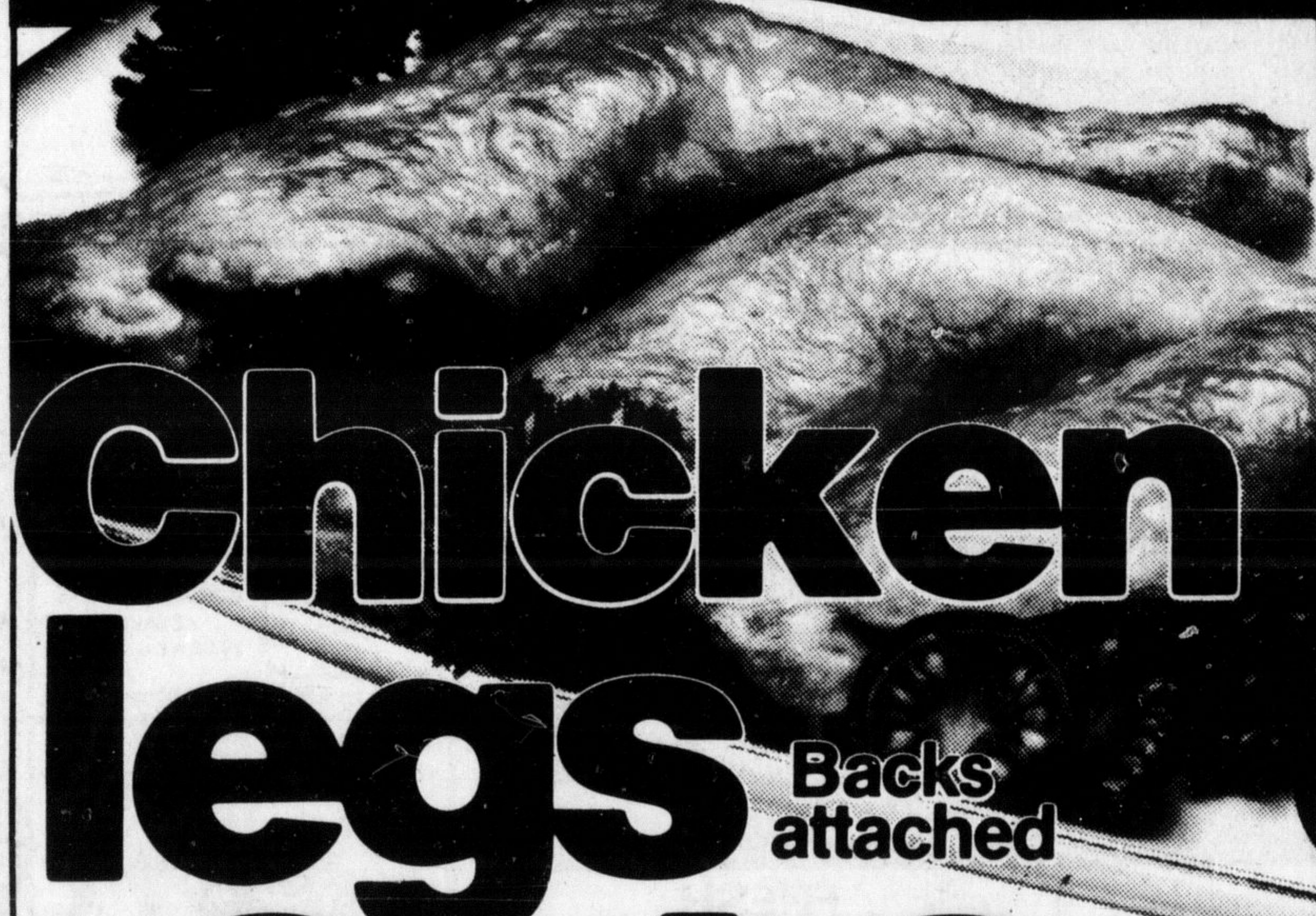


Dominion Super Sale

Grocery

Dominion Smooth or crunchy 1 kg jar	Process cheese food, regular singles or single thins, 250 g pkg.	1.69
Peanut butter	Schneiders slices	1.
2.97	Homepride pkg. of 6	.83
<small>brand names for less than non-names</small>	All purpose buns	.49
WHY PAY UP TO 2.99 ON NON-NAME	750 mL ret. bottle plus .30 deposit Canada Dry Sugar Free Ginger Ale or	1.69
	Canada Dry Ginger Ale	1.
	Unico Homestyle 750 mL cont.	1.69
	Spaghetti sauce	1.

Meat



Chicken legs

Backs attached

2.18 /kg

save 1.76/kg .80 lb.

.99 lb.

Mild cured pork shoulder Maple Leaf	kg/ 3.73
Cottage rolls	lb. 1.69
5 lb. carton of 40 economical, frozen	5.99
Beef burgers	2.29
Maple Leaf skinless or 500 g pkg.	.99
Golden fry sausage	1.99
Mock chicken, macaroni & cheese, headcheese or bologna, 175 g pkg.	1.99
Maple Leaf sliced meats	1.99

Part skinned whole cooked

Smoked ham

2.18 /kg

1/2 Price .99 lb.

Rindless side sliced 500 g pkg.

Maple Leaf bacon

1.89

save .40

Part skimmed cheese, 454 g pkg.	Tri stella mozzarella	3.49
Fresh ground pork	3.06/kg	1.39 lb.
Bitners, 500 g pkg.	Harvest time sausage	1.99
Fresh cod fillets	5.27/kg	2.39 lb.
Available at stores with deli counters only		
FROM THE DELI		
Store sliced cooked ham	.44/100 g	1.99 lb.
Available at stores with deli counters Bitners deli sliced	Black Forest style ham	.88/100 g 3.99 lb.
Available at stores with deli counters deli sliced	Coorsh bottom round pastrami	.88/100 g 3.99 lb.

Kraft 454 g bowl (1 lb.)

Parkay soft margarine

.99

save .46

November is Seafood month

High Liner frozen haddock fish sticks or 350 g pkg.	1.99	Blue Water frozen, Boston Bluefish Fries 680 g pkg.	2.69
Sole in batter	1.99	Fish sticks or fish krisps	2.99
113 g tin Admiral	1.99	Booth frozen cod fillets or 454 g pkg.	2.99
Cocktail shrimp	1.99	Ocean perch fillets	2.99

Enriched white sliced 450 g loaf

Rich-Lite bread

Limit 4 loaves per family

3.39