

Prices effective thru Sat. Jan. 11th, 1986 at New Dominion stores only. We reserve the right to limit quantities to normal family requirements. Savings shown in this ad based on our current regular retail. We redeem all food store coupons. Some illustrations in this ad are for design only and do not necessarily represent items on sale. **BEFORE YOU SEND IT-SEAL IT. YOUR DONATION TO CHRISTMAS SEALS HELPS PEOPLE TO BREATHE EASY. SUPPORT YOUR LUNG ASSOCIATION**

NEW Dominion

Mountainview Mall, Midland **STORE HOURS:** Mon.-Wed. 9-9:30 Thurs.-Sat. 8-9:30

Many stores OPEN 24 HOURS Mon. to Sat.

FINEST QUALITY MEATS

SAVE 2.21/kg-1.00 lb

Outside Cut, Eye Removed

Boneless Round Roast

Cut from Canada's Finest Grade 'A' Beef

6¹⁵ / 2⁷⁹

/kg / lb

Cut From Canada's Finest Grade 'A' Beef
Sirloin Tip, Rump or Inside Cut Round Beef

Boneless Roasts **6⁵⁹ / 2⁹⁹**

/kg / lb

Fresh, Medium

Ground Beef **3⁷³ / 1⁶⁹**

/kg / lb

Fresh

Lean Ground Beef **4³⁹ / 1⁹⁹**

/kg / lb

Combination Pack-Contains: 2 Rib Ends, 2 Loin Ends, 4 Centre Cut Chops

Loin Pork Chops **4³⁹ / 1⁹⁹**

/kg / lb

Cut From Canada's Finest Grade 'A' Beef (Inside Cut 7.25/kg-3.29 lb)

Round Steak Full Slice **6³⁷ / 2⁸⁹**

/kg / lb

Rib (3-3 1/2 lb Cut Tenderloin Portion 5.05/kg-2.29 lb)

Pork Loin Roasts **4³⁹ / 1⁹⁹**

/kg / lb

Cut From Canada's Finest Grade 'A' Beef-Tenderized

Cube Steak **7⁷⁰ / 3⁴⁹**

/kg / lb

Roast or Chops

Pork Loin Centre Cut **6³⁷ / 2⁸⁹**

/kg / lb

Swift Premium, Assorted Varieties Including Bologna

Sliced Cooked Meats vac pac **.89**

175 g

Country Style Spare Ribs

Pork Loin Rib Portion **5⁴⁹ / 2⁴⁹**

/kg / lb

Swift Premium

Sliced Bologna vac pac **1.59**

375 g

Rib Portion (Centre Cut 7.25/kg-3.29 lb)

Boneless Pork Loins **6¹⁵ / 2⁷⁹**

/kg / lb

Swift Premium, Sliced

Cooked Ham vac pac **1.69**

175 g

Dominion, Sliced Regular or Thick

Side Bacon vac pac **2.59**

500 g

- General Mills (Honey Nut Cheerios 400 g pkg 2.49) **SAVE .60**
Cheerios Cereal 425 g pkg **1.99**
- Pac Man, Frankensberry, Count Chocula 375 g, Trix 325 g, Lucky Charms 400 g **SAVE .20**
General Mills Cereal pkg **2.69**
- Betty Crocker, Assorted Varieties **SAVE .60**
Hamburger Helper 150 g pkg **1.49**
- Bright's, Fancy **SAVE .70**
Tomato Juice 48 fl oz tin **1.19**
- Assorted Varieties **SAVE .16**
Rice-A-Roni 6.5 oz pkg **1.09**
- Assorted Varieties **SAVE .30**
Noodle Roni 6 oz pkg **.99**

Betty Crocker, Assorted Varieties

Super-Moist Cake Mixes

510 g pkg

.99

(Creamy Deluxe Frosting 450 g tub 1.99-Save .30)

SAVE .84

Frozen New Zealand, Short Cut (Semi-Boneless 5.49/kg-2.49 lb)

Lamb Legs **3⁹⁵ / 1⁷⁹**

/kg / lb

Swifts, Thinly Sliced, Assorted Varieties

Cooked Meats vac pac **.79**

71 g

Frozen, New Zealand (Shoulder Chops 4.39/kg-1.99 lb)

Loin Lamb Chops **6⁵⁹ / 2⁹⁹**

/kg / lb

Blue Water, Frozen, Haddock (Fish Sticks 350 g pkg 2.69)

Fish Krisps or Fries 227 g pkg **1.49**

Swift Premium

Wieners vac pac **1.49**

450 g

Blue Water, Frozen, Haddock

Fish & Chips 283 g pkg **1.89**

Swift Premium, Reg. Beef, Maple or Bacon, Brown & Serve

Sausage 250 g pkg **1.99**

High Liner, Frozen

Fish Fries or Sticks 700 g pkg **2.99**

Lazy Maple

Pure Pork Sausage 500 g pkg **2.19**

High Liner Boston Blue, Frozen

Fish in Batter 700 g pkg **2.99**

QUALITY PRIVATE BRANDS

Jane Parker Wheat 'N Raisin or

Raisin Bread 450 g loaf **.79**

Dr. Olinde's, (a good source of natural fibre)

Fibread 675 g loaf **.99**

Jane Parker

English Muffins pkg of 6 **.69**

Jane Parker (pkg of 8-1.39)

Hot Cross Buns pkg of 12 **1.89**

Jane Parker

Spanish Bar Cake 539 g size **1.29**

Jane Parker (made with 100% pure vegetable shortening)

Cherry Pie 624 g size **1.79**

Dominion, Regular or Ripple

Potato Chips 200 g pkg **1.19**

Tomato

Dominion Ketchup 1 litre btl **1.99**

Reg or Diet (also available 750 mL btl .59-Plus .30 btl dep) **SAVE 3.00**

7UP or Dr. Pepper case of 24 280 mL tins **5.99**

Campbell's, Condensed **BUY 2-SAVE .41**

Vegetable Soup 10 fl oz tin **2 / .89**

Assorted Flavours **BONUS BUY**

Del Monte Pudding Cups 5 fl oz tins pkg of 4 **1.99**

Assorted Varieties **SAVE .30**

Colonial Cookies tin tie bag 400 g **1.69**

SAVE .90

Orange Pekoe

Tetley Tea Bags

pkg of 72

1.99

Dairy Products

Light & Lively, Assorted Flavours **BUY 3-SAVE 1.36**

Sealtest Yogourt 175 g tub **3 / 1.49**

Schneider's, Process, Regular or Mozzarella **SAVE .80**

Cheese Slices 500 g pkg **3.19**

Nordica **SAVE .66**

Cottage Cheese carton 500 g **1.49**

Parchment Wrapped **BONUS BUY**

Chefmaster Margarine 1 lb pkg **.59**

Frozen Foods

Chicken Steakettes, Beef, Chicken, Salisbury Steak or Turkey **SAVE .70**

Savarin Frozen Dinners 11 oz pkg **1.29**

Frozen, Beef, Chicken or Turkey **SAVE .30**

Savarin Pot Pies 8 oz pkg **.69**

McCain, Frozen Concentrated **SAVE .40**

Orange Juice 12 1/2 fl oz tin **1.39**

Cavendish, Frozen, Straight, Crinkle or Country Cut **SAVE .26**

French Fries 1 kg pkg **1.39**

Non-Foods

Regular, Mint or Gel **SAVE .50**

Crest Toothpaste 150 mL tube **1.99**

Shampoo, Regular or Conditioner **SAVE .60**

Head & Shoulders 450 mL cont **4.49**

Regular or Thin **SAVE UP TO .50**

Always Maxi Pads pkg of 30 **4.79**

PHOTO SPECIAL We use Kodak Paper for the good look.

1/2 OFF PHOTO FINISHING

Colour Print Film Only: sizes 110, 126, 35 mm & Disc