Highliner Brand
haddock in batter 14 oz. pkg. **1.98** was 2.64
- frozen Jolly Roger Brand
Pacific oysters 10 oz. jar **2.78** was 3.18

more grocery values

- Heinz strained, all meatless varieties
infant foods & juices 3 4 1/2 fl. oz. jars **.89** was .35 ea.
- Gerber
mixed cereal half price 24 oz. box **1.19** was 2.39
- cinnamon, sugar or plain
Loblaws donuts 12's pkg. **.93** was 1.08
- Baden XXX
colby cheese 12 oz. pkg. **2.33** was 2.49
- Johnson's 1/2 off
baby shampoo 850 mL plas. btle. **3.79** was 5.75
- 1/2 off normal or oily
Flex shampoo 450 mL btle. **2.46** was 3.69
- Carnation Potatoes
frozen hash browns 2 lb. poly bag **.59** was .82
- Hawaiian Punch, all flavours
drink crystals (3's) 213 g pouch **1.15** was 1.25
- Realemon, (3's)
lemonade crystals 9.75 oz. poly bag **1.51** was 1.59
- Bye the Sea
flaked light tuna 6 1/2 oz. tin **1.29** was 1.39
- Carnation
Coffee-Mate 375 g jar **1.83** was 1.95
- Arctic Gardens, frozen california style
mixed vegetables 2 lb. poly bag **1.99** was 2.09
- frozen, pepperoni and extra cheese
Gusto mini pizza (4's) 13 oz. box **2.15** was 2.27
- frozen, grape or fruit punch
Honeydew drinks 12 1/2 fl. oz. tin **.99** was 1.09
- Palmolive
liquid detergent 1 L btle. **2.35** was 2.61
- Facettes, white
facial tissue (2 ply) 400's box **1.55** was 1.83



Limit 2 pkgs. per family
all beef dutch treat

was 2.44

Schneiders red hots 1 lb. pkg.

you pay **1.22** **1/2 price**



Limit 4 steaks per family cut from Canada grade 'A' beef

was 3.78 lb.

sirloin steaks

you pay **2.78** lb. **1.00 off**




Limit 8 T-Bone steaks per family.

was 3.98 lb.

cut from Canada grade 'A' beef

T-Bone steaks tail off

you pay **2.98** lb. **1.00 off**



750 mL returnable btle. regular or diet

was .69 (plus 30c deposit)

7 UP

you pay **.34** **1/2 price**




10 specified varieties sliced

Schneiders cold cuts

Limit total of 10 pkgs. per family - 175 g pkg.

you pay **.59** **1/2 price** was 1.18



BeeMaid 500 g plas. tub Sunflower creamed

golden honey

you pay **1.31** **1/3 off** was 1.97



the barbecue chicken

Swiss Chalet chicken parts

• half chickens • chicken leg quarters • chicken breast quarters, wing on

was 1.66 lb.

1.48 lb.



Orville Redenbacher

gourmet popcorn

425 g jar

you pay **.86** **1/3 off** was 1.29



store packaged coil

Schneiders polish sausage

you pay **1.39** lb. **1/2 price** was 2.78 lb.




Burnt Almond or Canadian

Neilson (12's) ice cream novelties

660 mL pkg.

you pay **1.36** **1/3 off** was 2.05




frozen - 500 g pkg.

Schneiders beef steakettes

Limit 3 pkgs. per family

you pay **1.32** **1/2 price** was 2.65




all flavours (2 x 125 g cups)

Gay Lea Swiss yogourt

250 g sleeve

was .83

.73




predressed chicken

grade 'A' cornish hens frozen

was 1.78 lb.

1.48 lb.




regular or California

Neilson iced tea mix

24 oz. tin

was 3.49

2.99



no name™ frozen tenderized

rib eye or strip loin boneless steaks

5 oz. pkg. each

everyday low price

1.49




French's 24 oz. jar

prepared mustard

was .99

.79




sold only as packaged frozen tenderized family pack

16 rib eye or strip loin steaks

5 lb. pkg.

everyday low price

19.98



plain with onion or with tenderizer

Heinz - 455 mL btle. barbecue sauce

was 1.35

.99



ziggys sliced

cooked ham

175 g pkg.

was 1.68

.98



liquid, Catalina

Kraft salad dressing

500 mL bottle

was 1.67

1.39

final week free steak dinner and Frank Vetere's spaghetti & meatballs.