



# OVER 500 SPECIALS plus THIS WEEK

# FREE

<b>Pork shoulder roasts</b>  Save 1.99/kg Whole or half, fresh picnic <b>2.18/kg   .99/lb.</b>		<b>Soft margarine</b>  Save .44 Blue Bonnet Blue Bonnet, 454 g tub <b>.99</b>		<b>Kreamy bread</b>  Save .26 Kreamy ENRICHED WHITE BREAD 675 g Enriched, white sliced, 675 g loaf <b>.49</b> Limit: 6 loaves per family	
Dominion quality, medium <b>Ground beef</b> kg/ <b>3.28</b> lb. <b>1.49</b>		<b>Ice cream</b>  Dominion assorted flavours 1 litre plastic cont. <b>1.39</b>		<b>Apple pie</b>  Richmello, 624 g pkg. <b>.99</b>	
Bake, broil or fry, shoulder or <b>Butt pork chops</b> kg/ <b>3.73</b> lb. <b>1.69</b>		<b>York vegetables</b>  Fancy cream style corn, whole kernel corn, mixed vegetables, choice peas & carrots or assorted peas, 7 fl. oz. tin <b>2/.99</b>		<b>Snackin' Cake</b>  Betty Crocker assorted varieties, 400 g pkg. <b>1.49</b>	
Deli sliced <b>Cooked ham</b> 100 g/ <b>.53</b> lb. <b>2.39</b>		<b>Fresh cod fillets</b> kg/ <b>4.39</b> lb. <b>1.99</b>		Maple Leaf rindless breakfast, 500 g pkg. <b>Bacon</b> <b>2.99</b>	
Cut from Canada Grade 'A' Beef boneless <b>Stewing beef</b> kg/ <b>4.17</b> lb. <b>1.89</b>		Sliced, 500 g pkg. <b>Maple Leaf bologna</b> <b>1.79</b> WHY PAY UP TO 1.59/375 g pkg. ON NON-NAME		Lipton chicken noodle 264 g pkg. <b>Soup mix</b> <b>1.39</b>	
Delicious smoked <b>Salmon chunks</b> kg/ <b>13.21</b> lb. <b>5.99</b>		Available stores with deli counters only Bittner's deli sliced, bottom round <b>Pastrami</b> 100 g/ <b>.88</b> lb. <b>3.99</b>		Regular or sugar free Sprite, Tab or 24x280 mL tins. <b>Coca-Cola</b> <b>5.99</b> (300 mL ret. ht. reg. price plus deposit)	
Skinless & deveined <b>Beef liver</b> kg/ <b>1.30</b> lb. <b>.59</b>		Maple Leaf Country Kitchen vacuum pack halves <b>Cooked hams</b> kg/ <b>10.56</b> lb. <b>4.79</b>		Coorsh rounds <b>Corned beef</b> kg/ <b>6.37</b> lb. <b>2.89</b>	
Tasty <b>Smoked goldeyes</b> kg/ <b>7.03</b> lb. <b>3.19</b>		Frozen eviscerated Grade 'A' <b>Young ducks</b> kg/ <b>2.84</b> lb. <b>1.29</b>		Available stores with deli counters only Bens <b>salami</b> 100 g/ <b>.44</b> lb. <b>1.99</b>	
Smoked <b>ciscoes</b> kg/ <b>5.05</b> lb. <b>2.29</b>		White or white and dark, Cuddy boneless, 2 lb. pkg. <b>Turkey roasts</b> <b>4.49</b>		Available stores with deli counters only Bittner's deli sliced <b>Genoa salami</b> 100 g/ <b>.88</b> lb. <b>3.99</b>	
Smoked <b>Black Alaska cod</b> kg/ <b>8.80</b> lb. <b>3.99</b>		Boneless <b>McCrea kippers</b> kg/ <b>7.03</b> lb. <b>3.19</b>		Shopsy's, 500 g pkg. <b>Beef sausage</b> <b>2.59</b>	
Smoked <b>Salmon tidbits</b> kg/ <b>8.80</b> lb. <b>3.99</b>		Smoked <b>Hake fillets</b> kg/ <b>4.39</b> lb. <b>1.99</b>		Bittner's, 125 g pkg. <b>Cooked ham</b> <b>1.39</b>	
		Shopsy's, 175 g pkg. <b>Deli Bake meat pies</b> <b>.99</b>		Coorsh 4 x 50 g pouches <b>Corned beef</b> <b>2.29</b>	
				Maple Leaf bag <b>Baby bologna</b> kg/ <b>3.06</b> lb. <b>1.39</b>	
				Club House 106 g carton <b>Black pepper</b> <b>1.89</b>	
				Maple Leaf, 500 g pkg. <b>Golden Fry sausage</b> <b>2.59</b>	
				Club House, regular or Italian style with mushrooms, 43g pkg. <b>Spaghetti sauce mix</b> <b>.59</b>	
				Breakfast, farm style bratwurst or English style <b>Bittner's sausage</b> kg/ <b>5.27</b> lb. <b>2.39</b>	
				Mealtime, beef dinner, seaside supper, kitty stew, simmered supper or pick of ocean, 369 g cont. <b>Kal Kan cat food</b> <b>.69</b>	
				Aylmer, 28 fl. oz. tin <b>Choice tomatoes</b> <b>1.09</b>	
				8 kg pkg. <b>Purina dog chow</b> <b>8.99</b>	