

Coupon Variation for the Post and Courier 9/09 below. You will get (4) insert in your paper this weekend!

Be on the lookout for:

(2) RetailMeNot, inserts, combined into one list, and

(2) SmartSource inserts, combined into one list.

RetailMeNot 09/08

\$1 off Angel Soft bath tissue, 12+ roll or 6+ mega roll (exp 10/9)

.50/1 Angel Soft bath tissue, 4+ double roll (exp 10/9)

\$2/2 Aussie shampoo, conditioner, or styling products, excl trial size (exp 9/22)

.50/2 Barbasol shaving creams, 10 oz, excl trial size (exp 10/6)

\$1/4 Barilla blue box pasta (exp 11/4)

\$1 off Benadryl product, excl trial size (exp 10/6)

\$4 off Caltrate Calcium and Vitamin D3 supplement (exp 9/17)

\$4 off Centrum MultiGummies, 60-ct+, excl trial size (exp 9/23)

\$4 off Centrum or Centrum Silver multivitamin 60-ct+, or Centrum Multi+ Probiotics 30-ct, excl trial size (exp 9/23)

\$1/2 Dial Complete 2 in 1 bar soap, foaming hand wash, hand soap refills, or bar soap 3-pk+ (exp 9/23)

\$1/2 Dial or Tone body wash or bar soap 6-pk+ (exp 9/23)

.75/1 Egglan's Best cage free eggs (exp 12/9)

.55/1 Egglan's Best cage free eggs (exp 12/9)

.55/1 Egglan's Best eggs (exp 12/9)

.35/1 Egglan's Best eggs (exp 12/9)

.55/1 Egglan's Best Organic Eggs (exp 12/9)

.35/1 Eggland's Best regular, cage free or Organic Hard-Cooked & Peeled Eggs (exp 12/9)

\$2 off Gain liquid fabric enhancer 48 load+, dryer sheets 105-ct+, or Fireworks 5.7 oz+ incl Botanicals, excl trial size (exp 10/13)

\$2 off Gain powder, liquid detergent, or Flings 10-ct+, incl Botanicals, excl Fireworks, and trial size (exp 10/13)

\$3/2 Garnier Fructis shampoo, conditioner, treatment, or styling product, excl 1-3 oz (exp 9/22)

\$2 off Garnier Nutrisse or Olia haircolor product (exp 10/6)

\$2 off Garnier Skinactive cleanser, excl trial and masks (exp 10/6)

\$2 off Garnier Skinactive moisturizer, excl trial and masks (exp 10/6)

.50/1 Garnier Skinactive sheet mask (exp 10/6)

\$2 off Garnier Whole Blends shampoo, conditioner, or treatment, excl 3 oz trial and .68 oz care creams mask (exp 9/22)

\$3/2 Herbal Essences bio:renew shampoo, conditioner, or styling products, excl 100 mL shampoo and conditioners, color, body wash and trial size (exp 9/22)

\$2/2 Herbal Essences shampoo, conditioner, or styling products, excl bio:renew, color, body wash and trial size (exp 9/22)

\$2 off L'Oreal cosmetic face product, excl Magic Perfecting base .17 oz and Infallible setting spray 1 oz (exp 10/6)

\$3 off L'Oreal Elnett Hairspray, excl 2.2 oz trial size (exp 10/6)

\$3/2 L'Oreal Elvive, Hair Expert, or Advanced Hairstyle product, excl 11-3 oz shampoo and conditioner (exp 9/22)

\$1 off L'Oreal eye shadow or eyeliner product, excl Colour Riche Monos (exp 10/6)

\$2 off L'Oreal Infallible lip product (exp 10/6)

\$2 off L'Oreal lip product, excl Infallible lipcolor (exp 10/6)

\$1 off L'Oreal Magic Root cover up spray (exp 10/6)

\$2 off L'Oreal Revitalift or Age Perfect skincare item, excl trial size (exp 10/6)

\$1.50 off L'Oreal skincare product, excl trial size (exp 10/6)

\$2 off L'Oreal Superior Preference, Excellence, or Age Perfect haircolor product (exp 10/6)

\$5/2 L'Oreal Superior Preference, Excellence, or Age Perfect haircolor products (exp 10/6)

\$2 off L'Oreal Voluminous original mascara (exp 10/6)

\$2 off MagniLife DB Pain Relieving Foot Cream or Diabetics' Dry Skin Relief (exp 10/8)

\$2 off Nature's Recipe dry dog food, bag (exp 11/4)

\$10 off NicoDerm CQ 14-ct+ (exp 10/6)

\$1 off Nicorette gum 20-ct, or lozenge 20 or 24-ct (exp 10/6)

\$10 off Nicorette gum or lozenge 72-ct+ (exp 10/6)

\$2 off Olay Eyes product (exp 9/22)

\$4/2 Pantene products, excl trial size (exp 9/22)

\$3 off Pure Silk or Barbasol 3 or 6-blade razors, 2-ct+ system or disposable razors, excl twin blade disposables (exp 10/6)

.75/1 Pure Silk shave cream, 7.25 oz+, excl trial size (exp 10/6)

.50/1 Purex Crystals In-Wash Fragrance Booster, any size (exp 9/23)

\$1 off Purex liquid detergent, 128 oz+ (exp 10/7)

.50/1 Purex liquid or powder detergent, any size (exp 10/7)

.75/2 Quaker Chewy Granola Bars or Bites (exp 10/21)

\$1/2 Quaker Ready to Eat cereals (exp 10/21)

.50/1 Quilted Northern bath tissue 6+ double roll (exp 10/9)

B3G1 Renuzit Adjustables air freshener cones, up to \$1.10 (exp 9/23)

\$1.50/2 Renuzit Adjustables multipack 3-pk+ (exp 9/23)

\$1 off Right Guard best dressed collection deodorants (exp 9/23)

\$1 off Right Guard xtreme collection or dry idea deodorants (exp 9/23)

\$1 off Sparkle paper towels 6+ rolls (exp 10/9)

\$1.25 off Sparkle paper towels 8+ rolls (exp 10/9)

.75/1 Stainmaster carpet high traffic cleaner or pet high traffic cleaner (exp 10/29)

.75/1 Stainmaster carpet stain remover or pet stain remover (exp 10/29)

.75/1 Suave body wash product, excl trial size (exp 9/29)

\$1 off Tide Rescue 9-ct, excl Tide Laundry Detergent and PODS, and trial size (exp 10/13)

\$1 off Tide Simply detergent 37 oz+, or Downy Fabric Enhancer 40-load, Bounce or Downy sheets 60-ct, or In-Wash Scent Boosters 4.9 oz incl Dreft Blissfuls, Bounce Bursts and Downy Unstopables; excl Tide detergent and PODS, Gain Fireworks, Downy Libre Enjuague and trial size (exp 10/13)

\$2 off Tide Simply PODS, excl regular PODS, Simply liquid detergent, Tide detergent and trial size (exp 10/13)

\$1.50 off Visine product, excl trial size (exp 10/6)

\$4 off Zyrtec product, 24-45 ct (exp 10/6)

\$10 off Zyrtec adult product 70-ct, or Rhinocort adult product (exp 9/16)

SmartSource 09/09

.25/1 Ajax Ultra dish liquid, 28 oz+ (exp 9/23)

\$4 off Aleve back & muscle pain, 100-ct (exp 9/16)

\$4 off Aleve regular or PM 80-ct+, excl Aleve-D (exp 9/16)

\$4 off Allegra 24hr item, 24-ct+ (exp 9/29)

\$8 off Allegra 24hr item, 60 or 70-ct (exp 9/15)

\$4 off Allegra children's (exp 9/29)

\$4 off Allegra-D Allergy & Congestion (exp 9/29)

\$3 off AmLactin product, excl trial size and foot repair cream (exp 10/13)

\$7/2 AmLactin products, excl trial sizes and foot repair cream (exp 9/16)

\$1 off Atkins bar, shake, or treat multipack (exp 11/30)

\$5 off Bausch+Lomb OcuVite blue light product (exp 10/13)

\$3 off Bausch+Lomb OcuVite product (exp 10/13)

\$2 off Bayer aspirin, 200-ct+ (exp 9/30)

\$1 off Bayer aspirin, 50-ct+ (exp 9/30)

.50/2 Betty Crocker Fruit Shapes, Fruit by the Foot, or Fruit Roll-Ups, or Mott's or Sunkist Fruit Flavored Snacks, or Sunkist Sweet & Fiery Fruit Gushers (exp 11/3)

\$2 off BIC single blade, twin blade, Comfort 3 or Bic 3 disposable razor pack, excl trial size (exp 9/22)

\$3 off Blink Contacts or Blink-n-Clean lens drops 10/15) (exp 10/15)

\$3 off Blink Revitalens, 10 oz (exp 10/15)

\$5 off Blink Revitalens, 20 or 24 oz (exp 10/15)

\$3 off Blink Tears, Geltears or Tears Preservative Free (exp 10/15)

\$3 off Blue dental bones (exp 10/20)

\$1.50 off Bob Evans family classic, excl side dishes (exp 11/11)

.50/1 Bob Evans refrigerated side dish, excl single server (exp 11/11)

.50/1 C&H 24 oz organic or 32 oz demerara sugar product (exp 11/17)

\$1 off C&H flip-top canister product (exp 11/17)

.65/1 C&H sugar product, 2-lbs+ (exp 11/17)

\$1 off Cacique cheese or cream, 10 oz+ (exp 10/24)

.25/1 Cacique Chorizo, 8 oz+ (exp 10/24)

\$3 off Citracal product, 70-ct+ (exp 9/23)

\$3 off Clairol Color Crave or Specialty Blonding Collection (exp 9/29)

\$3 off Clairol hair color, excl Color Crave, Temporary Root Touch-up, Age Defy, Balsam, and Textures & Tones (exp 9/29)

\$3 off Clairol Temporary Root Touch-up (exp 9/29)

\$2 off Claritin Non-Drowsy Children's item 4 oz or 20-ct+, or RediTabs for Juniors 10-ct+ (exp 10/7)

\$4 off Claritin Non-Drowsy Children's item 8 oz or 20-ct+, or RediTabs for Juniors 30-ct+ (exp 9/16)

\$10 off Claritin Non-Drowsy Liqui-Gels 60-ct, or tablets 70-ct+ (exp 9/16)

\$4 off Claritin Non-Drowsy product, 30-ct+ (exp 10/7)

\$4 off Claritin-D Non-Drowsy product, 15-ct+ (exp 10/7)

\$6 off Claritin-D Non-Drowsy product, 15-ct+ (exp 9/16)

\$1/2 Clorox Clean-Up cleaner+bleach, bleach 55 oz+, disinfecting wipes 24-ct+, disinfecting bathroom cleaner spray, bleach foamer spray, bleach gel cleaner spray, automatic toilet bowl cleaner, manual toilet bowl cleaner, toiletwand or Scentiva, or Liquid-Plumr, or Pine-Sol products, excl trial size and pens (exp 10/9)

\$1 off Colgate 360 or floss-tip manual toothbrush, excl Plus, Triple Action, Extra Clean, and Classic Clean (exp 9/22)

\$1 off Colgate mouthwash or mouth rinse, 200 mL+ (exp 9/22)

\$1 off Colgate Total, Optic White, Enamel Health, or Sensitive toothpaste, 3 oz+ (exp 9/22)

\$2 off Cooked Perfect Fire Grilled Chicken, frozen bag (exp 10/9)

.50/1 Cottonelle flushable wipes 42-ct+, or Scott flushable cleansing cloths (exp 10/6)

.50/1 Cottonelle toilet paper, 6+ rolls (exp 10/6)

\$2 off Covergirl eye product, excl 1-kit shadows, accessories, and trial (exp 10/7)

\$2 off Covergirl face product, excl Cheekers, accessories, and trial (exp 10/7)

\$2 off Covergirl lip product, excl trial size (exp 10/7)

\$3 off CVS Pharmacy bladder control pads, men's and women's protective underwear, male guards and underpads (CVS coupon) (exp 9/29)

\$1 off CVS Pharmacy pantiliner, ultra thin, or maxi pad, excl 20-ct liners (CVS coupon) (exp 9/29)

\$1 off Dannon Oikos yogurt, (8) single serve cups or drinks, (2) 4-pk, or (2) quarts (exp 10/20)

\$1/2 Del Monte fruit cup snacks, 4-pk (exp 10/28)

.75/2 Dole canned fruit, 15 or 20 oz (exp 10/31)

.50/3 Dole canned fruit, 8 or 11 oz (exp 10/31)

.40/1 Domino Granulated sugar 4 lb (exp 11/17)

.75/1 Domino product in a flip-top canister (exp 11/17)

.50/1 Domino sugar product, 1 lb (exp 11/17)

.50/1 Fantastik all purpose cleaner (exp 10/20)

\$1 off Farm Rich meatballs, 26-28 oz (exp 11/10)

\$4 off Flintstones or One A Day Kids multivitamin, excl 70-ct (exp 9/22)

\$1/2 Good Culture cottage cheese cups, 5.3 oz (exp 12/31)

.75/1 Good Culture cottage cheese tub, 16 oz (exp 12/31)

\$1/2 Green Giant Veggie Tots, Riced Veggies, Mashed Cauliflower or Veggie Spirals (exp 11/4)

\$1.50 off Green Mountain Coffee Roasters, K-cup 10-ct+ or bagged 10 or 12 oz (exp 10/29)

\$1/2 Halls bags, 10-ct+ (exp 10/20)

.55/2 Hormel Chili, 14 oz+ (exp 11/5)

\$1/2 Hormel Compleats products, incl Dinty Moore trays, Hormel Compleats XL and Hormel Sandwich Makers trays (exp 11/5)

\$1 off International Delight Coffee Creamer, (2) 32 oz, or (1) 48 or 64 oz (exp 10/20)

\$1 off Irish Spring body wash, excl 2.5 oz (exp 9/22)

.50/1 Irish Spring multi-bar soap packs, 6-bar+ (exp 9/22)

.50/3 Kleenex facial tissue boxes or packs 30-ct+, or (1) Wet Wipes 20-ct+ (exp 10/6)

\$2 off MiraLAX product (exp 10/7)

\$1 off Mitchum deodorant, excl trial size and twin pack (exp 10/6)

\$4 off Nasacort 24hr item, 120 spray (exp 9/29)

\$8 off Nasacort 24hr item, 240 spray (exp 9/16)

.50/2 Nature Valley 5ct+ granola bars, biscuits, granola cups, layered granola bars, soft-baked filled squares, or peanut or almond butter granola bites pouch (exp 11/3)

.50/1 Nature Valley breakfast biscuits, biscuits with almond butter, biscuits with peanut butter, biscuits with cocoa almond butter, or biscuits with coconut butter (exp 11/3)

\$4 off One A Day 50+ multivitamins (exp 9/22)

\$4 off One A Day Kids with Nature's Medley (exp 9/22)

\$4 off One A Day Men's or Women's with Nature's Medley (exp 9/22)

\$4 off One A Day multivitamins, excl 60-ct (exp 9/22)

\$3 off Phillips' Colon Health product (exp 10/7)

\$3 off Phillips' Fiber Good Gummies product (exp 10/7)

.50/1 Pillsbury refrigerated sweet Hawaiian flaky grands! biscuits or sweet Hawaiian crescents (exp 12/1)

\$2/2 Pledge products (exp 10/20)

\$5 off Purina Pro Plan dry cat food bag or box (exp 12/9)

\$5 off Purina Pro Plan Dry dog food bag or box (exp 12/9)

\$4/20 Purina Pro Plan wet cat food cans (exp 12/9)

\$3/10 Purina Pro Plan wet dog food cans or tubs (exp 12/9)

.60/3 Red Gold Redpack, or Huy Fong tomato products, 10 oz+ (exp 10/31)

\$2 off Sally Hansen Miracle Gel color (exp 10/31)

\$1 off Sally Hansen nail care item (exp 10/31)

.50/1 Scott bath tissue, 4+ rolls (exp 10/6)

.50/1 Scott towels, 6+ rolls (exp 10/6)

\$1.15 off Tabasco brand Family of Flavors, 5 oz+ (exp 11/11)

\$3 off TheraTears product, excl trial size (exp 12/9)

\$4 off TruBiotics daily probiotic item (exp 9/22)

.50/1 Viva or Viva Vantage paper towels, 6-pk+ (exp 10/6)

.50/1 Viva pop-ups (exp 10/6)

\$6 off Zegerid OTC product, 42-ct (exp 10/6)