

# Dominion super values effective until Sat., Aug. 6

**plus** Look for an incredible line up  
of Mon. & Tues. specials in Saturday's paper!

## Meat

Ideal for barbecue,  
Pork side

# Spare ribs

save  
1.98/kg  
.90 lb.

# 3.73

/kg

# 1.69

lb.

Gainers, Rindless Sliced, 500 g Pkg.	<b>1.99</b>
<b>Breakfast Bacon</b>	
Whole or half picnic shoulder	kg/ <b>1.74</b>
<b>Pork roast</b>	lb. <b>.79</b>
Whole or half, cottage roll style, boneless	kg/ <b>4.17</b>
<b>Pork butt roast</b>	lb. <b>1.89</b>
Cut from Canada Grade A Beef, boneless	kg/ <b>13.21</b>
<b>Rib eye steaks</b>	lb. <b>5.99</b>

Cut from Canada Grade 'A' Beef	
<b>Blade steaks</b>	
save 2.20/kg 1.00/lb.	<b>2.62</b> /kg
	<b>1.19</b> lb.

Cut from Canada Grade 'A' Beef full cut, 6 to 8 lb. avg.	
<b>Cross rib roast</b>	
save 2.20/kg 1.00/lb.	<b>3.73</b> /kg
	<b>1.69</b> lb.

Regular or quarter pound size, 454 g pkg.	<b>1.99</b>
<b>Blue Jay wieners</b>	
Bittners smoked shankles	
<b>Picnic pork shoulder roasts</b>	3.73/kg 1.69 lb.
Precooked, 500 g pkg.	
<b>Bittners bratwurst</b>	2.59
Bittners, 375 g pkg.	
<b>Sliced bologna</b>	1.89
Coorsh, 4 x 50 g pkg.	
<b>Corned beef</b>	2.29
Golden Fry, 500g Pkg.	
<b>Maple Leaf Sausages</b>	1.99
Fresh	
<b>Medium ground beef</b>	3.95/kg 1.79 lb.
Maple Leaf, 750 g pkg.	
<b>Beef burgers</b>	3.89

# Grocery

Canada Grade 'A' dozen

# Large eggs

**SPECIAL**

# .79

With every minimum order of \$25.00  
(SPECIAL RETAIL PRICE OF .99¢ WITHOUT MINIMUM ORDER)

Gold Crown  
assorted varieties  
flavoured 1.36 litre tin (48 fl. oz.)  
**Fruit drinks**

brand names  
for less  
than  
non-names

# .59

WHY PAY UP TO .89 ON NON-NAME

Assorted varieties, frozen 369 g pkg.	
<b>Pepperidge Farm layer cakes</b>	1.59
Frozen concentrated 341 mL cont.	
<b>Kent orange juice</b>	.78
High Liner, frozen, 454 g pkg.	
<b>Boston Bluefish fillets</b>	1.99
Frozen haddock fillet (454 g) or 350 g pkg.	
<b>High Liner fish sticks</b>	2.49
Frozen fancy, Dominion 1 kg pkg.	
<b>Sliced carrots</b>	1.49
Frozen fancy 1.59 kg pkg.	
<b>Dominion peas &amp; carrots</b>	2.49
Frozen fancy, 1 kg pkg.	
<b>Dominion broccoli cuts</b>	2.49
Assorted, pkg. of 12	
<b>Beatrice popsicles</b>	1.49

Vacuum pack, regular,  
filter or automatic drip, 369 g ctn.  
**Maxwell House  
coffee**

**2.69**

Smooth & Creamy,  
500 g cont.  
**Sealtest  
Cottage Cheese**

**1.59**

Diet Pepsi, Sugar Free Pepsi Free, Pepsi Free,  
Mountain Dew or 750 mL ret. btl. plus .30 dep.  
**Pepsi  
Cola**

**.39**

Assorted flavours  
175 g cont.  
**Dominion  
yogurt**

brand names  
for less  
than  
non-names

**.54**

Kraft  
750 mL cont.  
**Mayonnaise**

# 1.99

WHY PAY UP TO 2.99 ON NON NAMES

Hot dog or sweet  
375 mL cont.  
**Heinz relish**

save  
.38

# .97

624 g pkg.	
<b>Richmello apple pie</b>	1.49
100% Whole Wheat Homepride Old Country 450 g loaf	
<b>Crusty bread</b>	.61
Pkg. of 24	
<b>Richmello donettes</b>	1.09
Bonus pack conditioner or 450 plus 150 mL cont.	
<b>Revlon Flex shampoo</b>	3.39
Mint, gel or regular 150 mL tube	
<b>Crest toothpaste</b>	2.49
Scented or unscented 44.3 g cont.	
<b>Mitchum roll-on</b>	4.39
1.2 litre cont.	
<b>Pinesol disinfectant</b>	3.99
Regular or extra strength Jergens lotion 500 mL cont.	
<b>Decorator pump bottle</b>	2.99