

Coupon Variations for The Post and Courier - Sunday, 7/29, you will have (4) inserts in your newspaper.
Be on the lookout for:

(1) Procter & Gamble

(2) RedPlum

(1) Smart Source

Procter & Gamble 7/29

(all exp 8/31)

\$3 off Align product, excl trial size

\$2 off Always Infinity, 12 ct.+

\$1.50/2 Always pads or feminine cleansing cloths, excl trial size

\$1.50/2 Always pantliners, 30 ct. +

.25/1 Bounty product, excl trial size

\$1 off Cascade product, excl trial size

\$1 off Cascade rinse, excl trial size

.25/1 Charmin product, excl trial size

\$2 off Clairol hair color, excl trial size

\$3 off Clairol Nice 'n Easy, excl trial size

\$1 off CoverGirl product, excl trial size

\$3/2 CoverGirl product, excl trial size

Free Crest rinse, 500 mL or less wyb rinse, 946 mL+, max \$5

.75/1 Crest toothpaste, 4 oz+, or liquid gel

.50/1 Dawn product, excl trial size

.75/1 Duracell Coppertop, excl trial size

\$1.50 off Duracell rechargeable, charger or 6 pk.+ hearing aid batteries

.50/1 Febreze fabric refresher, excl trial size

\$1 off Fixodent adhesive, excl trial size

\$1/2 Gillette deodorant or body wash, excl trial size

\$3 off Gillette Fusion Proglide razor wyb cartridge, excl trial size

\$1 off Gillette Fusion Proglide shave prep or Fusion Proseries skin care

\$3 off Gillette Venus Refillable Razor wyb Venus Refill Pack (exp 8.31)

\$1 off Head & Shoulders product, excl trial size

\$1/3 Iams canned dog or cat food

\$1 off Iams dry dog or cat food, excl trial size

.30/1 Ivory or Safeguard personal cleaning item, excl trial size

\$1 off Metamucil product, excl trial size

.50/1 Mr. Clean liquid, spray or eraser, excl trial size

Free Olay body bar, wash or shower body lotion wyb Daily facial or cleanser

\$5 off Olay Prox or Regenerist moisturizer, excl trial size

\$3 off Olay Total Effects facial moisturizer or facial hair removal, excl trial size

\$1/2 Old Spice product, excl trial size

\$1 off Oral B adult battery toothbrush or 3D White Action rechargeable

.75/1 Oral B Glide floss, 35M+, or Glide floss picks, 30 ct.+, excl trial size

.50/1 Oral B Stages manual toothbrush, excl trial size

.50/1 Oral B Stages, Crest Pro Health Stages or Crest kids toothpaste, 4.2 oz+

\$1.50 off Pampers box diapers or pants, excl trial size

.50/1 Pampers wipes, 60 ct. +

\$3/2 Pantene product, excl trial size
\$1 off Prilosec product, excl trial size
.25/1 Puffs 3 pk., excl trial size
.75/1 Scope mouthwash, 710 mL +
\$2 off Secret Clinical deodorant, excl trial size
\$1/2 Secret deodorant or body spray, excl trial size
\$1 off Swiffer Duster sweeper, excl trial size
\$1 off Swiffer Sweeper starter kit or Dusters extender starter kit, excl trial size
.50/1 Swiffer WetJet solution, excl trial size
\$2 off Tampax Pearl Reg, Compak or Radiant, 16 ct. +
\$1.50/2 Tampax product, 12 ct.+
.50/1 Tide Boost, excl trial size
\$2 off Tide Boost, 15-37 ct. duo pac or 36-68 oz liquid
\$2/2 Tide detergent or Downy, excl trial size
.75/1 Tide detergent or Downy, excl trial size
\$2 off Vicks Zzzquil product, excl trial size

Red Plum 7/29

\$1 off Align capsules, 28 or 42 ct. (Target coupon) (exp 8/29/2012)
\$1 off Aveeno facial moisturizer w/ SPF or body lotion w/ SPF (exp 9/30/2012)
\$2 off Aveeno sun item, excl trial sizes (exp 9/30/2012)
.50/1 Band-Aid adhesive bandages, excl trial sizes (exp 9/30/2012)
\$3 off Bengay Zero Degrees or pain relief+massage (exp 10/31/2012)
\$1 off BonSavor product (exp 9/30/2012)
.50/1 Bounty paper towels, 6 pk.+ (Target coupon) (exp 8/29/2012)
.50/1 Charmin bath tissue, 9 pk.+ (Target coupon) (exp 8/29/2012)
\$1 off Clean & Clear product, excl trial sizes (exp 9/30/2012)
\$1/2 Crest Pro-Health toothpastes, excl trial sizes (Target) (exp 8/29/2012)
.25/1 Dawn dish detergent, 10 oz+ (Target coupon) (exp 8/29/2012)
.75/1 Desitin product, excl trial sizes (exp 9/30/2012)
.75/1 Duracell batteries, 8 pk.+ (Target coupon) (exp 8/29/2012)
.25/1 Febreze Air Effects or Fabric Refresher (Target) (exp 8/29/2012)
\$1 off Garnier shampoo, conditioner or treatment, excl trial sizes (exp 9/8/2012)
\$1 off Garnier style item, excl trial sizes (exp 9/29/2012)
\$5 off Gillette razor AND cartridge (Target) (exp 8/29/2012)
.75/1 Johnson & Johnson baby item (exp 9/30/2012)
.75/1 Johnson & Johnson Red Cross item (exp 9/30/2012)
\$3 off K-Y premium item, excl trial sizes (exp 9/30/2012)
.55/1 Keebler cinnamon roll cookies (exp 9/23/2012)
.55/2 Keebler cookies (exp 9/23/2012)
.75/1 Keebler cookie pack, 8.5 oz+ (Target coupon) (exp 9/23/2012)
\$1/2 Kellogg's FiberPlus bars (Target coupon), 5 ct. (exp 9/23/2012)
\$1/2 Kellogg's Special K protein meal bars (Target coupon) (exp 9/23/2012)
\$2 off L'Oreal Excellence shade (exp 9/23/2012)
\$2 off L'Oreal Preference, Feria or Healthy Look Creme Gloss (exp 10/1/2012)
.50/1 Listerine mouthwash or Zero, 1 L+ (exp 10/31/2012)
\$1 off Listerine Total Care or Fluoride Defense, 1 L+ (exp 10/31/2012)

\$1 off Listerine Smart Rinse or Reach kids toothbrush (exp 10/31/2012)
\$1 off Luvs boxed diapers (Target coupon) (exp 8/29/2012)
\$1 off Neosporin product, excl trial sizes (exp 9/30/2012)
\$1.25/2 Nestle Pure Life purified water, 8 oz multi-packs (exp 9/9/2012)
\$1/2 Nestle Pure Life purified water, .5 L multi-pks, 24 pk+ (exp 9/9/2012)
\$1 off Neutrogena lip or eye makeup, excl trial sizes (exp 9/30/2012)
\$1 off Neutrogena skincare, suncare or shave item (exp 8/28/2012)
\$2 off Neutrogena face makeup item, excl trial sizes (exp 9/30/2012)
\$2 off Olay Pro-X facial skin care item (Target coupon) (exp 8/29/2012)
\$1 off Pampers baby wipes, 420 ct.+ (Target coupon) (exp 8/29/2012)
\$1 off Pampers boxed diapers (Target coupon) (exp 8/29/2012)
\$1 off Prilosec 28 or 42 ct. tablets (Target coupon) (exp 8/29/2012)
.50/1 Puffs facial tissue, 3 pk.+, excl trial sizes (Target) (exp 8/29/2012)
\$1.50 off Purina select dog food, 16.5 lb+ (exp 10/21/2012)
\$1.50/10 Purina ALPO cans (exp 9/10/2012)
\$1.50/3 Purina Friskies dry cat food bags (exp 10/31/2012)
\$1 off Purina Cat Chow, 3 lb+ (exp 9/14/2012)
\$1 off Purina select dog food, 4 lb+ (exp 10/21/2012)
\$1 off Purina Tidy Cats, 7 lb+ (exp 10/29/2012)
\$1/2 Purina dog snacks (exp 10/29/2012)
\$1/2 Purina Friskies or Whisker Lickin's cat treats (exp 10/29/2012)
\$1/3 Purina Fancy Feast appetizers, 2 oz trays (exp 10/29/2012)
\$1 off Purina Friskies (30) canned or pouch, (2) 12 ct. pks. or (1) 24 ct.+ pks. (exp 10/31/2012)
\$2 off Purina ALPO variety pk., 8 ct.+ (exp 9/10/2012)
\$3/3 Purina dog snacks (exp 10/29/2012)
\$1 off Reach toothbrush (exp 10/31/2012)
\$1 off Reach Total Care floss item (exp 10/31/2012)
Free Satin Care gel wyb Venus razor or cartridge (Target) (exp 8/29/2012)
\$1.50/2 off Skinny Cow multi-pk. chocolate candy item, 4.65-6 oz (exp 10/31/2012)
B2G1 Skinny Cow singles candy, .77-1 oz, max 99¢ (exp 10/31/2012)
.50/1 Stayfree, Carefree, or o.b. product, excl trial sizes (exp 8/31/2012)
\$1/2 Swiffer Sweeper, Vac, WetJet or Dusters refills (Target) (exp 8/29/2012)
\$1/2 Tide, Downy, or Bounce laundry care items (Target) (exp 8/29/2012)
\$2 off Visine product, .5 oz+ or Soothing Wipes (exp 10/1/2012)

Red Plum 7/29

\$10 off Accu-Check Nano SmartView system (exp 12/31/2012)
\$1 off all liquid, powder or mighty pacs laundry detergent (exp 9/9/2012)
\$1 off Axe deodorant or body spray, excl trial sizes (exp 8/26/2012)
.70/1 Best Foods product, 22 oz+ (exp 8/26/2012)
.75/1 Caress body wash, 12 oz+ or bar, 6 pk.+ (exp 8/26/2012)
\$2 off Clear hair care product, excl trial sizes (exp 8/26/2012)
.40/1 Country Crock product, excl limited edition flavors (exp 8/26/2012)
.75/1 Degree Adrenaline Series item, 2.7 oz (exp 8/26/2012)
.75/1 Degree Women Motion Sense item, excl trial sizes (exp 8/26/2012)
.50/1 Dove beauty bar, 4 pk.+, excl trial sizes and Men+Care (exp 8/26/2012)
\$1 off Dove body wash, 12-16 oz, excl Men+Care (exp 8/26/2012)

\$2 off Dove body wash, 18 oz+, excl Men+Care (exp 8/26/2012)
\$2 off Dove Clinical Protection deodorant, excl trial sizes (exp 8/26/2012)
\$3/2 Dove hair care products, excl trial sizes (exp 8/26/2012)
.75/2 Dove Men+Care deodorants, 1.7, 2.7 or 3 oz (exp 8/26/2012)
\$1 off Dove Men+Care body and face bar, 6 pk.+ (exp 8/26/2012)
\$1 off Dove Men+Care body and face wash or Active Clean tool (exp 8/26/2012)
\$1 off Finishing Touch Smile (exp 10/31/2012)
\$1 off Flintstones multivitamin item (exp 9/30/2012)
.55/2 Jimmy Dean rolls (exp 8/26/2012)
.55/1 Jimmy Dean product, excl rolls (exp 8/26/2012)
.60/2 Lipton tea bags, tea & honey, or iced tea mix (exp 8/26/2012)
.60/1 Lipton tea & honey to-go or pitcher size, excl trial sizes (exp 9/23/2012)
\$1.50/2 Magnum Ice Cream Multipacks (exp 8/26)
 Free M&M Chocolate Candies Snack Mix 8 oz wyb 2 M&M Chocolate Candies 9.9 oz + (exp 9/9)
\$10 off Nicorette gum 100 ct., CQ, 14 ct., or lozenge, 72 ct.+ (exp 9/9/2012)
\$2 off One A Day multivitamin item (exp 9/23/2012)
\$3 off One A Day TruBiotics probiotic supplement (exp 9/30/2012)
.50/1 Paseo product, excl single roll bath tissue (exp 9/30/2012)
\$1 off Paseo paper towel, 8 roll, or bath tissue, 12 roll (exp 9/30/2012)
.25/1 Q-tips product, 170 ct.+ (exp 8/26/2012)
.40/2 Ragu pasta sauce jars (exp 8/26/2012)
\$1 off Rimmel product (exp 9/30/2012)
\$1 off Rimmel Scandaleyes mascara (exp 9/30/2012)
\$1/3 RoseArt products (exp 10/7/2012)
\$1 off Sara Lee Cream Pie or Sara Lee Pound Cake Product (exp 9/23)
\$1/2 State Fair Corn Dogs Product (Exp 9/23)
.25/1 Suave body lotion, excl trial sizes (exp 8/26/2012)
.25/1 Suave Professionals men item, excl trial sizes (exp 8/12/2012)
.25/1 Suave Professionals item, excl trial sizes (exp 8/12/2012)
.50/1 Suave deodorant, excl trial sizes (exp 8/26/2012)
.75/2 Suave Naturals or Kids body wash items, excl trial sizes (exp 8/26/2012)
.25/1 Suave Kids item, excl trial sizes (exp 8/12/2012)
\$1 off Surf laundry detergent (exp 9/9/2012)
\$1 off The Board Dudes product, \$2.99+ (exp 10/7/2012)
\$1/2 The Write Dudes products (exp 10/7/2012)
\$1 off Tresemmé 5.7 oz + (TARGET COUPON) exp 9/9
\$1/2 Turkey Hill Premium Ice Cream, Light Recipe, Stuff'd, All Natural Ice Cream (Exp 10/31)
.35/1 Welch's jam, jelly or spread (exp 9/30/2012)
.25/1 Wish-Bone Western dressing, excl trial sizes (exp 8/26/2012)

Smart Source 7/29

\$5 off Allegra 30 ct.+ or any Allegra-D (exp 9/8/2012)
\$2 off Allegra 5 or 15 ct., or any Allegra Children's (exp 9/8/2012)
.50/1 Colgate Toothpaste (4 oz +) exp 8/18)
.50/1 Duck packaging tape (exp 9/30/2012)
.50/1 Frank's Redhot Sauce (exp 9/30)
\$2 off Ensure Clear, 4 pk. (exp 9/23/2012)

\$3/2 Ensure product, multi-pk. (exp 9/23/2012)
.50/1 Fresh Step Scoopable Cat Litter, 25 lb+ (PetSmart) (exp 9/12/2012)
\$3/2 Glucerna products (exp 9/23/2012)
\$3/2 Glucerna Hunger Smart items (exp 9/23/2012)
.50/1 Green Giant Seasoned Streamers (Exp 9/22)
\$2.50 off Icaps eye vitamin and mineral item (exp 9/8/2012)
\$1 off Kingsford Match Light or Original charcoal, or charcoal lighter fluid (Target) (exp 11/1/2012)
\$3/2 Kingsford Match Light or Original charcoal, or charcoal lighter fluid (Target) (exp 11/1/2012)
\$5 off Mail in Rebate wyb Allegra, 5 ct., excl Allegra-D by 8/31 (exp 8/31/2012)
\$2 off Nature Made fish oil (exp 8/29/2012)
\$2 off Nature Made CholestOff (exp 8/29/2012)
\$1 off Nature Made vitamin D (exp 8/29/2012)
\$1.50 off Opti-Free solution, 10 oz+ (exp 9/8/2012)
\$1 off Oxy product (exp 9/22/2012)
\$2 off Oxy Clinical item (exp 9/22/2012)
\$1 off Pur Luv dog treats (exp 10/31/2012)
\$3 off Pur Luv dog treats, 32 oz (exp 10/31/2012)
\$1 off Purell advanced hand sanitizer, 8 oz+ (exp 10/29/2012)
\$1/3 Purell products (exp 10/29/2012)
\$1/2 Revlon haircolor items (exp 8/26/2012)
\$1 off Revlon beauty tools (exp 7/29/2012)
.50/1 Rid X Septic System (Exp 8/29)
.50/1 Rid X Septic System (exp 9/29)
\$1 off Ringos (Exp 8/31)
\$3 off Rug Doctor Steam cleaning 96 oz product
\$2 off Schick Hydro Silk razor or refill (exp 9/9/2012)
\$2 off Schick Hydro Power select or Hydro 3 or 5 blade razor (exp 9/9/2012)
\$2 off Schick Hydro 3 or Hydro 5 refills (exp 9/9/2012)
.75/1 Schick Hydro shave gel (exp 9/9/2012)
\$1/2 Scrubbing Bubbles Toilet Cleaning products (Exp 9/8)
\$1/2 Scrubbing Bubbles Bathroom Cleaning products (Exp 9/8)
\$3 off Scrubbing Bubbles one Step Toilet Bowl Cleaner Starter Kit (exp 9/8)
.50/1 Scrubbing Bubbles Fantastik (exp 9/8)
\$1 off Scrubbing Bubbles kitchen Foaming Cleaner (exp 9/8)
\$1.50 off Systane product (exp 9/8/2012)
\$1/3 Twizzlers candy bags, 11 oz+ (exp 9/16/2012)
\$1/2 Windex products (Exp 9/8)
B1G1 Wholly Salsa item, max \$3.99 (exp 8/26/2012)
\$1.50 off Wholly Guacamole item (exp 8/26/2012)
.50/1 Wonderful Almonds, 7 oz+ (exp 10/31/2012)