

Coupon Variations for The Post and Courier for 9/16, you will have (2) inserts in your Sunday newspaper.

(1) Red Plum

(1) Smart Source

Red Plum 9/16

\$1 off Alka-Seltzer product (excludes plus cold) exp 11/10

\$1 off Alka-Seltzer Plus Product exp 11/10

\$5 off Alli products, 90 ct.+ (exp 12/13)

.50/1 Brawny paper towels, giant roll+ (exp 10/16)

\$2 off Centrum or Centrum Silver multivitamin or Flavorburst chews (exp 10/13)

\$2 off Centrum Specialist, 56 ct.+ (exp 10/13)

\$5 off Centrum ProNutrients (exp 10/13)

\$2.50 off CoverGirl Outlast lip color (exp 10/31)

\$5/2 CoverGirl lip items, excl Outlast lipcolor and trial size (exp 10/31)

\$5 off Dermasilk product (exp 10/16)

.50/2 Domino brown or confectioners sugar items, 1 lb boxes (exp 11/30)

.50/1 Domino sugar 4 or 5 lb (exp 11/30)

.65/1 Domino Organic Light or Agave Nectar (exp 11/30)

\$2/2 Gain detergent or fabric softener, excl trial size (exp 10/31)

\$1 off Gain detergent or fabric softener (exp 10/31)

\$3 off Gillette disposable razor, excl trial size (exp 10/31)

\$1 off IHOP At Home syrup (exp 12/31)

\$2 off L'Oreal haircolor (exp 10/28)

\$5/2 L'Oreal haircolor (exp 10/28)

\$1 off L'Oreal face item (exp 10/28)

\$1 off L'Oreal moisturizer or serum treatment (exp 10/28)

\$1 off L'Oreal cleanser (exp 10/28)

.75/1 L'Oreal Studio Line styling product (Exp 11/11)

.25/1 L'Oreal Vive Pro Shampoo or conditioner (exp 11/11)

.55/1 Mardi Gras Napkins (exp 12/31)

\$1.50/3 Mars M&M's, Twix, Milky Way, 3 Musketeers or Snickers (exp 10/31)

\$3 off Nasal Ease allergy reliever (exp 10/31)

\$1/2 Newman's own pasta sauce (exp 10/27)

\$1/2 Newman's own salad dressing (exp 10/27)

\$1 off Newman's own Thin & Crispy pizza (exp 10/27)

\$1 off People Stylewatch Oct issue (exp 10/19)

.75/1 off People Stylewatch Nov. issue (exp 11/23)

.75/1 Perdue Perfect Portions boneless skinless chicken breasts (exp 11/12)

\$1 off Purina One brand Dry Cat Food (exp 12/16)

.55/1 Rhodes frozen rolls or bread (exp 11/4)

.50/1 Success rice items (exp 12/9)

\$5 off Swiffer Wetjet starter kit (exp 10/31)

\$1 off Swiffer Wetjet refill (exp 10/31)

.50/1 Tide Pods, 14-40 ct. (exp 10/31)

\$2 off Truvia baking blend with sugar or natural sweetener (exp 12/10)

Smart Source 9/16

.55/1 2000 Flushes automatic toilet bowl cleaner (exp 10/31)
.55/1 Alexia frozen items (exp 10/28)
\$1/2 Aussie products, excl trial size (exp 10/31)
\$1 off Bayer Aspirin 20 ct + (exp 10/28)
.40/3 Campbell's condensed, excl Cream of Mushroom and Chicken (exp 11/4)
.40/4 Campbell's condensed Cream of Mushroom or Chicken (exp 11/4)
.50/2 Campbell's 100% natural soup cans (exp 10/31)
.75/1 Campbell's Gourmet Bisque (exp 10/31)
\$1.50 off Caribou k-cup packs, 12 ct. (exp 10/28)
\$2 off Caribou bag of coffee, 12 oz (exp 10/28)
.50/4 Chef Boyardee cans or microwave pasta (exp 10/28)
\$2 off Clairol Nice 'n Easy or Natural Instincts, excl trial size (exp 10/31)
Free Clairol Herbal Essences conditioner or styler wyb shampoo (exp 10/31)
\$1/2 Dannon Oikos regular, Light and Fit, or Activia Breakfast Blend (exp 10/14)
\$1 off Dr. Scholl's corn, callus, bunion, wart, blister, ingrown, odor-x (exp 11/9)
\$3 off Dr. Scholl's Freeze Away (exp 11/9)
\$3 off Dr. Scholl's For Her insoles (exp 10/7)
\$3 off Dr. Scholl's Massaging Gel insoles (exp 10/7)
\$4 off Dr. Scholl's Pain Relief Orthotic inserts (exp 10/7)
\$5 off Dr. Scholl's Active Series insoles (exp 10/7)
.35/1 Egg Beaters cartons (exp 10/28)
.50/1 Fiber One 90 calorie brownies (Exp 11/10)
\$1 off General Electric select Energy Smart or Energy Efficient (exp 12/16)
.75/1 General Mills Total Whole Grain or Raisin Bran cereal (exp 10/27)
Free Glade Expressions Oil Diffuser starter kit wyb jar candle, 4 oz (exp 10/28)
Free Glade Expressions Fragrance Mist Starter Kit wyb Glade Plugins Scented Oil twin Refill (exp 10/28)
\$1/2 Halls Drops 17 ct. + (exp 11/10)
\$1/2 Hershey's Bliss bags, 8 oz+ (exp 12/14)
\$2/2 Hershey's Simple Pleasures chocolates (CVS mfr coupon) (exp 10/31)
\$2 off Hills Science Diet Ideal Balance pet food (exp 10/21)
\$1 off Hills Science Diet Ideal Balance dog treats (exp 10/21)
\$1/2 Hills Science Diet Ideal Balance can dog food (Exp 10/21)
\$2 off Huggies GoodNites bedtime underwear, jumbo pk.+ (exp 10/13)
.40/1 Huggies baby wipes, 56 ct.+ (exp 10/13)
\$1 off Huggies diapers (exp 10/13)
\$1.50 off Huggies Little Movers slip-on diapers (exp 10/13)
.40/4 Hunts canned tomatoes, 11 oz+ (exp 10/28)
\$1/2 Idaho Spuds potato items (exp 11/10)
\$1/2 Jell-O refrigerated snacks (Exp 10/16)
.75/1 Kraft Fresh Take Cheese & Breadcrumb Mix (Exp 10/20)
.75/1 off Johnsonville premium cooking sausage (exp 10/31)
.50/1 Jolly Time microwave popcorn (exp 10/31)
.35/1 Land O Lakes Omega 3 eggs (exp 12/31)
\$1.50/2 Mitchum product, excl trial size (exp 10/21)
.50/1 Nature Valley protein chewy bars, 5 ct.+ (exp 11/10)
\$2 off Neutrogena Face Makeup (Exp 11/30)
\$1 off Neutrogena Lip or Eye Makeup (Exp 11/30)
\$3/2 Olay body wash bars, excl Simply Olay and trial size (exp 10/31)

\$5 off Olay Pro-X or Regenerist facial moisturizer (exp 10/31)

Free Pantene conditioner or styler wyb shampoo, max \$6.99 (exp 10/31)

\$7/2 Prevacid 24 hour item, 42 ct. (exp 10/13)

.50/3 Rosarita Beans (exp 10/28)

.50/2 Rotel diced tomatoes (exp 10/28)

\$1 off Schick Quattro for woman razor or refill (exp 10/27)

\$2 off Schick Quattro Titanium razor, trimmer, or refill (exp 10/27)

.75/1 Scotch-Brite Scrub Sponge or Scour Pad Multi-Packs Dishwands or Dishwand Refils (exp 10/31)

.75/1 Scott towels, 4 rolls+ (exp 10/21)

.50/1 Scott Naturals flushable wipes tub or refills (exp 10/21)

\$1 off Scott extra soft bath tissue, 12 rolls+ (exp 10/21)

.55/1 Spot Shot instant carpet stain and odor eliminator (exp 12/31)

B1G1 Stride ID gum, max \$1.79 (exp 11/10)

.50/1 Swanson Flavor Boost (exp 11/18)

\$1 off Tabasco (Exp 10/31)

\$1/3 v8 Splash (Exp 10/28)

\$1.50 off Wholly Guacamole (exp 10/21)

\$1/2 WhoNu? cookies (exp 11/11)