

# Dominion super savings

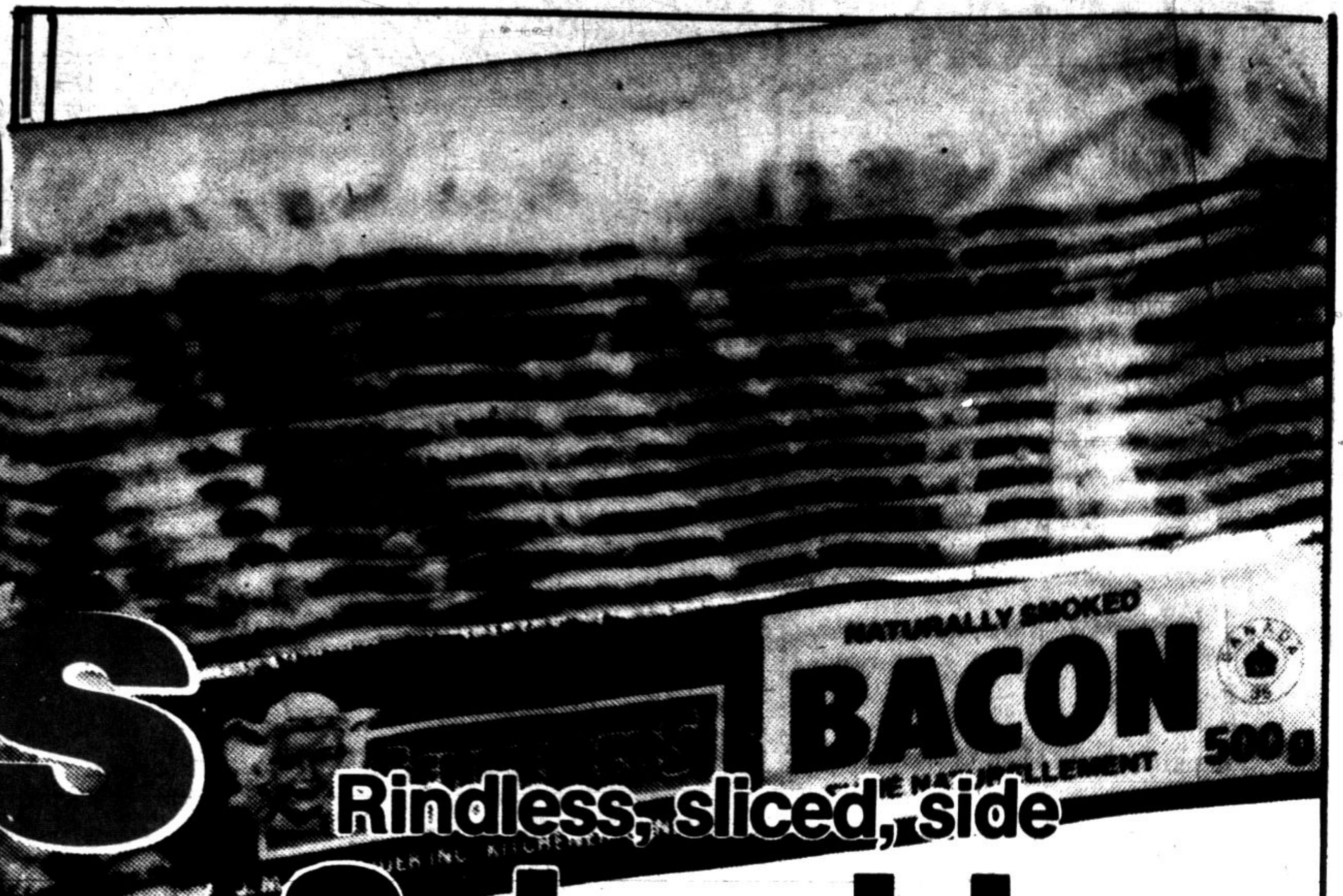
## Meat

Cut from Canada Grade 'A' Beef <b>Cross rib steak</b>	kg/ <b>5.05</b> lb/ <b>2.29</b>
Cut from Canada Grade 'A' Beef <b>Boneless stewing beef</b>	kg/ <b>4.83</b> lb/ <b>2.19</b>
Bens sweet pickled <b>Corned beef brisket</b>	kg/ <b>5.49</b> lb/ <b>2.49</b>
End cut <b>Peamealed back bacon</b>	kg/ <b>3.95</b> lb/ <b>1.79</b>

Cut from Canada Grade 'A' Beef <b>Blade steak</b>	<b>3.51</b> /kg <b>1.59</b> lb.
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Cut from Canada Grade 'A' Beef <b>Cross rib roast</b>	<b>4.39</b> /kg <b>1.99</b> lb.
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Regular, beef or peppered, 500 g pkg. <b>Shopsy's Old Vienna salami</b>	2.99
Italian style <b>Sweet or hot Siena sausage</b>	5.71/kg 2.59 lb.
Skinless, boneless, 125 g pkg. <b>Bittner's cooked ham</b>	1.59
Ideal for broiling <b>Fresh cod fillets</b>	<i>Pick 19</i> 4.39/kg 1.99 lb.
Individually quick frozen <b>Dressed &amp; headless smelts</b>	<i>Pick 19</i> 2.62/kg 1.19 lb.
Available at stores with deli counters only. Bittner's deli sliced <b>Black Forest style ham</b>	<del>del</del> .88/100g 3.99 lb.
Available at stores with deli counters only. Bittner's deli sliced <b>Chicken and veal roll</b>	<del>del</del> .88/100g 3.99 lb.
Available at stores with deli counters only. Bens deli sliced <b>Bottom round Montreal smoked meat</b>	<del>del</del> .88/100g 3.99 lb.



## Schneiders bacon

A breakfasttime favourite!  
Crumble what's left into supper salads, soups, and casseroles.

**1.89**

500 g pkg.

**1/2 Price**

Limit: 4 pkgs. per family



## Fresh daily Medium ground beef

**3.73** /kg  
**1.69** lb.

save  
1.54/kg  
.70 lb.

Just the thing  
for hearty winter  
suppers!

Case of 24x280 mL tins Tab, Sprite,  
Sugar Free Sprite, Diet Coke or

## Coca-Cola

**4.89**

with every  
minimum  
\$25.00 order

(6.99 without minimum order)

796 mL tin <b>Libby's spaghetti</b>	<b>1.19</b>
220 g tin <b>Admiral pink salmon</b>	<b>1.29</b>
Fancy cut green beans, wax beans, cream style corn or 10 fl. oz. tin	
<b>Stokely honey pod peas</b>	<b>.49</b>
Assorted varieties, deep brown or 14 fl. oz. tin	
<b>Libby's red kidney beans</b>	<b>.85</b>

750 mL, net. wt. plus .30 deposit, Caffeine Free Coke, Tab or Diet Coke or Tab, Sprite, Sugar Free Sprite	
<b>Diet Coke or Coca-Cola</b>	<b>.59</b>
12 oz. tin <b>Hereford corned beef</b>	<b>2.29</b>
Pure, 1.36 litre tin <b>Martins apple juice</b>	<b>1.39</b>
Pkg. of 10 <b>Richmello butter tarts</b>	<b>1.59</b>
Frozen, individually wrapped, 397 g pkg. <b>High Liner sole fillets</b>	<b>3.99</b>
Assorted flavours, Sealtest, 1 litre cont. <b>All Natural ice cream</b>	<b>2.29</b>
250 mL cont. <b>Sealtest sour cream</b>	<b>.99</b>
Calorie reduced, 454 g cont. <b>Meadowlight butter</b>	<b>2.45</b>

Richmello hot dog or  
pkg. of 8

## Hamburg rolls

**.69**

Bran, oat or grains  
675 g loaf

## Richmello old fashioned bread

**.89**

*The Baker's Oven*  
(AVAILABLE AT SELECTED STORES ONLY)

675 g pkg. <b>Raisin or apple pies</b>	<b>1.89</b>
450 g loaf <b>Light or dark rye bread</b>	<b>.79</b>
Pkg. of 12 <b>Soft dinner rolls</b>	<b>1.09</b>