

mix or match vegetables

CUDNEY CHOICE WHOLE POTATOES 19 FL. OZ. TIN, AYLMER DICED HARVARD BEETS, CHOICE SLICED CARROTS or PEAS AND CARROTS 14 FL. OZ. TIN

101

Loblaws ice cream all flavours

Robin Hood oats

quick or minute

High Park unsweetened grapefruit juice oz. bottle

from concentrate

Kellogg's Rice Krispies

Henley dill pickles

whole or Polish

Tetley's tea bags

Loblaws tomato ketchup

Scotties economy facial tissue

2 ply, white

Lady Patricia shampoo

gentle, protein, lemon glow or protein creme rinse

White Swan 2 ply towels

white, yellow, orange, green or decorated assorted

Loblaws white sliced

bread

RICHMOND HEIGHTS CENTRE ONLY

BETTY CROCKER, ALL VARIETIES

15 OZ. 88° Snackin' Cake Mix

Gravy Mixes

LANCIA, ALL VARIETIES

Spaghetti and Macaroni CELLO 69°

GATTUSO

Tomato Sauce

5 FL OZ 89°



Boston bluefish fillets WRAP WRAP OCEAN MAID BRAND sole fillets 4 ENVELOPES 00

HIGHLINER BRAND

fryer parts (3 HINDQUARTERS WITH BACK)
(3 FRONTQUARTERS WITH BACK)
(3 WINGS, 2 GIBLETS)

CANADA GRADE A BEEF

chuck steaks

cod-in-batter

haddock fillets

BLADE CUT

100aMS

More than the price is right.

will make sure you're getting your money's worth.

The Loblaws Ground Meat Analyzer is now in all Loblaws Meat Departments. What it does is simply provide you with an accurate reading of the fat content in our ground meat. Each time a fresh amount of hamburger or ground beef is made, a check is made to determine the proper content of fat. Loblaws ground beef comes under three classifications. Hamburger, with a

fat content of 27% or less. Ground beef, with a fat content of 20% or less. And Lean Ground Beef, with a fat content of 15% or less. Loblaws labels every package of ground beef with the percentage of fat content.