



**Every  
Single  
Cut!**

# 30% OFF



3 rib, 3 centre cut, 3 tenderloin end family pack, fresh

**30% OFF**



Fresh, loin Centre cut pork chops

**30% OFF**



Bake or broil, frozen, pork Side spare ribs

**30% OFF**



Ideal for dressing frozen Pork tenderloin

**30% OFF**



Fresh tenderloin end Pork loin roast

**30% OFF**



Fresh, loin Centre cut pork roast

**30% OFF**



Fresh, loin Ribend pork roast

**30% OFF**



Ideal floured Sliced pork liver

**30% OFF**

Frozen New Zealand short cut  
**Lamb legs**  
**3.95** /kg  
**1.79** lb.

**The Deli**  
(Available at stores with deli counters only)  
Fine, coarse or golden, Bittner's  
Liver sausage .....44 /100 g 1.99 lb.  
Deli sliced,  
Maple Leaf waxed bologna .....35 /100 g 1.59 lb.  
Bittner's deli sliced  
Mexican salami .....88 /100 g 3.99 lb.  
Deli sliced, bottom round  
Bens corned beef .....88 /100 g 3.99 lb.  
Bittner's  
Kolbassa coil .....66 /100 g 2.99 lb.  
Schneiders deli sliced  
Jumbo summer sausage .....88 /100 g 3.99 lb.

**Lipton Cup-a-Soup**  
Chicken Noodle  
Poulet et Nouilles  
**1/2 PRICE**

Assorted varieties 34 g pkg.  
**Lipton Cup-A-Soup**  
**.59**

Sliced, 175 g pkg.  
Canadian Queen cooked ham .....1.19  
Sliced minced ham or variety pack, 375 g pkg.  
Canadian Queen cooked meat .....1.89  
Mild, cured, pork shoulder  
Maple Leaf cottage roll .....4.83 /kg 2.19 lb.  
450 g pkg.  
Blue Jay wieners .....1.79  
Maple Leaf assorted varieties, 250 g pkg.  
European sausage sticks .....1.79  
Sweet pickled  
Bens corned beef brisket .....5.04 /kg 2.29 lb.  
Ideal for broiling  
Fresh sole fillets *Pick 19* .....11.00 /kg 4.99 lb.  
Fresh haddock fillets *Pick 19* .....8.36 /kg 3.79 lb.

Ready to serve butt or shank portion  
**Smoked cooked ham**  
**3.06** /kg  
**1.39** lb.

Assorted varieties 520 g pkg.  
**Dominion cake mixes**  
**.88**  
WHY PAY UP TO 1.19 ON NON-NAME

Vacuum pack, 454 g tin  
**Chock Full O' Nuts coffee** **2.99**  
Orange pekoe, 227 g pkg. of 60  
**Richmello tea bags** **1.69**  
General Mills assorted varieties  
Nature Valley, 225g-pkg.  
**Chewy Granola Bars** **1.89**  
Assorted varieties  
180 g cont.  
**Nabob Select Discovery coffee** **2.69**

Frozen, Canada Grade 'A'  
8-10 kg average, self-basting  
**Deluxe Golden Bird turkeys**  
**2.62** /kg  
**1.19** lb.

**The Baker's Oven**  
Available at selected stores only  
pkg. of 12  
Apple or cinnamon buns .....1.59  
450 g loaf  
Italian bread .....79  
pkg. of 6 Plain egg bagels .....89

Plain, 28 fl. oz. cont.  
**Dominion spaghetti sauce**  
**.99**  
WHY PAY UP TO 1.09 ON NON-NAME

568 g pkg. of 3  
Nestles mini puddings .....1.99  
Single or regular thins process cheese food, 500 g pkg.  
Schneiders slices .....2.99  
6 x 125 g. cont.  
Gay Lea yogurt .....2.99  
500 mL cont.  
Sealtest Sour cream .....1.69  
Assorted varieties, 125 mL cont.  
Gay Lea cheesecake dessert .....47  
1 kg cont.  
Chocolate Nestles Quik .....3.89  
403 mL tin  
Mariner Seafood or New England clam chowder .....1.19  
From concentrate, 250 mL cont.  
FBI orange or apple juice .....43

Rindless, sliced, 500 g pkg.  
**Mary Miles side bacon** **1.69**  
LIMIT: 4 PKGS. PER CUSTOMER  
2 x 75 g pkg.  
**Bens smoked meat** **1.79**  
Store packed  
**Beef & pork sausage** kg **2.18** lb. **.99**  
By the piece  
**Davern bologna** kg **1.30** lb. **.59**

Granulated, 2 kg bag  
**White sugar**  
**.99**  
Limit: 2 bags per family

425 g pkg.  
**General Mills Cheerios** **1.99**  
Coconut creme, cinnamon danish, chocolate fudge or 400 g pkg.  
**Dare chocolate chip cookies** **1.99**  
Dominion, 350 g pkg.  
**Semi sweet chocolate chips** **1.89**  
750 mL, net. 68 plus 30 disp., Sugar Free Ginger Ale, Tonic, Sugar Free Tonic, Club Soda, Sugar Free C Plus Orange, C Plus Orange or  
**Canada Dry Ginger Ale** **.59**  
(case of 24 x 280 mL TINS - 7.40)

With crackling whole or half picnic should  
**Fresh pork roasts**  
Econom  
**Pork ribs**  
Yum Yum, sweet 1 litre jar  
**Bicks b dill pick**  
Fancy green bean peas, sweetlet peas  
**Green niblets**  
398 mL tin  
**Libby's Alpha g**  
Julia grated Rom 250 g cont.  
**Parmes cheese**  
1.36 litre cont. (4  
**FBI Pure apple juice**  
3 litre cont.  
Montini vegetable oil  
Calorie Wise, Cata  
Kraft 1000 Isla dressing  
385 mL tin  
Carnation 2% evaporated m  
680 mL bot.  
Ramlosa mineral water  
Regular or deodor  
Sure and Nat  
maxi shields  
Red Label, each  
One Size panty hose  
675 g loaf  
Richmello white bread  
pkg. of 8  
**Richme hot cross**  
Plastic, pkg. of  
**Quikki sandwich**  
10 lb. bag  
**Kitty Pa cat litter**  
8 kg bag  
**Top Bre gourmet**