value at Ponderosa or free \$3.90 value

## more meat

values
sliced side, regular, kiss of orange, country mellow, country maple  Schneiders 500 g pkg.  frozen Schneiders, tray pack  English style sausage  Ib. 188
Schneiders boneless, cooked, smoked was 4.58 Olde Fashioned hams  b. 3.98
Schneiders - frozen, whole, cut up fried fried 900 g bucket 4.78
Loblaws cooked, smoked, boneless was 2.98 mini dinner hams b. 2.68
Loblaws cooked, smoked pork picnic shoulders lb. 1.38

no name™ - 6 varieties everyday low price smoked 375 g pkg. 1.68 each sausage frozen Highliner Brand was 2.64

haddock 14 oz. **1.98** pkg. in batter frozen Jolly Roger Brand was 3.18 Pacific 10 oz. 2.78 oysters

## more grocery

values	
Heinz strained, all meatless varieties vinfant foods & juices 3 oz. jars	vas .35 ea. .89
Gerber mixed cereal half price 24 oz. box	was 2.39
cinnamon, sugar or plain  Loblaws donuts  12's pkg.	was 1.08 .93
colby 12 oz. cheese pkg.	was 2.49
Johnson's % off baby 850 mL shampoo plas. btle.	was 5.75 3.79
Flex shampoo btle. 2	was 3.69 2.46
Cornetion Detetors	

Carnation Potatoes frozen hash browns Hawaiian Punch, all flavours drink 213 g pouch 1.15 crystals Realemon, (3's) was 1.59 lemonade 9.75 oz. 1.51 poly bag crystals

Bye the Sea was 1.39 flaked 6% oz. 1.29 light tuna Carnation was 1.95 Coffee-375 g 1.83 Mate

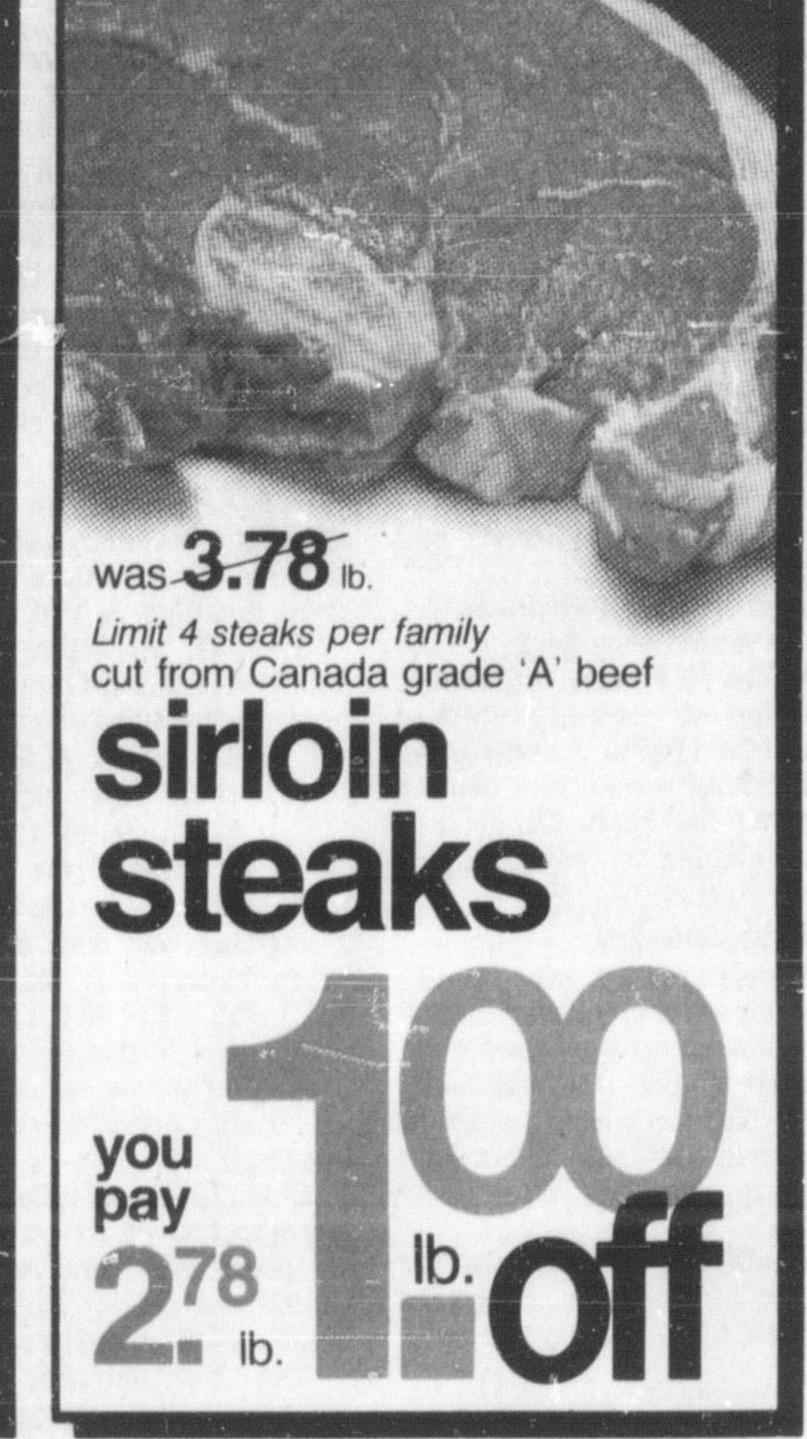
was 2.09 mixed vegetables poly bag

frozen, pepperoni and extra cheese Gusto mini pizza 13 oz. box frozen, grape or fruit punch was 1.09

Honeydew 12% ff. 99 drinks Palmolive was 2.61 liquid

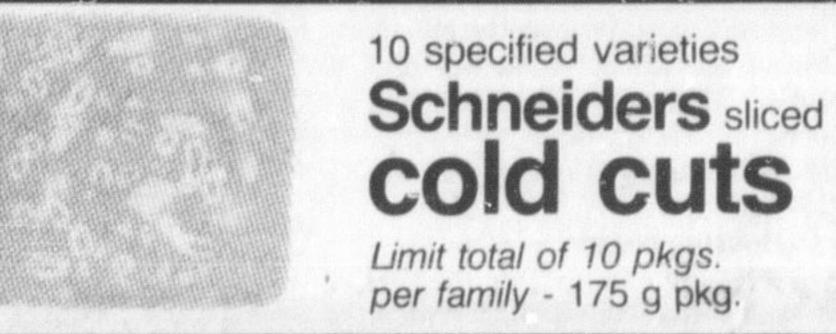
detergent Facettes, white was 1.83 facial tissue











you pay





BeeMaid 500 g plas. tub Sunflower creamed golden

you pay





the barbecue chicken **Swiss Chalet** chicken parts half chickens • chicken leg quarters • chicken breast

quarters, wing on store packaged coil

was 1.66 b. lb.



Orville Redenbacher

honey

gourmet popcorn 425 g jar

you pay





sausage was 2.78 lb.

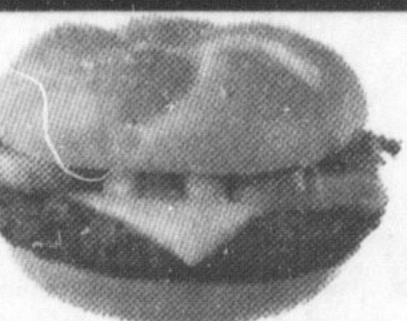


Burnt Almond or Canadian Neilson (12's) ice cream novelties

660 mL pkg.

you pay 1.36 was 2.05

was .99



frozen - 500 g pkg. Schneiders beef steakettes

Limit 3 pkgs. per family you pay was 2.65



all flavours (2 x 125 g cups)

Gay Lea Swiss yogourt 250 g sleeve



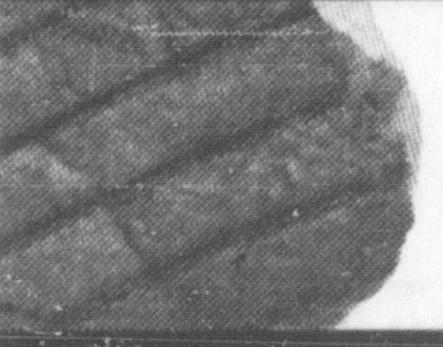
predressed chicken grade 'A' cornish hens frozen

was 1.78 lb.



regular or California Neilson

iced tea mix 24 oz. tin



no name™ frozen tenderized rib eye or strip loin boneless

everyday low price steaks 5 oz. pkg. each



French's 24 oz. jar

prepared mustard

plain with onion or with tenderizer

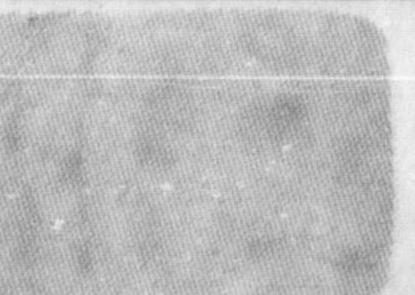


sold only as packaged frozen tenderized family pack

rib eye or steaks 5 lb. pkg.

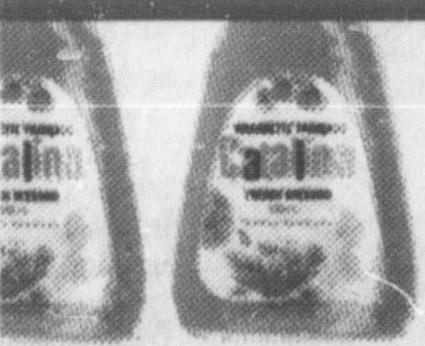


Heinz - 455 mL btle. barbecue sauce was 1.35



ziggys sliced cooked ham 175 g pkg.

was 1.68



The transfer of the second sec

liquid, Catalina

1.67 Kraft salad dressing

and Frank

spaghetti & meatballs.

Vetere's