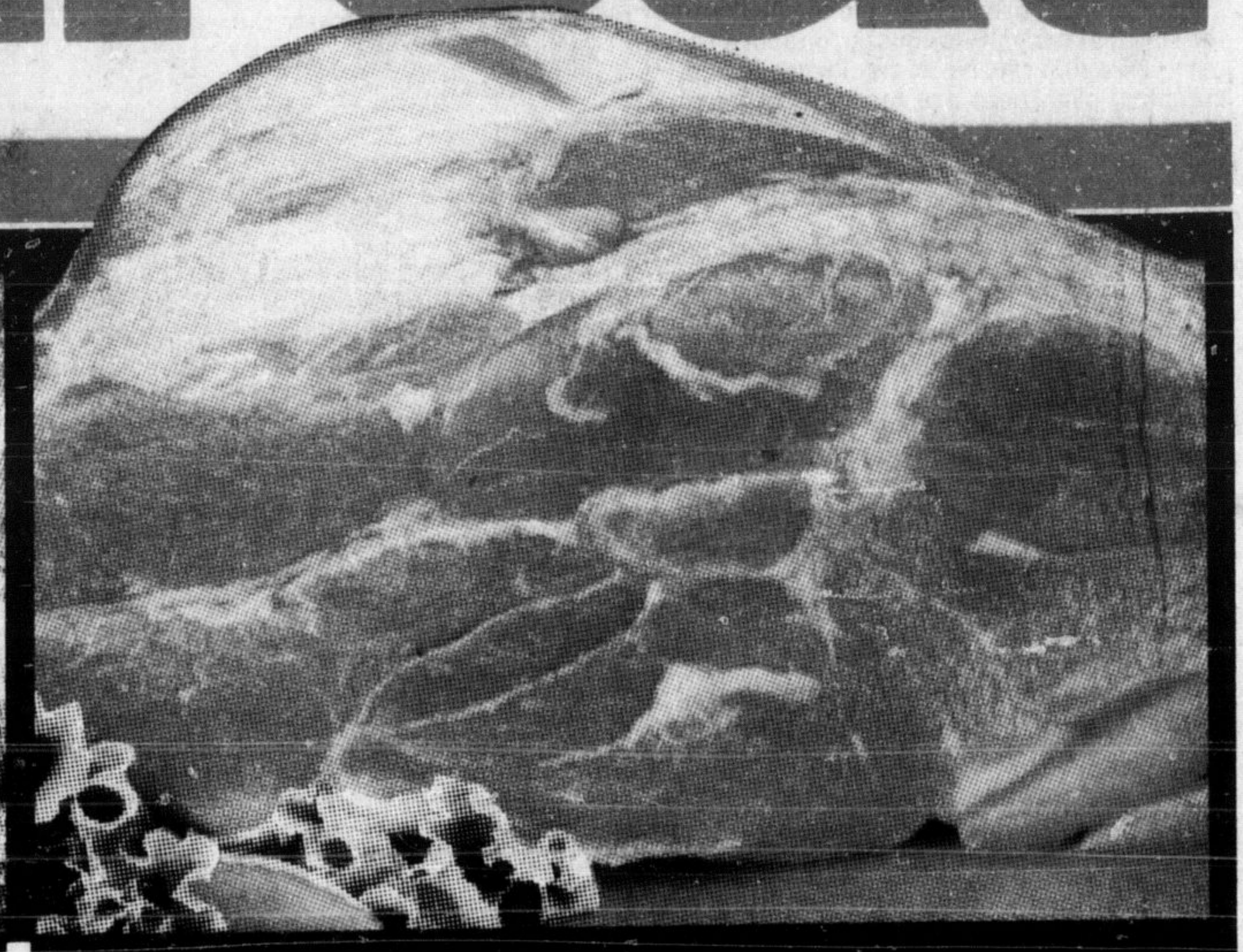
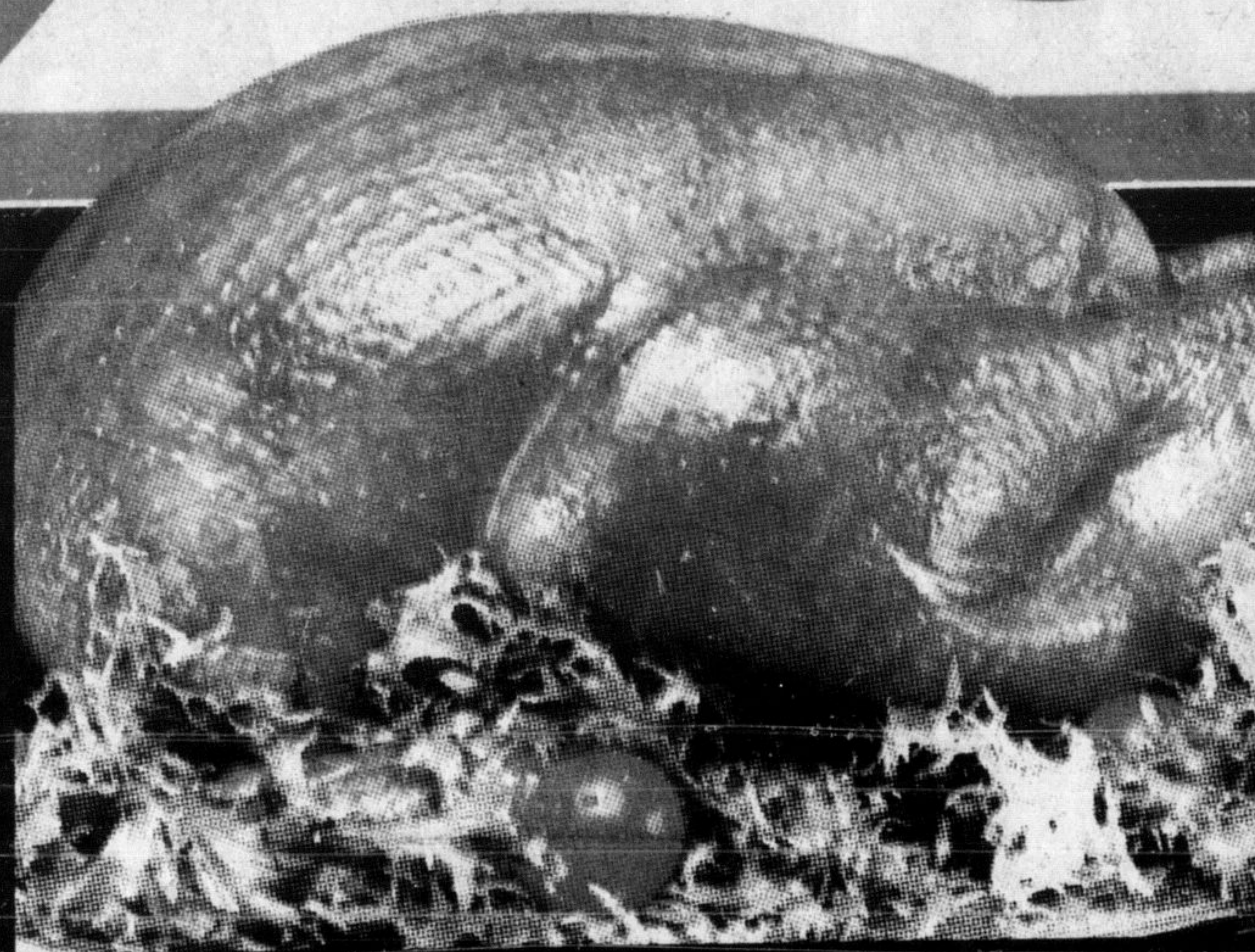




This Week at Dominion

Great



Bittner's, 375 g pkg.
Sliced bologna **1.59**

Bittner's smoked picnic
Pork shoulders **3.28** /kg
1.49 /lb.

Bittner's, 500 g pkg.
Harvest sausage **2.39**

Maple Leaf deli thin ham, pastrami or kolbassa 125 g pkg.
Sliced meats **1.29**

Ben's 2x85g pkg.
Smoked meat **2.19**

Red Label, 175 g pkg.
Turkey kolbassa **1.29**

Shoppy's kolbassa, bavarian or all beef, deli smoked
Sausage rings **6.59** /kg
2.99 /lb.

Available at stores with deli counters only, Coorah
Stuffed chicken **62** /100 g
2.79 /lb.

Available at stores with deli counters only, deli sliced Country Fare
Chicken loaf **44** /100 g
1.98 /lb.

Fresh cod fillets **6.37** /kg
2.89 /lb.

Individually quick frozen
Smelts **2.84** /kg
1.29 /lb.

Frozen, cello pack
Perch fillets **3.73** /kg
1.69 /lb.

Schnelders rindless, side sliced, 500 g pkg.
Breakfast bacon **2.49**

Beef, turkey chicken, or Irish, 24 fl. oz. tin
Clark stews **2.49**

Sun Pac frozen, concentrated, concord 355 mL cont. (12.5 fl. oz.)
Grape juice **1.29**

St. Lawrence 3 litre cont.
Corn oil **5.99**

White or rainbow pkg. of 320
Budget serviettes **2.69**

Assorted varieties 1 kg pkg.
Dominion pasta **1.07**

Martin's reconstituted 1.36 litre cont. (48 fl. oz.)
Apple juice **1.17**

Dominion frozen straight cut potatoes, 907 g pkg. (2 lb.)
French fries **.99**

High Liner frozen cod filets, (454 g) or, 350 g pkg.
Cod fish sticks **2.49**

Blue Water frozen ocean snacks or 227 g pkg. (8 oz.)
Potato krisp fish rolls **1.89**

In water or oil Bye the Sea, 184 g tin
Chunk light tuna **1.39**

Burns', 184 g tin
Tender flaked ham **1.89**

Young turkeys

Canada utility grade, frozen, eviscerated 3-5 kg avg. (6.5-11 lb. avg.)
1.94 /kg **.88** /lb.
Save .90 /kg = .41 lb.

Pork roast

Fresh, whole or half picnic shoulder
1.96 /kg **.89** /lb.
Save 1.54 /kg = .70 lb.

Pork chops

Bake, broil or barbecue shoulder butt
3.06 /kg
1.39 /lb.
Save 1.10 /kg = .50 lb.

Success mushrooms

Pieces and stems 10 fl. oz. tin
.69
Save .28 tin
WHY PAY UP TO .79 ON NON-NAME

Bittner's brats

454 g pkg. (1 lb.)
1.99
Save .70

Nabisco Shreddies

675 g pkg.
1.79
Save .44 pkg.

By the piece, end cut peamealed
Back bacon **4.39** /kg
1.99 /lb.

Schnelders, ideal for barbecue frozen, cello pack, 500 g pkg.
Beef steakettes **1.99**

Parboiled, 2 kg bag
Dainty rice **2.89**

Macaroni and cheese, 225 g pkg.
Dominion dinner **2.89**
WHY PAY UP TO .47 ON NON-NAME

Siena pepper butts, hot capicollo or
Capicollo **6.59** /kg
2.99 /lb.

Available at stores with deli counters only Bittner's deli sliced
Black Forest hams **.88** /100 g
3.99 /lb.

Frozen beef, salesbury, turkey or chicken, 312 g pkg. (11 oz.)
Savarin dinners **1.39**

Barbecue hamburg, cubits green, hot dog or sweet corn, 375 mL cont.
Bick's relishes **.99**

Y&F frozen 170 g pkg. (6 oz.)
Cooked shrimp **2.49**

Weight Watchers

Sun Pac frozen, concentrated, Granny Smith 355 mL cont. (12.5 fl. oz.)
Apple juice **1.29**

Weight Watchers frozen 241 g pkg. (8.5 oz.)
Haddock au gratin **2.69**

Weight Watchers 250 mL cont.
Strawberry spread **1.19**

Symphony white, almond, pumpkin or yellow, 2 roll pkg.
Paper towels **1.19**

Dominion instant 1.5 kg bag
Skim milk powder **5.99**

Weight Watchers 369 g pkg. (13 oz.)
Frozen lasagna **2.89**

Weight Watchers 2 x 227 g tub
Diet margarine **.99**

Jergens' oil free conditioner, regular or extra strength, 200 mL cont.
Squeak shampoo **1.89**

Decaffeinated instant, 227 g cont. (8 oz.)
Richmello coffee **5.39**

Weight Watchers cheese and tomato 340 g pkg. (12 oz.)
Frozen pizza **2.49**

Weight Watchers frozen 269 g pkg. (9.5 oz.)
Veal parmigiana **2.49**

Mint, gel or regular 100 mL cont.
Crest toothpaste **1.69**

WHY PAY UP TO 5.49 ON NON-NAME

1.2 kg box
Javex for Unbleachables **4.29**