



You'll love our



WAS 1.88 lb.

Dominion Quality Regular

Ground Beef

Limit 10 lbs. per Family

NOW
1.15 lb.



WAS 6.89

Instant Nescafe Coffee

NOW
4.99 10 oz. Jar

| | | | |
|---|----------|---|----------|
| Bittner or Blue Jay Wieners 1 lb. Pkg. | NOW 1.98 | Burns' Wieners 1 lb. Pkg. | NOW 1.29 |
| Bittner Sliced Cooked Ham 125 g Pkg. | NOW 1.29 | Cliffside Beef Pies 1 lb. Pkg. | NOW 2.68 |
| Bittner's Deli Stores Only Smoked Eye of Round lb. | NOW 3.99 | Bittner's Harvest Sausage lb. | NOW 1.98 |
| From the Deli Bittner's Cognac Pate lb. | NOW 1.79 | Schneider's Cello Steakettes 500 g Pkg. | NOW 1.59 |
| Burns' Sweet Pickled Pork Cottage Rolls lb. | NOW 1.99 | Individually Quick Frozen Dressed Smelts lb. | NOW 1.09 |
| Burns' Pride of Canada Sliced Bacon 500 g Pkg. | NOW 2.29 | Dominion Tomato Ketchup 32 fl. oz. Btl. | NOW 1.59 |
| Burns' Store Packaged Breakfast Sausage lb. | NOW 1.38 | Kraft Cracker Barrel Mild Cheddar Sticks 227 g Pkg. | NOW 1.49 |
| Shopsy's Old Vienna Salami Chubs 500 g Pkg. | NOW 2.79 | Mild Medium Old Coloured or Old White Dominion Cheddar Sticks 340 g Pkg. | NOW 2.19 |
| Call Polish Sausage lb. | NOW 1.79 | Swiss or Canadian Maple Leaf Processed Cheese Food Cheese Slices 250 g Pkg. | NOW 1.39 |
| Burns' Viking Bologna Chunks lb. | NOW 1.29 | Unico Grated Parmesan Cheese 125 g Cont. | NOW 1.45 |
| Frozen, Headless and Dressed Pink Salmon lb. | NOW 1.69 | Skim Milk or Canadian Maple Leaf Processed Cheese Food Cheese Slices 500 g Pkg. | NOW 2.69 |
| Frozen Cello Haddock Fillets lb. | NOW 1.79 | Dominion Macaroni & Cheese Dinner 225 g Pkg. | NOW .39 |
| Individually Quick Frozen Turbot Fillets lb. | NOW 1.79 | With pork in Tomato Sauce Dominion Beans 14 fl. oz. Tin. | NOW .49 |
| Orange Flavoured Swing Crystals 13 oz. Pkg. of 4 | NOW 1.39 | Bravo Plain Spaghetti Sauce 14 fl. oz. Tin. | NOW .79 |
| Willert Seedless Raisins 750 g Pkg. | NOW 2.99 | Fun Size Mars Bar, Three Musketeers or Snickers Bars 280 g Pkg. | NOW 1.99 |
| Orange Flake Tetley Tea Bags 16 oz. Pkg. of 144's | NOW 3.99 | Refil Fantastik Cleaner 909 ml Cont. | NOW 1.69 |
| Assorted Varieties Lancias Pastas 1 kg Pkg. | NOW 1.19 | | |
| Sprite or Coca-Cola 750 ml Ref. Bottle plus deposit | NOW .49 | | |
| David Maple Leaf, Cavalier or Princess Mallow Cookies 400 g Pkg. | NOW 1.79 | | |
| St. Lawrence Corn Oil 3 L Cont. | NOW 4.99 | | |
| Canada No. 1 Grade Bee Maid Creamed Honey 500 g Cont. | NOW 1.79 | | |
| Maple Leaf Processed Cheese Food Regular Cheese Spread 500 g Jar. | NOW 2.39 | | |
| Vim Instant Skim Milk Powder 1.5 kg Bag. | NOW 5.89 | | |
| Pieces & Steams Ma Ling Mushrooms 10 fl. oz. Tin. | NOW .79 | | |

WAS 1.98 lb.

Meaty Shoulder or Butt Pork Chops

NOW
1.36 lb.

WAS 1.48 lb.

Meaty Whole or Half Picnic Pork Shoulder Roast

NOW
.98 lb.

| | | | |
|--|----------|---|----------|
| 100% Soya Oriole Margarine 1 lb. tub | NOW .89 | Carnation Coffee Mate Coffee Whitener 750 g Cont. | NOW 2.89 |
| Richmello 100% Whole Wheat Bread 24 oz. Loaf | NOW .69 | Orange Flavoured Crystals 13 oz. Pkg. of 4 | NOW 1.29 |
| Pepperidge Farm Butterscotch White Bread 24 oz. Loaf | NOW .89 | English Style Bick's Onions 750 ml Jar | NOW 1.29 |
| Richmello Cake Donuts Pkg. of 12 | NOW .99 | Plain, Polish or Garlic Coronation Dill Pickles 1 L Jar | NOW 1.39 |
| Smarties Candy 200 g Pkg. | NOW 1.39 | Powdered Fab Detergent 6 L Box | NOW 3.89 |
| Econo Plastic Kitchen Garbage Bags Pkg. of 24 | NOW .99 | | |
| Fabric Softener Cling Free Sheets Pkg. of 54 | NOW 4.29 | | |

You'll love our savings on

| | | | |
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| White Label Beef Stew 24 oz. tin | 1.59 | White Label Dinner Hams lb. | 2.39 |
| White Label Irish Stew 24 oz. tin | 1.59 | White Label Chicken Loaf 375 g Pkg. | 1.26 |
| White Label Solid White Tuna 184 g tin | 1.69 | White Label Macaroni & Cheese Loaf 375 g Pkg. | 1.26 |

You'll also love

LifeStyle copper cookware

Free

with yellow cash register tapes