



Loblaws
choice peas

3 FOR 1⁰⁰
19 fl. oz. tin

Save with Loblaws WEEKLY SPECIALS

Great saving and good nutrition both start here.

It's Nutrition Week in Ontario. And Loblaws is taking part. By helping to make you more aware of the basics of good nutrition. All this week, Loblaws is offering two complimentary nutrition booklets, "Nutrition at the Supermarket", a simple, easy-to-read guide to good nutrition, and a summary of the Food Prices Review Board's report "What Price Nutrition". You can apply for your own copies of these informative booklets at the Consumer Information Counter at your neighbourhood Loblaws supermarket. Do it. And use the booklets. Because good nutrition is something that everybody should know about.



Bonnie
parchment margarine

33[¢]
1 lb. pkg.



Shopsy
boil-in-bag
meat entrees

frozen roast beef 'n gravy, Salisbury steak, chicken 'n gravy,
turkey 'n gravy, beef burger 'n onions or b.b.q. beef

33[¢]
5 oz. pkg.



fresh
pork
shoulder
roasts **97[¢]** lb.

FRESH BUTT or SHOULDER	LB.	1¹⁸
pork chops		
FRESH BONELESS	LB.	1²⁸
butt pork roasts		
FRESHLY GROUND FAT CONTENT 27% OR LESS	LB.	72[¢]
hamburger 3 LB. PKG. or OVER		
BONELESS	LB.	1¹⁸
chuck stewing beef		
FAMILY PAK	LB.	1⁹⁸
beef cube steaks		
PREVIOUSLY FROZEN SLICED	LB.	39[¢]
pork liver		
SUPER VALUE or MARY MILES BRAND	1 LB. PKG.	1⁵⁸
sliced side bacon		
SWIFTS PREMIUM LAZY MAPLE or SUGAR PLUM	1 LB. PKG.	1⁶⁸
sliced side bacon		

FRESH "COUNTRY CUT"	LB.	74[¢]
fryer parts (3 HINDQUARTERS WITH BACK) (2 FRONT QUARTERS WITH BACK) (3 WINGS, 2 GIBBLETS)		
LOBLAWS or SCHNEIDERS	1 LB. PKG.	98[¢]
sliced bologna		
LOBLAWS or SCHNEIDERS	6 OZ. PKG.	1¹⁸
sliced cooked ham	EACH	
SHOPSYS	4 2 OZ. PKGS.	1²⁸
corned beef or pastrami		
MINI ZIGGYS COOKED 6 VARIETIES	8 OZ. EACH	98[¢]
meat chubs		
ZIGGYS-SLICED	6 OZ. PKG.	84[¢]
summer sausage		
FROZEN HIGHLINER BRAND COOKED	14 OZ. PKG.	94[¢]
Boston bluefish sticks		
FROZEN HIGHLINER BRAND	1 LB. PKG.	1⁰⁴
cod fillets		

frozen New Zealand shoulder
lamb
chops **74[¢]** lb.

- FROZEN FOODS -

OLD SOUTH FLORIDA UNSWEETENED		
grapefruit	5 FOR	1⁰⁰
juice 6 1/2 FL. OZ. TIN		
CONCENTRATED		
LOBLAWS FANCY CUT		
wax	2 LB. POLY BAG	79[¢]
beans		
LOBLAWS FANCY		
asparagus	10 OZ. PKG.	85[¢]
spears		
LOBLAWS FRIED	6 OZ. PKG.	39[¢]
onion		
rings		



Libby's
spaghetti
in tomato sauce
with cheese

3 FOR 1⁰⁰
14 fl. oz. tin



FROM CALIFORNIA!
LARGE SIZE!

beef steak
tomatoes

NO. 1 GRADE **3 pounds 99[¢]**

ONTARIO GROWN! FOR A REAL TASTE TREAT BAKE WITH BROWN SUGAR!
pepper poppers **4 FOR 59[¢]**
PRODUCE OF U.S.A.! DELICATELY FLAVOURED! TENDER SWEET!
persimmons **7 FOR 1⁰⁰**

FLOWER DEPT. SPECIAL
green plants 3 1/2" POT EACH **89[¢]**

PRODUCE OF U.S.A.! NO. 1 GRADE! LONG GREEN SLICERS!
cucumbers
6 FOR 1⁰⁰



Quaker
Oats
instant or quick

88[¢]
44 oz. pkg.

26 FL. OZ. NON RETURNABLE BOTTLE
Coca-Cola **2 FOR 89[¢]**

ALPO BEEF CHUNKS, HORSEMEAT CHUNKS
dog food 14 OZ. TIN TRIO **3 FOR 1⁰⁰**

KEN-L
ration burger 72 OZ. BOX **2⁵⁹**



Valuplus brand wieners

74[¢]
1 lb. pkg.

WE RESERVE THE RIGHT
TO LIMIT QUANTITIES.

BETTY CROCKER SNACKIN' 14 OZ. PKG. Date Nut, Chocolate Fudge,
Banana Walnut, Coconut Pecan,
Chocolate Almond, Chocolate Chip,
or Apple Spice Raisin **77[¢]**

RED ROSE ORANGE PEKOE 2 CUP
tea bags 60's PKG. **1⁰⁹**

PLAYTEX BASIC-REGULAR, OR SUPER, DEODORANT
-SUPER, OR REGULAR 30's PKG. **1⁸⁹**

ONTARIO PLASTIC GREEN 26" x 36"
garbage bags 10's PKG. **69[¢]**

ONTARIO PLASTIC KITCHEN 18" x 19"
garbage bags 40's PKG. **1⁰⁵**

HEINZ STRAINED MEATLESS
baby foods 4 1/2 FL. OZ. JAR **21[¢]**

PRICES EFFECTIVE NOV. 5 TO NOV. 11 EXCEPT PRODUCE & BAKERY PRICES EFFECTIVE NOV. 5 TO NOV. 8. RICHMOND HILL ONLY

Loblaws

More than the price is right.